

Turf Games – Fittest in the City 2025

Elite Division – Lift A

1 Clean + 2 Front Squat + 3 Shoulder to Overhead

Thank you for downloading this 8-Week Olympic Lifting program, leading up to Turf Games Fittest in the City 2025. The link below provides you with a video overview of the program, as well as my own personal tips, of how you can approach this event, specific to your division.

Please reach out if you have any questions or concerns and I'll be happy to get back to you. Happy lifting and enjoy!

<https://youtu.be/6-DNLXx1Wfk>

Week 1

****These tests are probably best to break up across the week, however you may test all of them in 1 session. If you already have recent 1RM numbers for any of these lifts, you do not necessarily need to test again. You will be able to use these numbers in the following weeks as the %1RM for each specific lift.***

Testing Week...

Find 1RM Front Squat

Find 1RM Shoulder to Overhead (Any Variation)

Find 1RM Clean (Power or Squat)

*For your cleans, choose your strongest variation and work off of that, regardless if you plan on Squat Cleaning or Power Cleaning in competition. For your shoulder to overhead, choose the variation that you plan on going with for Turf Games. I.e. You wouldn't want to be practicing push jerks, based on your 1RM split jerk.

Week 2

This week is intended to be completed within 1 session, however can be broken up across the week. If you intend to break it up across the week, you should add a set to each part. (i.e. 4 Sets for Part A & B; 5 Sets for Part C).

3 Sets

4 Front Squat @ 75-80%

3 Sets

1 Clean + 2 Front Squat @ 80-85% 1RM Clean

4 Sets

4 Push Press (3s Eccentric Tempo) @ 60-70% 1RM Shoulder to Overhead

6 Strict Pull Ups (Band Assisted if Needed)

Week 3

This week is intended to be completed within 1 session, however can be broken up across the week. If you intend to break it up across the week, you should add a set to each part.

3 Sets

4 Front Squat @ 75-80%

3 Sets

1 Clean + 1 Front Squat + 1 Push Press @ 80-85% 1RM Clean

*if you can't push press this weight, do push jerk instead. This is to prime for the shoulder to overhead.

4 Sets

5 Shoulder to Overhead @ 65-75% (*high volume to sharpen your technique)

6 Strict Pull Ups (Band Assisted if Needed)

Week 4

This week is intended to be completed within 1 session, however can be broken up across the week. If you intend to break it up across the week, you should add a set to each part.

3 Sets

3 Front Squat @ 80-85%

4 Sets

1 Clean + 1 Hang Clean + 1 Clean @ 80-85%

4 Sets

4 Shoulder to Overhead @ 70-80% (*high volume to sharpen your technique)

6 Strict Pull Ups (Band Assisted if Needed)

Week 5

This week is intended to be completed within 1 session, however can be broken up across the week. If you intend to break it up across the week, you should add a set to each part.

2 Sets

3 Front Squat @ 85-90%

**this week is very heavy but, 1 less set.*

4 Sets

2 Cleans + 1 Front Squat @ 85-90% 1RM Clean

4 Sets

3 Shoulder to Overhead @ 75-85%

Week 6

Testing Week... (2 Weeks Out)

Find your MAX. 1 Clean + 2 Front Squat + 3 Shoulder to Overhead

Week 7

This week is intended to be completed within 1 session, with each part leading into the next.

2 Sets

2 Front Squat @ 85-90% 1RM Front Squat

2 Sets

2 Cleans @ 90-100% of Last Week's Complex

2 Sets

1 Clean + 2 Front Squat + 1 Shoulder to Overhead @ 90% of Last Week

Week 8 (Week of Turf – Primer)

3 Sets

2 Clean + 1 Front Squat + 1 Shoulder to Overhead @ 80% of Week 6 Complex