

Session 1 Basics 1				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
High Hang Snatch	30%	4	4	Focus on catching in full squat
Hang Power Snatch	60%	3	5	Focus on good foot balance and proper foot movement
Snatch Deadlift	70%	5	4	Focus on good pulling technique (snatch form)
Front Squat	70%	4	4	Focus on low squat, high elbows, tall torso

Session 2 Basics 1				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Hang Clean from above knee	50%	4	4	Focus on extending fully & catching in full squat
Power Clean + Power Jerk (2)	50-70%	3	6	Power jerk = feet moving to side, focus on upright position in dip/drive
Clean Deadlift	70%	4	4	Focus on good balance and clean positions

Session 3 Basics 1				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Power Snatch	60%	4	4	Focus on keeping bar close and moving feet from proper pull to catch position
Split Jerk from Rack	60%	3	5	Focus on good split (front foot out, back leg slightly bent and on back toe)
Clean	60-70%	4	5	Focus on balance in feet and catching in squat position

Session 4 Basics 1				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
High Hang Snatch	30%	4	4	Focus on catching in full squat
Hang Power Snatch	60%	3	5	Focus on good foot balance and proper foot movement
Snatch Deadlift	70%	5	4	Focus on good pulling technique (snatch form)
Front Squat	70%	4	4	Focus on low squat, high elbows, tall torso

Session 5 Basics 1				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Hang Clean from above knee	50%	4	4	Focus on extending fully & catching in full squat
Power Clean + Power Jerk (2)	50-70%	3	6	Power jerk = feet moving to side, focus on upright position in dip/drive
Clean Deadlift	70%	4	4	Focus on good balance and clean positions

Session 6 Basics 2				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Hang Snatch from Below Knee	60%	3	5	Focus on lowering bar to a good start position
Snatch	60-70%	3	4	Focus on catching in full squat position
Split Jerk from Rack	60%-70%	3	5	Focus on good split (front foot out, back leg slightly bent and on back toe)

Session 7 Basics 2				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
OH (Overhead) Squat	60%	4	4	Focus on upright torso and low squat
Power Clean + Front Squat (1+1)X2	50%	4	3	Focus on smooth pull and proper foot movement
Clean	60-70%	3	3	Focus on smooth pull and catching in full squat

Session 8 Basics 2				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Hang Snatch from Below Knee	60%	3	5	Focus on lowering bar to a good start position
Snatch	60-70%	3	4	Focus on catching in full squat position
Front Squat	65-75%	4	4	Focus on low squat and tall torso

Session 9 Basics 2				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Power Jerk	65%	3	5	Focus on balanced dip/drive and good foot movement
High Hang Clean	50%	3	3	Focus on good foot movement and catching in full squat
Clean	60-70%	3	5	Focus on smooth bar and catching in full squat
Back Squat				Focus on low squat and tall torso

Session 10 Basics 2				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Split Jerk from Rack	60-70%	3	5	Focus on good split (front foot out, back leg slightly bent and on back toe)
Snatch	70%	2	5	Focus on smooth, close bar and catching in full squat
Clean	70%	2	5	Focus on smooth, close bar and catching in full squat

Session 11 Basics 3				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Drop Snatch	50%	4	4	Focus on good foot movement and catching low
Floating Snatch	60%	3	4	Focus on lowering tight to a good start position
Snatch	70%	3	4	
Snatch Pull	80%	2	4	

Session 12 Basics 3				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Push Press	60%	3	4	Focus on powerful drive
High Hang Clean	50%	4	4	Focus on low catch and pulling bar right to rack position
Clean (2) + Front Squat (2)	60-70%	4	4	Focus on low hips/high chest in both lifts

Clean DL with 3s Pause at Knee	80%	3	4	Focus on good balance and position during pause at knee
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Session 13 Basics 3				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Split Jerk from Behind the Neck	60-70%	3	4	Focus on foot movement and final positioning
High Hang Sn + Hang Sn BK + Snatch	60-70%	3	5	Sn=Snatch, BK = Below Knee
Snatch Pull	80%	3	4	

Session 14 Basics 3				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Muscle Snatch	30-40%	3	4	Focus on tall torso during pull, fast hip extension and fast turn over
High Hang Cl + Hang Cl BK + Clean	60-70%	3	5	Cl = Clean, BK = Below Knee
Power Jerk from Rack	70-75%	2	5	Focus on straight dip drive and proper foot movement

Session 15 Basics 3				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Drop Snatch	50%	3	4	Focus on foot movement and speed into squat position
Snatch + OH SQ (1+1)X2	60-70%	4	4	OH SQ = Overhead Squat
Front Squat	70-80%	3	4	Focus on Low squat and tall chest

Session 16 Basics 4				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Split Press	30%	5	4	Focus on good split position (front foot out, bent back leg on toe)
Clean + Hang Clean + Jerk (2)	60-70%	3	5	
Back Squat	70%	3	5	Focus on low squat, tall chest, high bar position

Session 17 Basics 4				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Dead Hang Snatch	30%	4	4	Focus on foot movement and dropping low and fast
Snatch (2) + Drop Snatch (2)	65-75%	4	4	
Snatch Deadlift with 3s pause at knee	80%	3	4	Focus on proper balance and position at knee
Front Squat	70%	3	4	Focus on low squat and tall chest

Session 18 Basics 4				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes

Jerk BHN	70	2	5	BHN = Behind the Neck, focus on dropping under bar and good foot position
Floating Clean	70	3	4	Focus on staying tight and lowering to good start position
Back Squat	75%	3	4	Focus on low squat, tall chest, high bar position

Session 19 Basics 4				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Snatch + Drop Snatch + OH SQ	60-70%	3	4	
Snatch Pull	80%	2	4	
Clean + Hang Clean + Power Jerk	60-70%	3	5	
Split Squat	50%	5 per side	4	Start in split position, lower knee to floor and extend back to start. Bar can be in front rack or back rack position.
Session 20 Basics 4				Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.
Exercise	Percent/RPE	Reps Per Set	Sets	Notes
Power Snatch + High Hang Snatch (2)	60%	3	3	
Snatch	65-80%	2	5	Opportunity to go moderately heavy
Power Clean + FSQ + Jerk	50-70%	3	3	
Clean and Jerk	70-80%	2	5	Opportunity to go moderately heavy