

6 Week Snatch Masterclass

WEEKS

6

SESSIONS

23

STARTS

—
ENDS

Open-ended

SESSION TYPES IN THIS PROGRAM

ACCESSORIES
STRENGTH

COMPETITION
NOTE

PAIN / ACHES
WEIGHTLIFTING

01

WEEK

01

D 1

MANDATORY Day 1			
WEIGHTLIFTING			
Snatch (Pause Under Knee + Above Knee) OF SNATCH	8 sets across 2 waves —		
	L WAVE 1	4 × 2	72%
	L WAVE 2	4 × 2	77%
Snatch Pull OF SNATCH	3 × 2	105% of Snatch	Controlled eccentric 3 seconds
Power Clean (No Foot, No Hook) + Pushpress OF CLEAN & JERK	4 × 2	65% of Clean & Jerk	
ACCESSORIES			
Overhead Press	3 × 8	RPE 8	
Pull-ups	3 × 10-12	—	

02

D 2

MANDATORY Day 2			
WEIGHTLIFTING			
Snatch (From bloc) OF SNATCH	6 sets across 2 waves —		
	L WAVE 1	3 × 3	75%
	L WAVE 2	3 × 2	80%
Snatch Pull (From bloc) OF SNATCH	2 × 5	115% of Snatch	
ACCESSORIES			
Pull-ups	3 × 10	—	
Incline Dumbbell Press	3 × 10	—	
GHD Back Extension	3 × 12	—	
Dumbbell Row	3 × 12	—	

03
D 3

OPTIONAL Day 3

WEIGHTLIFTING

Power Snatch	6 sets across	—
OF SNATCH	2 waves	
L WAVE 1	3 × 2	70%
L WAVE 2	3 × 2	75-80%
Snatch Pull	2 × 2	100%

ACCESSORIES

Dumbbell Shoulder Press	3 × 12	—
SUPERSET		
Lateral Raise	3 × 12	—
SUPERSET		
Bicep Curl	3 × 10	—
SUPERSET		
Tricep Extension	3 × 12	—
SUPERSET		

04

REST DAY 4

05
D 5

MANDATORY Day 5

WEIGHTLIFTING

Clean (From hip)	5 × 3	60-70% of Clean & Jerk
OF CLEAN & JERK		
Clean Pull (From low hang)	3 × 3	80% of Clean & Jerk
OF CLEAN & JERK		
Snatch (No Foot, From low hang)	5 × 3	65-75% of Snatch
OF SNATCH		
Snatch Pull	2 × 2	100% of Snatch
OF SNATCH		

ACCESSORIES

Leg Curl	3 × 12	—
GHD Back Extension - Hamstring Focused	3 × 10	—

02

WEEK

01

D 1

MANDATORY Day 1			
WEIGHTLIFTING			
Snatch (Pause Under Knee + Above Knee) OF SNATCH	8 sets across 2 waves		
	L WAVE 1	4 × 2	74%
Snatch Pull OF SNATCH	L WAVE 2	4 × 2	79%
	Snatch Pull	3 × 2	107% of Snatch
Power Clean (No Foot, No Hook) + Pushpress OF CLEAN & JERK	Controlled eccentric 3 seconds		
	Power Clean (No Foot, No Hook) + Pushpress	4 × 2	67% of Clean & Jerk
ACCESSORIES			
Overhead Press	3 × 8	RPE 8	
Pull-ups	3 × 10-12	—	

02

D 2

MANDATORY Day 2			
WEIGHTLIFTING			
Snatch (From bloc) OF SNATCH	6 sets across 2 waves		
	L WAVE 1	3 × 3	78%
Snatch Pull (From bloc) OF SNATCH	L WAVE 2	3 × 2	83%
	Snatch Pull (From bloc)	2 × 5	115% of Snatch
ACCESSORIES			
Pull-ups	3 × 10	—	
Incline Dumbbell Press	3 × 10	—	
GHD Back Extension	3 × 12	—	
Dumbbell Row	3 × 12	—	

03
D 3

MANDATORY Day 3

WEIGHTLIFTING

Power Snatch	6 sets across	—
OF SNATCH	2 waves	
L WAVE 1	3 × 2	72%
L WAVE 2	3 × 2	75-80%
Snatch Pull	2 × 2	102%

ACCESSORIES

Dumbbell Shoulder Press	3 × 12	—
Lateral Raise	3 × 12	—
Bicep Curl	3 × 10	—
Tricep Extension	3 × 12	—

04

REST DAY 4

05
D 5

MANDATORY Day 5

WEIGHTLIFTING

Clean (From hip)	5 × 3	62-72% of Clean & Jerk
OF CLEAN & JERK		
Clean Pull (From low hang)	3 × 3	82% of Clean & Jerk
OF CLEAN & JERK		
Snatch (No Foot, From low hang)	5 × 3	67-77% of Snatch
OF SNATCH		
Snatch Pull	2 × 2	102% of Snatch
OF SNATCH		

ACCESSORIES

Leg Curl	3 × 12	—
GHD Back Extension - Hamstring Focused	3 × 10	—

03

WEEK

01

D 1

MANDATORY Day 1			
WEIGHTLIFTING			
Snatch (Pause Under Knee + Above Knee) OF SNATCH	8 sets across 2 waves		
	L WAVE 1	4 × 2	74%
Snatch Pull OF SNATCH	L WAVE 2	4 × 2	79%
	3 × 2	107% of Snatch	Controlled eccentric 3 seconds
Power Clean (No Foot, No Hook) + Pushpress OF CLEAN & JERK	4 × 2	67% of Clean & Jerk	
ACCESSORIES			
Overhead Press	3 × 8	RPE 8	
Pull-ups	3 × 10-12	—	

02

D 2

MANDATORY Day 2			
WEIGHTLIFTING			
Snatch (From bloc) OF SNATCH	6 sets across 2 waves		
	L WAVE 1	3 × 3	78%
Snatch Pull (From bloc) OF SNATCH	L WAVE 2	3 × 2	83%
	2 × 5	115% of Snatch	
ACCESSORIES			
Pull-ups	3 × 10	—	
Incline Dumbbell Press	3 × 10	—	
GHD Back Extension	3 × 12	—	
Dumbbell Row	3 × 12	—	

03

D 3

MANDATORY Day 3

WEIGHTLIFTING

Power Snatch

OF SNATCH

6 sets across —

2 waves

L WAVE 1

3 × 2

72%

L WAVE 2

3 × 2

75-80%

Snatch Pull

2 × 2

102%

ACCESSORIES

Dumbbell Shoulder Press

3 × 12

—

Lateral Raise

3 × 12

—

Bicep Curl

3 × 10

—

Tricep Extension

3 × 12

—

04

REST DAY 4

05

D 5

MANDATORY Day 5

WEIGHTLIFTING

Clean (From hip)

OF CLEAN & JERK

5 × 3

62-72% of Clean & Jerk

Clean Pull (From low hang)

OF CLEAN & JERK

3 × 3

82% of Clean & Jerk

Snatch (No Foot, From low hang)

OF SNATCH

5 × 3

67-77% of Snatch

Snatch Pull

OF SNATCH

2 × 2

102% of Snatch

ACCESSORIES

Leg Curl

3 × 12

—

GHD Back Extension - Hamstring Focused

3 × 10

—

04

WEEK

01

D 1

MANDATORY Day 1		
WEIGHTLIFTING		
Snatch OF SNATCH	7 sets across 2 waves	—
L WAVE 1	3 × 2	77-82%
L WAVE 2	4 × 1	85-90%
Snatch Pull OF SNATCH	3 × 2	107% of Snatch
Power Clean + Jerk OF CLEAN & JERK	5 × 2+1	73% of Clean & Jerk
ACCESSORIES		
Overhead Press	3 × 8	RPE 8
Pull-ups	3 × 10-12	—

02

D 2

MANDATORY Day 2		
WEIGHTLIFTING		
Snatch (From bloc) OF SNATCH	8 sets across 2 waves	—
L WAVE 1	3 × 2	82%
L WAVE 2	5 × 1	85-90%
Snatch Pull (From bloc) OF SNATCH	2 × 5	115% of Snatch
ACCESSORIES		
Pull-ups	3 × 10	—
Incline Dumbbell Press	3 × 10	—
GHD Back Extension	3 × 12	—
Dumbbell Row	3 × 12	—

03

D 3

MANDATORY

Day 3

WEIGHTLIFTING

Power Snatch

OF SNATCH

5 × 2

75-80% of Snatch

Snatch Pull

OF SNATCH

2 × 2

110% of Snatch

ACCESSORIES

Dumbbell Shoulder Press

3 × 12

—

Lateral Raise

3 × 12

—

Bicep Curl

3 × 10

—

Tricep Extension

3 × 12

—

04

REST

DAY 4

05

D 5

MANDATORY

Day 5

WEIGHTLIFTING

Power Clean (From bloc)

OF CLEAN & JERK

4 × 2

65-75% of Clean & Jerk

Clean Pull (From bloc)

OF CLEAN & JERK

3 × 2

125% of Clean & Jerk

Snatch (No Foot, From low hang)

OF SNATCH

4 × 2

72-77% of Snatch

Snatch Pull

OF SNATCH

2 × 2

103% of Snatch

ACCESSORIES

Leg Curl

3 × 12

—

GHD Back Extension - Hamstring Focused

3 × 10

—

05

WEEK

—

01

D 1

MANDATORY			Day 1
WEIGHTLIFTING			
Power Snatch (Pause Above Knee) + Snatch (Pause Above Knee)	5 × 1+1	80% of Snatch	
OF SNATCH			
Snatch Pull	4 × 2	107% of Snatch	
OF SNATCH			
STRENGTH			
Back Squat	5 × 2	80-85% of Back Squat	
OF BACK SQUAT			
ACCESSORIES			
Leg Extension	3 × 10	—	
Rest 60s			
Leg Curl	3 × 12	—	
Rest 60s			
Hip Abduction	3 × 10	—	
Rest 60s			

02

D 2

MANDATORY

Day 2

WEIGHTLIFTING

Tall Snatch 3 × 5 20 kg

Snatch 5 sets across —
OF SNATCH 3 waves

↳ WAVE 1 2 × 2 75-80%

↳ WAVE 2 2 × 1 90-95%

↳ WAVE 3 1 × 1 **MAX**

Tall Clean 3 × 5 40 kg

Clean & Jerk 4 sets across —
OF CLEAN & JERK 3 waves

↳ WAVE 1 1 × 2 80%

↳ WAVE 2 2 × 1 90-95%

↳ WAVE 3 1 × 1 **MAX**

ACCESSORIES

Ab Wheel 3 × 10 —

Rest 60s

GHD Back Extensions 3 × 12 —

Rest 60s

03

D 3

OPTIONAL

Day 3

WEIGHTLIFTING

Snatch (No Foot, From bloc) 5 × 2 70-80% of Snatch

OF SNATCH

Snatch Pull (From bloc) 3 × 3 115% of Snatch

OF SNATCH

ACCESSORIES

Dumbbell Incline Press 3 × 10 —

Barbell Bent Over Row 3 × 8 —

PAIN / ACHES

Band Pull Apart — —

Face Pull 3 × 5 —

04

REST DAY 4

05

D 5

MANDATORY

Day 5

WEIGHTLIFTING

Power Clean (From bloc) + Pushpress

4 × 3+1

60% of Clean & Jerk

OF CLEAN & JERK

Clean Pull

3 × 3

115% of Clean & Jerk

OF CLEAN & JERK

ACCESSORIES

Overhead Press

3 × 8

—

Pull-ups

3 × 8

—

Ab Wheel

3 × 10

—

06

WEEK

01

D 1

MANDATORY Day 1		
WEIGHTLIFTING		
Snatch OF SNATCH	6 × 1	85-90% of Snatch
Snatch Pull OF SNATCH	3 × 2	110% of Snatch
STRENGTH		
Front Squat OF CLEAN & JERK	3 × 2	100% of Clean & Jerk
ACCESSORIES		
GHD Back Extensions	3 × 12	—
Ab Wheel	3 × 10	—

02

D 2

MANDATORY Day 2		
WEIGHTLIFTING		
Power Snatch + Overhead Squat OF SNATCH	5 × 1+1	75% of Snatch
Snatch Pull OF SNATCH	2 × 2	100% of Snatch
STRENGTH		
Back Squat OF BACK SQUAT	2 × 3	70% of Back Squat
ACCESSORIES		
GHD Back Extensions	2 × 10	—
Hanging Leg Raises	2 × 10	—

03

REST DAY 3

04

D 4

MANDATORY Day 4		
COMPETITION		
	—	—

05

REST DAY 5