

	Monday
Snatch, Pause 2-sec @ 2" off Ground, Timed	EMOM: 70%, 70%, 70%, 75%, 75% E1.5MOM: 80%, 83%, 86% E2MOM: 88%, choice
Choose One	
Jerk, Pause 3-sec in Dip & Catch	Find a 1RM, then -20% for 2 sets of 2 reps
Bench Press	3-sec pause - work up to 1 RM, then -20% for 2 sets of 3 reps
Back Squat- Volume	5 x 5 @ 90% of 5RM from Friday

	Tuesday
OHS Warmup	With jerk width grip : 2 Behind the Neck Push Presses + 1 OHS Work up to 70% of Snatch. *If the narrower grip isn't challenging your mobility, then you are either extremely flexible or you're doing it wrong.
Clean & Jerk, Pause Clean 2-sec @ 2" off Ground, Timed	EMOM: 70%, 70%, 70%, E1.5MOM: 75%, 75%, 80%, 85% E2MOM: 88%, choice, choice
Clean Pulls	3 sets x 3 reps at 98%-103%
Choose One	
Core Muscular Imbalance 1	Axle Overhead Carry- 3 sets x 45 sec *Use the yoke set to its highest setting or a barbell with two Fat Gripz.
Accessory	A. Dumbbell/Kettlebell Savickas Press (aka Z-Press) 3 x 8 B. Pullups (wide-grip, prone) 3 x 8
Finisher	For time: 100 front rack lunges @ 75/55# Every time you drop the bar perform 20/15 pushups *Each and every lunge, left or right, counts as a rep towards the 100 total. If you don't read the program and just ask me in person, I may decide to tell you the opposite so you do twice the reps. I don't know--it'll just depend on how I feel at the time.

	Wednesday
Front Squat-Recovery	2 sets of 5 reps @ 70-75% of Monday's back squat load *This is a recovery day from the volume of Monday and the intensity of Friday.
Choose One	
Push Press	5RM, then -10% for 2 sets of 5 reps
Bench Press	1-sec pause, 10 sets x 3 reps start at 60% - working up heavy but no misses
Conditioning	CFI Class 2016 Masters Qualifier Event 3 AMRAP 15 55 Double-unders 12 CTB Pull-ups 5 Hang Power Cleans @155/105#

	Thursday
OHS-Warmup	OHS- 6 sets x 3 reps. Work up to 70% using similar pattern as Tuesday. 1st rep only is paused in the bottom for 5-sec
Snatch Max Effort	Snatch + Hang Snatch Find a 1RM in the complex, then - 10% for 2 sets *Do not drop bar between Snatch and Hang Snatch
Snatch Pulls	3 sets x 3 reps, 6-sec eccentric, at 98%-105%
Conditioning	E3MOM for 5 rounds 10 dumbbell burpee clean and push press @ 50# / 35# each hand -rest 3 minutes- E3MOM for 3 rounds AMRAP keg push press @ heaviest keg possible* *The AMRAP is your best unbroken set. Your 3-minute work period is over when you have to put the keg down. Don't pace for the 2nd and 3rd sets. Go all out starting on the first set. If you drop the keg from overhead, you owe eleventy billion burpees.

	Friday
Back Squat-Intensity	Find a new 5RM *The intent is to consistently add weight to your 5RM every Friday. Keep this up as long as you can. Eventually this will stall, and we will adjust the program to get you moving again. *Work up in singles until you get close to your 5RM working weight.
Finisher	6x50m hill sprint

	Posterior Saturday
Clean Deadlift	Find a 1RM clean deadlift. This is the heaviest weight you can use while still maintaining a proper clean pull. It may not be much heavier than your max clean. Use double overhead grip, no hook grip if possible, and work up to a heavy single. Technique is more important than load. If your ass is shooting up during the pull, you've gone too heavy.
Accessory	A. RDLs- 3 sets x 8 reps B. GHRs- 3 sets x 8 reps
Walking Lunges	200m

	ROMWOD and Chill Sunday
Mobility	20-min ROMWOD for warmup
OHS Max Effort	5-sec pause - Find a 1RM, then - 20% for 3 reps with pause
Choose One	
Behind the Neck Jerk	Find a heavy but not maximal single
Bench Max Effort	3-Board Bench, Find a 3RM
Conditioning	Sunday Funday Workout