

# LSU-Shreveport Lifting Program

A few people have asked for the full program. Here it is. It is what Kendrick Farris as well as Jared Fleming are on. They also have some other very good female lifters as well. Along with some other good male lifters (Sean Hutchinson, Zach Schluender, etc).

## **10's: 3-4 weeks**

### **Monday:**

Push press up to 10 RM. drop set at -5% and 1 at -10%

Squat up to 10 RM 1 set -5% and -10%

Bench press up to 10RM 1 set -5% and -10%

Press/military press 10RM -5% and -10%

ABS

### **Tuesday:**

Snatch from hip/thigh up to 5RM then -5% and -10%

Snatch deadlift 10RM -5% and -10%

RDL 10RM -5% and -10%

SHRUG 10RM -5% and -10%

Bent rows 10RM -5% and -10%

Pull ups bodyweight 3-5×10

ABS

### **Wednesday:**

Push Press 3-5×10 within 10% of 10RM on Monday then drop set -5 and -10%

Squat 3-5×10 within 10% of 10RM then drop set -5% and -10%

Bench press 3-5×10 within 10% of 10 RM drop set -5% and -10%

Press/military press 3-5×10 within 10% of 10RM then -5% and -10%

abs

**Thursday:**

Clean from hip/thigh up to 5RM then drop set at -5% and -10%

Clean deadlift up to 10RM drop set -5% and -10%

RDL 3×10 within 10% of Tuesday drop set -5% and -10%

SHRUG 3×10 within 10% of 10RM -5% and -10%

Pull ups 3-5×10 bdy weight

abs

**Saturday:**

Snatch and clean and jerk hit between 8-12 reps between 80-90% of your best, and go heavier if you feel good enough.

Front squat 2RM

**5's 3-4weeks:**

**Monday:**

Powerjerk 5RM -5% -10%

Squat 5RM -5% and -10%

Pushpress 5RM -5% and -10%

Bench press 5RM -5% and -10%

abs

**Tuesday:**

Snatch up to 3RM from the knee and -5% and -10%

Snatch deadlift up to 5RM -5% and -10%

Rdl 5RM -5% -10%

Shrug 5RM -5% -10%

Bent row 5RM -5% -10%

Muscle snatch 5RM -5% -10%

Pull ups weight As Heavy as Possible 3-5×5

Abs

**Wednesday:**

Powerjerk 3-5×5 within 10% of 5RM -5% and -10%

Squat 3-5×5 within 10% of 5RM -5% and -10%

Push Press 3-5×5 within 10% of 5RM -5% -10%

` Bench press 3-5×5 within 10% of 5RM -5% and -10%

Press/Military press within 10% of 5RM -5% and -10%

ABS

**Thursday:**

Clean up to 3RM from the knee then drop set -5% -10%

Clean deadlift 5RM then drop -5% and -10%

RDL 3-5×5 within 10% 5RM then -5% and -10%

Muscle snatch 3-5×5 within 10% of 5RM -5% -10%

Shrug 3-5×5 within 10% of 5RM -5% -10%

Bent Row 3-5×5 within 10% of 5RM -5% -10%

ABS

**Saturday:**

Snatch and clean and jerk AHAP then front squat up to 2RM

**3 weeks of 3's:**

**Monday:**

Split jerk up to 3RM -5% and -10%

Squat up to 3RM -5% and -10%

Push Press up to 3RM -5% and -10%

Bench Press up to 3RM -5% and -10%

Press up to 3RM -5% and -10%

Abs

**Tuesday:**

Clean up to 3RM from floor then -5% and -10%

Clean Pull 3RM -5% -10%

Clean deadlift 3RM -5% -10%

RDL 3RM -5% -10%

Bent row 3RM -5% -10%

Pull ups

ABS

**Wednesday:**

Split Jerk 3-5×3 within 10% of 3RM -5% -10%

Squat 3-5×3 within 10% of 3RM -5% -10%

Push press 3-5×3 within 10% of 3RM -5% -10%

Bench press 3-5×3 within 10% of 3RM -5% -10%

Press 3-5×3 within 10% of 3RM -5% -10%

ABS

**Thursday:**

Snatch from floor up to 3RM -5% -10%

Snatch Pull up to 3RM -5% -10%

Snatch deadlift up to 3RM -5% -10%

RDL 3-5×3 within 10% of 3RM

Bent row 3-5×3 within 10% of 3RM

ABS

### **Saturday**

Snatch and clean and jerk AHAP then front squat up to 2RM

### **Peaking Phase 1-2 weeks:**

#### **Monday:**

(power) clean and (power) jerk up to 1RM -5% 2-10%

Squat up to 2RM

Power jerk or split jerk up to 2RM

Push press up to 2RM

Bench press up to 2RM

ABS

#### **Tuesday:**

Snatch up to 1RM

Clean pull up to 3RM

Clean pull from power position up to 3RM

Back extensions

Pull Ups

Abs

#### **Wednesday:**

Clean and jerk or power clean and jerk up to 1RM -5% and 2-10%

Front squat up to 2RM -5% -10%

Power jerk up to 2RM -5% and -10%

Push press 3×2 within 10% of 2RM

ABS

**Thursday:**

Snatch or power snatch up to 1RM -5% and -10%

Snatch pull up to 3RM -5% and -10%

Snatch pull from powerposition up to 3RM -5% and -10%

Back extensions

Pull ups

Abs

**Saturday:**

Snatch and clean and jerk AHAP Front squat up to 1RM

**Taper Week:**

**Monday**

Snatch and clean and jerk up to 90%

Front squat up to 2RM

**Tuesday:**

Snatch and clean pull up to 1RM

Back extensions

Abs

**Wednesday**

Snatch and clean and jerk up to 80%

**Thursday** snatch and clean and jerk up to 70%

### Competition on Saturday

This is pretty much our exact workout but we always change and modify them according to an athlete's weakness but this is basically it.

May 12, 2011

Categories: [Quote/Video/Pic of day](#), [Training Articles](#) . Tags: [Bless The Gym](#), [Jared Enderton](#), [Jared Fleming](#), [Kendrick Farris](#), [LSU-Shreveport Lifting Program](#), [Sean Hutchinson](#), [Zach Schluender](#) . Author: [jaredenderton](#)

### 6 Comments

1.  *Comment by Charles on May 20, 2011 [1:53 pm](#)*

Hey Jared

One, I appreciate you posting the program! Two, I don't know how much experience you have with this program in particular but I'll ask a question anyway – During the first phase of 10's...Monday you work up to a 10RM and Wed you repeat the lift. Wed is prescribed as 3-5 x 10 within 10% of Mon. Is that 3 to 5 sets at 90% of the weight you top setted (I know that's not a real word but you know what I mean!) on monday? Thanks in advance, keep up the great work!

[Reply](#)

2.  *Comment by [jaredenderton](#) on May 25, 2011 [3:55 pm](#)*

Charles,

No problem. I have zero experience with this program. I Do believe you are correct with what you are saying. Either that, or you try to get as close to within 10% as possible for that day. A great guy to contact is Sean Hutchinson. He is a lifter down there and is very approachable about their training system.

[Reply](#)

3.  *Comment by [Wilbert](#) on March 11, 2013 [8:38 am](#)*

I am extremely impressed with your writing talents as neatly as with the format in your blog. Is that this a paid subject or did you customize it yourself? Either way stay up the nice high quality writing, it's uncommon to peer a great blog like this one today..

[Reply](#)



4. *Pingback by [Squats. Masks. and Pumpkins | Andrew Ettinger](#) on October 8, 2013 [9:35 am](#)*

[...] a never ending thought process, which keeps me awake at night. With that said. I came across the LSUS Olympic Lifting program that the likes of Kendrick Ferris and some of the other great lifters down there are using. I was [...]

[Reply](#)



5. *Comment by [claaa7.blogspot.ie](#) on August 5, 2014 [9:35 pm](#)*

I pay a quick visit everyday some blogs and sites to read content, except this blog offers feature based writing.

[Reply](#)



6. *Comment by Ted Gunhamn on January 13, 2016 [1:38 am](#)*

Hey Jared, thanks for great posts and for posting this program!

Im just wondering, what do you think about this program? Is the volume too high, too low? If you were to do it, would you change anything? Add or remove any exercise? Thanks in advance!