

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 9, WEEK 8

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	Snatch	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Jerk balance	40%-3	50%-2	60%-2	65%-2	70%-2	65%-2	
EXERCISE 3	Halting clean pull(3 sec holds just off floor and at knee)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 4	Back squat	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY								
EXERCISE 1	Clean & jerk	60%-3+3	70%-2+2	75%-2+2	80%-2+2	85%-2+2	80%-2+2	
EXERCISE 2	Halting snatch pull(3 sec holds just off floor and at knee)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 3	RDL	60%-3	70%-2	75%-2	80%-2	85%-2	90%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
WEDNESDAY								
EXERCISE 1	Snatch from knee	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Jerk recoveries	80%-3	90%-2	100%-2	110%-2	120%-2	120%-2	
EXERCISE 3	Clean from knee	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 4	Front squat + jerk(%1rm jerk)	60%-3+1	70%-2+1	75%-2+1	80%-2+1	85%-2+1	85%-2+1	



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CYCLE 9, WEEK 8

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
FRIDAY								
EXERCISE 1	Snatch	70%-3	80%-2	90%-2	95%-2	85%-2	90%-2	95%-2
EXERCISE 2	Split jerk	60%-3	70%-2	80%-2	85%-2	90%-2	95%-2	95%-2
EXERCISE 3	Snatch pull	70%-2	80%-2	90%-2	100%-2	110%-2	110%-2	100%-2
EXERCISE 4	RDL	60%-3	70%-2	80%-2	85%-2	90%-2	95%-2	95%-2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
SATURDAY								
EXERCISE 1	Clean & split jerk	70%-3+3	80%-2+2	90%-2+2	95%-2+2	85%-2+2	90%-2+2	95%-2+2
EXERCISE 2	Snatch balance	70%-3	80%-2	85%-2	90%-2	95%-2	100%-2	105%-2
EXERCISE 3	Front squat	60%-3	70%-2	80%-2	85%-2	90%-2	95%-2	95%-2

SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
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