

Undulating periodisation 2

M1 3 weeks complexes/strength 1 deload	M2 3weeks OTM/high volume and intensity 1 week deload	M3 (3weeks) max lifts with back offs

Performance calculator

Cycle 1 Technique, weak area on power and strength improver.

Week 1

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch complex 4x1 build to 4x HS	2. Jerk complex 4x1 build to 4x HS	2. Clean complex 4x1 build to 1x HS	2. Snatch 90% 1x4 build to 4x HS
3. Deficit SN 4x2 90% RPE	3. Deficit OH 4x2 90% RPE	3. Deficit Clean 4x2 90% RPE	3. C+J 90% 1x4
4. Front squat 5x5 70%	4. Push press 5x5 70%	4. OHS 5x5 70%	4. SI 4x2 90% Pulls 70kg snatch pulls

Week 2

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch complex 4x1 build to HS	2. Jerk complex 4x1 build to HS	2. Clean complex 4x1 build to HS	2. Snatch 95% 1x3
3. Deficit SN 4x2	3. Deficit OH 4x2	3. Deficit Clean 4x2	3. C+J 95% 1x3
4. Front squat 5x3 (final set 3 RM)	4. Push press 5x3 (final set 3 RM)	4. OHS 5x3 (final set 3 RM)	4. Strength improver 4x2 (final set 2RM)

Week 3

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch complex 3x1 build to HS	2. Jerk complex 3x1 build to HS	2. Clean complex 3x1 build to HS	2. Snatch 3 attempts max
3. Deficit SN 4x2	3. Deficit OH 4x2	3. Deficit Clean 4x2	3. C+J 3 attempts max
4. Front squat 5x2 (final set 1RM)	4. Push press (final set 1RM)	4. OHS 5x2 (final set 1RM)	4. Strength improver 4x2 (final set 1RM)

Week 4 Deload into max out (session 4)

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch complex 75%	2. Jerk complex 75%	2. Clean complex 75%	2. Snatch 4x1 @90% of last weeks max
3. Deficit SN 75%	3. Deficit OH 75%	3. Deficit Clean 75%	3. C+J 4x1 as above
4. Front squat 3x3 75%	4. Push press 3x3 75%	4. OHS 5x5 3x3 70%	

Cycle 2, conditioning with high volume and intensity.

Week 1

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch OTM 5x1 80-85-90%	Jerk OTM 5x1 80-85-90%	Clean OTM 80-85-90%	Snatch OTM 3x1 85-90-95%
3. 3x Pause Front squat- Box jumps x5 (5rounds)	3. Strict press 5x5 then 2x10	3. Pause squats 5x5	Snatch OTM 3x1 85-90-95%
4. 3/4 BW clean+PP 3x10 reps good form	4. OH lunges in jerk stance 3x6 per side	4. 10x pressups-10xrollouts-15 KB swings 4 rounds	Snatch OTM 3x1 85-90-95%

Week 2

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch OTM 3x1 85-90-95%	Jerk OTM 3x1 85-90-95%	Clean OTM 3x1 85-90-95%	Snatch OTM 3x1 85-90-95% max x3
3. 3x Pause Front squat- Box jumps x5 (5rounds)	3. Strict press 5x3 then 2x10	3. Pause squats 5x3	Snatch OTM 3x1 85-90-95% max x3
4. 3/4 BW clean+PP 3x10 reps good form	4. OH lunges in jerk stance 3x6 per side	4. 10x pressups-10xrollouts-15 KB swings 4 rounds	Snatch OTM 3x1 85-90-95% max x3

Week 3

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch OTM 2x1	Jerk OTM 2x1	Clean OTM 2x1	Snatch OTM 3x1 85-90-95%
3. 3x Pause Front squat-Box jumps x5 (5rounds)	3. Strict press 5x2 then 2x10	3. Pause squats 5x2	Snatch OTM 3x1 85-90-95%
4. 3/4 BW clean+PP 3x10 reps good form	4. OH lunges in jerk stance 3x6 per side	4. 10x pressups-10xrollouts-15 KB swings 4 rounds	Snatch OTM 3x1 85-90-95%

Week 4 deload

Session	Session	Session	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3
2. Snatch OTM 3x1 80%	Jerk OTM 3x1 80%	Clean OTM 3x1 80%	Snatch Max
3. 3x Pause Front squat-Box jumps x3 (5rounds)	3. Strict press 5x1 HS then 1x10	3. Pause squats 5x1 HS	C+J Max
4. 3/4 BW clean+PP 3x10 reps good form	4. OH lunges in jerk stance 3x6 per side	4. 10x pressups-10xrollouts-15 KB swings 4 rounds	

Cycle 3 competition prep with Bulgarian style max with back offs.

Week 1

Session	Session	Session	Rest	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	Sports massage	1. Tech activator 3+3x3
Snatch max then 85% 4x1	Power snatch 4x1 opener	Snatch max then 90% 3x1		Snatch max
C+J max then 4x1 85%	Power C+J 4x1 opener	C+J max then 3x1 90%		C+J max
Back squat 1RM				Front squat 1RM

Week 2

Session	Session	Session	Rest	Session
1. Tech activator 3+3x3	1. Tech activator 3+3x3	1. Tech activator 3+3x3	Mobility	1. Tech activator 3+3x3
Snatch max then 6x1 @ 90%	Power snatch 4x1 opener	Snatch max then 4x1 @95%		Snatch 95% 1x3
C+J max then 4x1 95%	Power C+J 4x1 opener	C+J max then 3x1 @95%		C+J 95% 1x3

Session	Session	Session	Session	Competition
1. Tech activator 3+3x3	Mobility	1. Tech activator 3+3x3	Mobility	Snatch 1RM
Snatch Opener		Snatch Opener		C+J 1RM
C+J Opener		C+J Opener		