

Speed Kills: 4 Weeks						
	Day 1	Max Weight	Day 2	Max Weight	Day 3	Max Weight
Week 1	HH Snatch 5 x 3		HH Clean 5 x 3		Snatch 7 x 1	
	Hang Snatch (Mid Thigh) 5 x 3		Hang Clean (Mid Thigh) 5 x 3		Clean & Jerk 7 x 1	
	Back Squat 5 x 5 @ 60% w/ 4 min rest		Jerks 3 x 3		Backsquat 5 x 4 @ 70% w/ 4 min rest	
	Clean Deadlift 3 x 10		Front Squat 5 x Heavy Single		SLDL 5 x 3 @ 60% of BS	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 5	
	Pull ups 3 x 10		Overhead Holds with Barbell 3 x 1 Minute		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 2	HH Snatch 5 x 3		HH Clean 5 x 3		Snatch 7 x 1	
	Hang Snatch (Mid Thigh) 5 x 3		Hang Clean (Mid Thigh) 5 x 3		Clean & Jerk 7 x 1	
	Back Squat 5 x 5 @ 60% w/ 3 min rest		Jerks 3 x 3		Backsquat 5 x 4 @ 70% w/ 3 min rest	
	Clean Deadlift 3 x 10		Front Squat 5 x Heavy Single		SLDL 5 x 3 @ 60% of BS	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 5	
	Pull ups 3 x 10		Overhead Holds with Barbell 3 x 1 Minute		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 3	HH Snatch 5 x 3		HH Clean 5 x 3		Snatch 7 x 1	
	Hang Snatch (Mid Thigh) 5 x 3		Hang Clean (Mid Thigh) 5 x 3		Clean & Jerk 7 x 1	
	Back Squat 5 x 5 @ 60% w/ 2 min rest		Jerks 3 x 3		Backsquat 5 x 4 @ 70% w/ 2 min rest	
	Clean Deadlift 3 x 10		Front Squat 5 x Heavy Single		SLDL 5 x 3 @ 60% of BS	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 5	
	Pull ups 3 x 10		Overhead Holds with Barbell 3 x 1 Minute		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 4	HH Snatch 5 x 3		HH Clean 5 x 3		Snatch 7 x 1	
	Hang Snatch (Mid Thigh) 5 x 3		Hang Clean (Mid Thigh) 5 x 3		Clean & Jerk 7 x 1	
	Back Squat 5 x 5 @ 60% w/ 2 min rest		Jerks 3 x 3		Backsquat 5 x 4 @ 70% w/ 2 min rest	
	Clean Deadlift 3 x 10		Front Squat 5 x Heavy Single		SLDL 5 x 3 @ 60% of BS	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 5	
	Pull ups 3 x 10		Overhead Holds with Barbell 3 x 1 Minute		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	