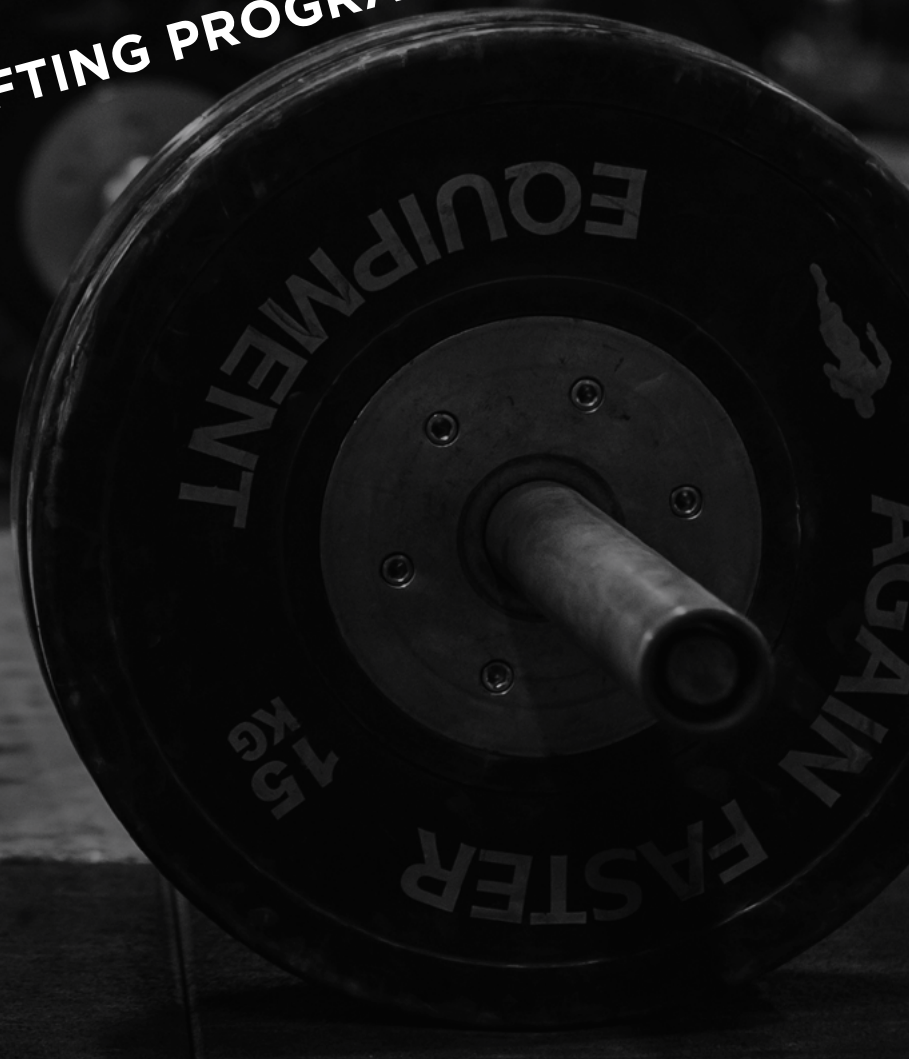




TORIAN LIFT

OLYMPIC WEIGHTLIFTING PROGRAM | 10 WEEKS



PROGRAM NOTES

(S) = STRENGTH

Power Snatch & Power Clean Jerk:

90% of PB Snatch and Clean & Jerk

Snatch Squats:

110% PB Snatch Squats off PB Front and Back Squats

Push Press:

80% of PB Clean & Jerk

Snatch Pulls:

125% of PB Snatch and Clean Pulls

RDL work:

90% of Snatch or Clean

Technical lifts:

Makes sure for the technical lifts that you don't choose a weight that is too heavy; the aim is to master good technique. However, go hard on the strength stuff!

Rest Weeks:

Weeks 4 and 8. Do not do Strength, and make sure the Technical lifts are 5% down and with no singles.



TORIAN LIFT

WEEK 1, 3, 5, 7, 9

Monday	Wednesday	Friday
Clean & Jerk	Snatch	Power Snatch
Power Snatch	Power Clean Power Jerk	Clean & Jerk
Clean Pulls (S)	Snatch Pulls (S)	Snatch Blocks
Back Squat (S)	Front Squat(S)	Back Squat(S)

WEEK 2, 4, 6, 8, 10

Monday	Wednesday	Friday
Snatch	Clean & Jerk	Power Clean Power Jerk
Jerk	Power Snatch	Snatch
Clean Pulls (S)	Snatch Pulls (S)	Jerk
Front Squat (S)	Back Squat (S)	Front Squat (S)

TECHNICAL & STRENGTH

WEEK 1 & 2

Technical

5x3 (medium weight)

2x2 (medium weight)

Strength

4x5 (80-85%)

WEEK 3, 4R & 5

Technical

4x3 (medium weight)

3x2 (medium weight)

Strength

2x5 (80-85%)

3x3 (85-90%)

WEEK 6, 7 & 8R

Technical

3x3 (medium weight)

4x2 (medium weight)

Strength

1x5 (80-85%)

3x3 (85-90%)

2x2 (90-95%)

WEEK 9

Technical

2x3 (medium weight)

5x2 (medium weight)

Strength

4x1 (100-105%)

4x2 (90-95%)

Pulls 5x2 (95%)

WEEK 10

Session 1 (Tues)

Power Snatch:

2x2 (80%)

1x2 (85%)

1x1 (90%)

Clean & Jerk:

2x2 (80%)

1x2 (85%)

1x1 (90%)

Front Squat:

3x2 at 90% of C&J

Clean Pull:

3x2 at 100% of PB C&J

Session 2 (Thurs) - Sat lift

Snatch:

2x2 (85%)

2x1 (85%)

Power Clean & Power Jerk:

3x2 (85%)

Back Squat:

3x2 at 90% of C&J

Snatch Pull:

3x2 at 100% of PB Snatch