



Coach Michael

Master Denning KB Snatch & Still Mace Swing 6-Week Protocol

I've promised Chris I'll write a Snatch & Mace cycle for him,

It took me some time, but here you go - 6 weeks block to make you fit and entertained.

Train Safe & Smart

Enjoy!

Who is this protocol for:

This protocol requires basic knowledge and experience with Kettlebell and Steel Mace.

Intermediate and Advanced practitioners will have fun lifting for time.

Beginners with some experience in Snatch and 360 / 10-2 will benefit too, by accumulating TUT (time under tension) and amping up their technique

This is a Volume work.

Enjoy it.

Outline:

6-week block

~ 60 min session duration

Objective:

- KB Snatch: **10 minutes**, **single** hand switch
- SM two arm or single arm 360 or 10-2: **30 minutes** (half marathon), **multiple** hand switch

Equipment:

Kettlebells (preferably competition type) - 3 different sizes

Steel Mace - 3 different sizes

e.g. KB 8, 12, 16 and SM 5, 7, 10



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Weekly Distribution:

3 sessions / week of Snatch (Sn) + Steel Mace (SM)

A) Sn - Volume | SM - Skill

B) Sn - Intervals | SM - Heavy

C) Sn - Heavy | SM - Volume

Glossary:

' - minutes

" - seconds

OTM - On The Minute

MB / SM - Main Bell/Mace

MB / SM -x or + x - Main Bell that decreases or increases in size

e.g. MB -2 means that if your Main Bell is 24kg you take 2 sizes down, i.e. 16 kg

Tempo, aka rpm (reps per minute) - your 10-minute goal

e.g. you aim to hit 180 snatches in 10 minutes = your working tempo or rpm is 18 snatches in 1 minute

Tempo-x or + x - a working tempo that's slowed down or sped up

*e.g. your Tempo is 18 and the exercise says "**tempo +3**", meaning that your tempo for THAT exercise only is **21***

Now we stop talking, well, reading, in this case, 😊 and start lifting!

Chalk ON and...

ENJOY!

P.s.

I'm humbled by you getting a shot at this protocol.

I'll be more than thankful to get feedback from you when you finish.

Train safely and feel free to reach out if you have questions.

I wish you enjoy lifting as much as I've enjoyed writing this.

Via Condios!

Coach Michael



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WEEK 1

A) Snatch

3 x 3' / rest 2-3'

MB | tempo

SM

Free flow 10'

NOTE: *it's your creative time of fun exploration and simply moving with the steel mace*

B) Snatch

12 x 30" on / 30" off

MB | tempo +2-3 | OTM switch

SM +

3 x 4' / rest 3'

NOTE: *you practice only ONE chosen exercise for the whole block, ergo if you picked a SA (single arm) 360 this is what you do, AND you scale your Steel Mace size accordingly.*

C) Snatch

6 x 2' / rest 2'

MB +1 | tempo -2

SM

12'



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WEEK 2

A) Snatch

5'

MB | tempo

SM

Free flow 10'

B) Snatch

10 x 40" on / 20" off

MB | tempo +2-3 | OTM switch

SM +

3 x 5' / rest 4'

C) Snatch

5 x 2'30" / rest 2'

MB +1 | tempo -2

SM

15'



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WEEK 3

A) Snatch

3 x 4' / rest 3'

MB | tempo

SM

Free flow 10'

B) Snatch

8 x 50" on / 10" off

MB | tempo +2-3 | OTM switch

SM +

8'

C) Snatch

4 x 3' / rest 2'30"

MB +1 | tempo -2

SM

17'



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WEEK 4

A) Snatch

7'

MB | tempo

SM

Free flow 10'

B) Snatch

8 x 1' on / 20" off

MB | tempo +2-3 | OTM switch

SM ++

4 x 3' / rest 2'

Recover 4-5'

SM+

3 x 4' / rest 2'

C) Snatch

5'

MB +1 | tempo -2

SM

21'



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WEEK 5

A) Snatch

2 x 5' / rest 3'

MB | tempo

SM

Free flow 10'

B) Snatch

10 x 40" on / 20" off

MB | tempo +2-3 | OTM switch

SM ++

6'

Recover 4-5'

SM+

8'

C) Snatch

3 x 4'

MB +1 | tempo -2

SM

25'



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WEEK 6

A) Snatch Test 10' single switch

B) SM 30' Half Marathon multi-switch