

Power Clean Training Program

Phase 1

Monday

WEEK 1 WEEK 2 WEEK3

- A1. Pause Mid-Thigh Snatch (4 warmup sets) 5x6 4x5 4x4
- A2. Snatch Pulls (floor) 5x6 4x5 4x4
(30lbs heavier than thigh snatch)
- B. Slow Tempo Squats 5x6 4x5 4x4
5050 tempo
- c. finish with light low back//Abs

Tuesday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Thursday

WEEK 1 WEEK 2 WEEK3

- A1. Pause Mid-Thigh Snatch (4 warmup sets) 5x6 4x5 4x4
- A2. Snatch Pulls (floor) 5x6 4x5 4x4
(30lbs heavier than thigh snatch)
- B. Slow Tempo Squats 5x6 4x5 4x4
5050 tempo
- c. finish with light low back//Abs

Friday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Phase 2

Monday

WEEK 1 WEEK 2 WEEK3

| | | | | |
|-----|---|------|------|------|
| A1. | Pause Hang Clean(1" above knee) warmup set5 | 5x4 | 4x4 | 5x2 |
| B | Front Squats (Deep) | 5x4 | 4x4 | 5x2 |
| C1. | Low Pulley Split Squat Lunge <i>using opposite arm/opposite leg method-upright back let knee travel over the toe till back knee touches</i> | 3x20 | 3x20 | 3x20 |
| C2. | RDL's | 3x8 | 3x8 | 3x8 |

Tuesday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Thursday

WEEK 1 WEEK 2 WEEK3

| | | | | |
|-----|---|------|------|------|
| A1. | Pause Hang Clean(1" above knee) warmup set5 | 5x4 | 4x4 | 5x2 |
| B | Front Squats | 5x4 | 4x4 | 5x2 |
| C1. | Low Pulley Split Squat Lunge <i>using opposite arm/opposite leg method-upright back let knee travel over the toe till back knee touches</i> | 3x20 | 3x20 | 3x20 |
| C2. | RDL's | 3x8 | 3x8 | 3x8 |

Friday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Phase 3

Monday

WEEK 1 WEEK 2 WEEK3

A. **Progressive Range cleans** warmup set5 4x6 3x6 4x5

>Start from hang clean position each rep drop 2" lower than the rep before- till you touch the floor

B. **Neural Back Squats (70% of max)** 8x3 8x3 8x3

> Lower the weight in 3sec. Explode up less than 1sec. (1 min. rest betw. Sets)

C1. **Seated Goodmornings** 3x10 3x10 3x10

C2. **Garhammers (hanging Kneeups)** 3x10-15 3x10-15 3x10-15

Tuesday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Thursday

WEEK 1 WEEK 2 WEEK3

A. **Progressive Range cleans** warmup set5 4x6 3x6 4x5

>Start from hang clean position each rep drop 2" lower than the rep before- till you touch the floor

B. **Neural Back Squats (70% of max)** 8x3 8x3 8x3

> Lower the weight in 3sec. Explode up less than 1sec. (1 min. rest betw. Sets)

C1. **Seated Goodmornings** 3x10 3x10 3x10

C2. **Garhammers (hanging Kneeups)** 3x10-15 3x10-15 3x10-15

Friday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Phase 4

Monday

WEEK 1 WEEK 2 WEEK3

A. **Mid-Grip Snatch** (reps from hang/floor) 5x2-2 5x1-2 5x1-1

> Grip inbetw. Clean grip and regular snatch grip.

B. **Pause Front Squats**(wave load style) 6-4-6-4-6 5-3-5-3-5 6-4-2-5-3-1

> Lower weight in 3 sec. **Pause just below parallel 1 full sec.** And press in 2 sec.

C1. **RDL's or Rev. Hypers or St. GM** 3x10 3x10 3x10

C2. **Low cable Reverse Crunches** 3x20 3x20 3x20

Tuesday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Thursday

WEEK 1 WEEK 2 WEEK3

A. **Mid-Grip Snatch** (reps from hang/floor) 5x2-2 5x1-2 5x1-1

> Grip inbetw. Clean grip and regular snatch grip.

B. **Pause Front Squats**(wave load style) 6-4-6-4-6 5-3-5-3-5 6-4-2-5-3-1

> Lower weight in 3 sec. **Pause just below parallel 1 full sec.** And press in 2 sec.

C1. **RDL's or Rev. Hypers or St. GM** 3x10 3x10 3x10

C2. **Low cable Reverse Crunches** 3x20 3x20 3x20

Friday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Phase Five

Monday

WEEK 1 WEEK 2 WEEK3

A. **Jump Squats**

3x10 (20%) 3x15 (20%) 3x20 (20%)

> go into a 1/4 squat & elbows under bar jump as high as possible(point toes at max hieght)be continuous

B. **Power Clean** (2 warmup sets)

4x4 4x5 4x4

> use same wt.for wk2 as wk1 and get it - -wk3 heavier than wk. 2

C. **1/4 Back Squats** (set pins in rack)

7-5-3-5-3 7-5-3-5-3 7-5-3-5-3

D.. **Leg Curl Drop Set**

3x8-4-2 3x8-4-2 3x8-4-2

Tuesday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Thursday

WEEK 1 WEEK 2 WEEK3

A. **Jump Squats**

3x10 (20%) 3x15 (20%) 3x20 (20%)

> go into a 1/4 squat & elbows under bar jump as high as possible(point toes at max hieght)be continuous

B. **Power Clean** (2 warmup sets)

5,3,2,1,1 5,3,2,1,1 5,3,2,1,1

> use same wt.for wk2 as wk1 and get it - -wk3 heavier than wk. 2

C. **1/4 Back Squats** (set pins in rack)

7-5-3-5-3 7-5-3-5-3 7-5-3-5-3

D.. **Leg Curl Drop Set**

3x8-4-2 3x8-4-2 3x8-4-2

Friday (work on upperbody weaknesses)

WEEK 1 WEEK 2 WEEK3

Final Phase

Monday

| | WEEK 1 | WEEK 2 | WEEK3 |
|--|-------------|-------------|-------------|
| A. Snatch Grip Jumps | 4x6 (88lbs) | 4x6 (88lbs) | 4x6 (88lbs) |
| B. High Shin Speed Snatch from Blocks | 3-2-1-2-1 | 3-2-1-2-1 | 3-2-1-2-1 |
| C. Front Squat - Max wt. 176lbs | 1x5 | 1x5 | 1x5 |

Tuesday *(work on upperbody weaknesses)*

WEEK 1 WEEK 2 WEEK3

Thursday

| | WEEK 1 | WEEK 2 | WEEK3 |
|--|-------------|-------------|-------------|
| A. Snatch Grip Jumps | 4x6 (88lbs) | 4x6 (88lbs) | 4x6 (88lbs) |
| B. High Shin Speed Snatch from Blocks | 3-2-1-2-1 | 3-2-1-2-1 | 3-2-1-2-1 |
| C. Front Squat - Max wt. 176lbs | 1x5 | 1x5 | 1x5 |

Friday *(work on upperbody weaknesses)*

WEEK 1 WEEK 2 WEEK3

Test Day

Monday

WEEK 1

A. **Jump Squats**

3x6 (20-30%)

> go into a 1/4 squat & elbows under bar jump as high as possible (point toes at max height) be continuous

B. **Power Clean** (2 warmup sets)

4x175 2x225

3x70% 2x80% 1x88% 1x95-100% 1xnew max 1xnew max