

Not quite in the current flow of conversation, but I'm currently 8 weeks into my second go at a (slightly modified) LSUS programme and I thought I would share what I do.

I don't have as much time to train as others (can wrangle about 1.25 hours max at night after children are asleep). I'm not a beginner but not a great weightlifter (240kg total @ 94kg).

The way I've modified it is based on Jared Endertons interpretation of LSUS, with a bit of the volume cut out from even that.

(Note - Also on the last week of every rep cycle, I completely cut out the drop sets to act as a de-load and just test for maxes on that rep range, as well as dropping an exercise or 2)

4 weeks 10's - increasing 2.5kg (press etc) to 10kg (deadlifts) each week

Monday

Push press, 10 RM, 10 reps @ 95%, 10 reps @ 90%

Back Squat, 10 RM, 10 reps @ 95%, 10 reps @ 90%

Strict Press, 10 RM, 10 reps @ 95%, 10 reps @ 90%

Strict Dips, 3 x 10 @ bodyweight

Tuesday

Hi Hang Power Snatch, 5RM, 5 reps @ 95%, 3 x 5 reps @ 90%

Snatch Deadlifts, 10 RM, 10 reps @ 95%, 10 reps @ 90%

Barbell Rows, 3 x 10 reps @ 90%

Pullups - 3 x 8 @ bodyweight

Wednesday

-Same as Monday but all sets @ 90%

Thursday

Hi Hang Power Clean, 5RM, 5 reps @ 95%, 3 x 5 reps @ 90%

(Powerlifting-style) Deadlifts, 10 RM, 10 reps @ 95%, 10 reps @ 90%

Good mornings, 3 x 10 reps @ light weight

Chinups - 3 x 8 @ bodyweight

Saturday

4 sets of 3 snatch @ 80%

4 sets of 2 clean and jerk @ 80%

3RM Front Squat

Pullups - 1 set of max @ bodyweight

4 weeks 5's - increasing 2.5kg (press etc) to 10kg (deadlifts) each week

Monday

Push Jerk, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Back Squat, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Push Press, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Strict Press, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Strict Dips, 3 x 10 @ bodyweight

Tuesday

Block Snatch, 3RM, 3reps @ 95%, 3 x 3 reps @ 90%
Snatch Pulls, 3 x 3 @ goal snatch (110kg)
Snatch Deadlifts, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Barbell Rows, 3 x 5 reps @ 90%
Pullups - 3 x 5 weighted

Wednesday

-Same as Monday but all sets @ 90%

Thursday

Block Clean, 3RM, 3 reps @ 95%, 3 x 3 reps @ 90%
Clean Pulls, 3 x 3 @ goal clean and jerk (140kg)
(Powerlifting-style) Deadlifts, 5 RM, 5 reps @ 95%, 5 reps @ 90%
Good mornings, 3 x 7 reps @ moderate weight
Chinups - 3 x 5 weighted

Saturday

3 reps above 90% snatch
3 reps above 90% clean and jerk
2RM Front Squat
Pullups - 1 set of max @ bodyweight

3 weeks 3's - increasing 2.5kg each week

Monday

Split Jerk, 3 RM, 3 reps @ 95%, 3 reps @ 90%
Back Squat, 3 RM, 3 reps @ 95%, 3 reps @ 90%
Push Press, 3 RM, 3 reps @ 95%, 3 reps @ 90%

Strict Press, 3 RM, 3 reps @ 95%, 3 reps @ 90%
Strict Dips, 3 x 10 @ bodyweight

Tuesday

Power Snatch, 3RM, 3reps @ 95%, 3 x 3 reps @ 90%
Snatch Pulls, 3 x 3 @ goal snatch (110kg)
Snatch Deadlifts, 3 RM, 3 reps @ 95%, 3 reps @ 90%
Muscle Snatch, 3 x 5 reps @ moderate weight
Pullups - 3 x 3 weighted

Wednesday

-Same as Monday but all sets @ 90%

Thursday

Power Clean, 3RM, 3 reps @ 95%, 3 x 3 reps @ 90%
Clean Pulls, 3 x 3 @ goal clean and jerk (140kg)
(Powerlifting-style) Deadlifts, 3 RM, 3 reps @ 95%, 3 reps @ 90%
Good mornings, 3 x 7 reps @ moderate weight
Chinups - 3 x 3 weighted

Saturday

3 reps above 90% snatch
3 reps above 90% clean and jerk
2RM Front Squat
Pullups - 1 set of max @ bodyweight

2 weeks peaking phase

Monday:

power clean and power jerk, 1RM, 95%, 2 x 90%
Squat, 2RM
Split jerk, 2RM
Push press, 2RM

Tuesday:

Snatch, 1RM
Clean pull, 3RM
Pull Ups, 3 x 8 at bodyweight

Wednesday:

Clean and jerk, 1RM, 95%, 2 @ 90%

Front squat, 2RM, 95%, 90%

Push press, 3x2 @ heavy

Strict Press, 5 x 5 @ heavy-ish

Thursday:

Snatch, 1RM, 95%, 2 x 90%

Snatch, pull up to 3RM

Pull Ups, 3 x 8 at bodyweight

Saturday:

Max out snatch

Max out clean and jerk

1RM Front Squat

Pullups - 1 set of max @ bodyweight

Taper week

Monday

Snatch/Clean and Jerk to 90%

Front Squat, 2RM

Wednesday

Power snatch/Power Clean and Jerk to 80%

Thursday

Power snatch/Power Clean and Jerk to 70%

Saturday

GAME DAY!!

The first time I ran this 14 week cycle I set a 8kg PR after being stuck on that total for a long time. I'm 8 weeks in now and are setting PR's (or 4RM's upon missing the 5th rep, haha) in everything. I'm being a lot more aggressive with the PR attempts in the final week, basing them off what they felt like first time around. Hoping for a 110/140 - 250kg total and tracking well towards it.

Just thought I would share - hopefully someone can get some use out of it!

Shaun

So Shaun subbed dips for bench. Added pulls in the 5's phase, omitted RDL's also doing a PL DL for DL and also omitted shrugs and pulls from power position. Subbed GoodMornings for back extensions. Also seemed to omit abs.

Also added Powers on the taper week on W/Th.