

Day 1	Constant Acute Training Variables			Week 1		Week 2		Week 3		Week 4		Program Notes
	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
	Snatch	X	2m	6	2 (75%)	6	2 (77.5%)	6	2 (80%)	5	2 (82.5%)	
	Clean and Jerk	X	2m	6	2 (70%)	6	2 (75%)	6	2 (80%)	5	2 (82.5%)	
	Front Squats (Paused)	2.2.1	3m	5	5	6	5	5	3	4	3	
	Press	2.0.1	2m	5	5	6	5	5	3	4	3	
	Core Superset	control	1m	3	12	3	12	3	12	3	12	Reverse Hypers and Russian Twists

Day 2	Constant Acute Training Variables			Week 1		Week 2		Week 3		Week 4		Program Notes
	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
	Front Squat - Fast	2.0.X	2m	5	5	5	5	5	3	5	3	~70%
	Snatch Grip RDL	2.0.1	3m	5	5	5	5	5	3	4	3	
	A. Chin Ups	2.0.1	1m	4	8	4	10	5	10	3	10	
	B. Incline DB Press	2.0.1	1m	4	8	5	8	5	6	3	8	
	Core Superset	control	1m	3	12	3	12	3	12	3	12	Hypers and DB side Bends

Day 3	Constant Acute Training Variables			Week 1		Week 2		Week 3		Week 4		Program Notes
	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
	Snatch	X	2m	6	2 (72.5%)	6	2 (75%)	6	2 (77.5%)	5	2 (80%)	Finish with heavy singles in last week
	Clean and Jerk	X	3m	6	2 (67.5%)	6	2 (70%)	6	2 (75%)	5	2 (80%)	Finish with heavy singles in last week
	Back Squat	2.0.1	3m	5	5	5	5	5	3	5	3	
	Core Superset	control	1m	3	12	3	12	3	12	3	12	Weighted Hypers and Sit ups

Day 4	Constant Acute Training Variables			Week 1		Week 2		Week 3		Week 4		Program Notes
	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
	Power Snatch	X	2m	5	2	5	2	5	2	4	1	Lighter, technical focus
	Push Press	X	2m	5	4	5	4	5	3	4	3	
	Squat Jumps	X	2m	5	5	5	5	5	3	4	3	Light - 20% of squat
	Core Superset	control	1m	3	12	3	12	3	12	3	12	Weighted Hypers and Sit ups

Day 5	Constant Acute Training Variables			Week 1		Week 2		Week 3		Week 4		Program Notes
	Exercises	Tempo	Rest	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	
	Power Clean	X	2m	4	2	4	2	4	2	4	2	Lighter, technical focus
	Deadlift	2.0.1	3m	5	5	5	5	5	3	4	3	Comp Style Pull (Conventional or Sumo)
	Bench Press (Paused)	2.1.1	3m	5	6	5	6	5	4	4	4	Comp Style Pause on Chest
	Barbell Row	2.0.1	2m	5	8	5	8	5	6	4	6	
	Bulgarian Split Squat	2.0.1	1m	3	8	3	8	3	5	3	5	
	Core Superset	control	1m	3	12	3	12	3	12	3	12	KB/DB Halos and Hyper Rows