

From Russian with Love: 6 Weeks

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	Notes:					
	* Pause just below the knee for 2 seconds, then finish.					
	All Jerks and variations to be taken from the squat rack.					
	Percentages: "up to" means try to hit at least 1 set at this weight. "@" means try to complete all sets at this weight. No misses. Lower the weight if necessary.					
	Day 1	Max Weight	Day 2	Max Weight	Day 3	Max Weight
Week 1	Back Squat 4 x 10 up to 50%		HH Clean + Pause Clean* 5 x (1+1)		Back Squat 5 x 3 @ 70%	
	HH Snatch + Pause Snatch + OHS* 3 X (1+1+1)		Clean 5 x 2 up to 60%		Jerk Dip + Power Jerk 5 x (2 + 1) @ 60%	
	Snatch 5 x 2 up to 60%		Pause Front Squat 5 x 3 up to 60%*		Push Press 5 x 5	
	Farmer Carries 3 x Length of gym and back		BTN Jerks 5 x 1		Snatch Grip Pend. Row 5 x 5	
	Hollow Holds 6 X 30 seconds		Back Rack Lunges 5 x 10		Superman holds 6 x 30 seconds	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 2	Back Squat 4 x 10 up to 60%		HH Clean + Pause Clean* 5 x (1+1)		Back Squat 5 x 3 @ 75%	
	HH Snatch + Pause Snatch + OHS* 3 X(1+1+1)		Clean 5 x 2 up to 70%		Jerk Dip + Power Jerk 5 x (2 + 1) @70%	
	Snatch 5 x 2 up to 70%		Pause Front Squat 5 x 3 up to 70%		Push Press 5 x 5	
	Farmer Carries 3 x Length of gym and back		BTN Jerks 5 x 1		Snatch Grip Pend. Row 5 x 5	
	Hollow Holds 6 X 30 seconds		Back Rack Lunges 5 x 10		Superman holds 6 x 30 seconds	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 3	Back Squat 4 x 10 up to 70%		HH Clean + Pause Clean* 5 x (1+1)		Back Squat 5 x 3 @ 80%	
	HH Snatch + Pause Snatch + OHS* 3 X(1+1+1)		Clean 5 x 2 up to 80%		Jerk Dip + Power Jerk 5 x (2 + 1) @ 80%	
	Snatch 5 x 2 up to 80%		Pause Front Squat 5 x 3 up to 75%		Push Press 5 x 5	
	Farmer Carries 3 x Length of gym and back		BTN Jerks 5 x 1		Snatch Grip Pend. Row 5 x 5	
	Hollow Holds 6 X 30 seconds		Back Rack Lunges 5 x 10		Superman holds 6 x 30 seconds	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 4	Back Squat 4 x 10 up to 80%		HH Clean + Pause Clean* 5 x (1+1)		Back Squat 5 x 3 @ 85%	
	HH Snatch + Pause Snatch + OHS* 3 X(1+1+1)		Clean 5 x 2 up to 70%		Jerk Dip + Power Jerk 5 x (2 + 1) 75%	
	Snatch 5 x 2 up to 70%		Pause Front Squat 5 x 3 up to 70%		Push Press 5 x 5	
	Farmer Carries 3 x Length of gym and back		Jerks 3 x 1		Snatch Grip Pend. Row 5 x 5	
	Hollow Holds 6 X 30 seconds		Back Rack Lunges 5 x 10		Superman holds 3 x 1 minute	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 5	Back Squat 5 x 5 up to 80%		HH Clean + Pause Clean* 5 x (1+1)		Back Squat 5 x 2 @ 90%+	
	HH Snatch + Pause Snatch + OHS* 3 X(1+1+1)		Clean 5 x 2 up to 80%		Jerk Dip + Power Jerk 5 x (2 + 1) 85%	
	Snatch 5 x 2 up to 80%		Pause Front Squat 5 x 3 up to 80%		Push Press 5 x 5	
	Farmer Carries 3 x Length of gym and back		Jerks 3 x 1		Snatch Grip Pend. Row 5 x 5	
	Hollow Holds 3 X 1 minute		Back Rack Lunges 5 x 10		Superman holds 3 x 1 minute	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 6	Back Squat 5 x 5 up to 85%		HH Clean + Pause Clean* 5 x (1+1)		Snatch Max Out!	
	HH Snatch + Pause Snatch + OHS* 3 X(1+1+1)		Clean 5 x 1 up to 90%		Clean & Jerk Max Out!	
	Snatch 5 x 1 up to 90%		Pause Front Squat 5 x 3 @ 70%		Back Squat Max Out!	
	Farmer Carries 3 x Length of gym and back		Jerks 3 x 1		Mobility: Hip Flexors, Quads, Chest	
	Hollow Holds 3 X 1 minute		Back Rack Lunges 5 x 5			
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders			