



# NATIONAL '15

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# **Push, Jump, Punch:** **A Developmental** **Approach to Teaching** **Athletes the Power Clean**

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## Power Clean Progression for the Competitive Athlete

# Who Is Your Clientele?

A – Fitness Enthusiast

B – Olympic Weight Lifter

C – High School, College, or Professional Athlete

# Power Clean Progression for the Competitive Athlete

## Stance

# “Athletic Position”

The Most Fundamental Aspect of Sport

# Power Clean Progression for the Competitive Athlete

## Simplicity Cues

**“ATTACK”**

**= Push + Jump + Punch**

# Power Clean Progression for the Competitive Athlete

**“ATTACK” = Push + Jump + Punch**

## **PUSH PHASE**

**Hex Bar Deadlift**

**Clean Grip Deadlift**

# Power Clean Progression for the Competitive Athlete

**“ATTACK” = Push + Jump + Punch**

## **JUMP PHASE**

**RDL to Shrug Progression**

**Clean Grip Snatch**

# Power Clean Progression for the Competitive Athlete

**“ATTACK” = Push + Jump + Punch**

## Push + Jump Hybrid Phase

**Clean Grip Power Pull** [from Deck]



# Power Clean Progression for the Competitive Athlete

**“ATTACK” = Push + Jump + Punch**

## **PUNCH PHASE**

**Wrist Flexibility Exercises**

**Front Squat** [receiving position]

# Power Clean Progression for the Competitive Athlete

**“ATTACK” = Push + Jump + Punch**

## **CATCH PHASE**

**Athletic Position** [Front Squat Foot Position]

**Squat Catch**

# Power Clean Progression for the Competitive Athlete

## Clean Variations

- **Block Cleans** [various starting heights]
- **Hang Cleans** [“Drop and Attack”]
- **3 Stage Clean for Low Block**
- **Low Block Clean to Push Press**

# Power Clean Progression for the Competitive Athlete

## COMMENTS

- ***Ground Up*** – Develops the base and establishes the stance
- ***Push Phase*** - Learning to apply force into the ground and developing starting strength in the
- ***Jump Phase*** - Movement Patterns similar to Vertical Jump Mechanics
- ***Punch Phase*** - Learning to absorb force by receiving the bar
- ***Catch Phase*** – Promote Athletic Position receiving position

Block Zero - Cycle I	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
QUARTER 1 [3 rotations-max20:00]	Pre Activity Preparation - In Place/Stabilization	Pre Activity Preparation - In Place/Stabilization	Pre Activity Preparation - In Place/Stabilization
QUARTER 2 [3 rotations -max20:00]	Relative Strength/Bodyweight	Relative Strength/Bodyweight	Relative Strength/Bodyweight
QUARTER 3 [3 rotations-max20:00]	Movement - Athletic Position	Movement - Jump-Landing Mechanics	Movement - Running Linear/Lateral Mechanics
QUARTER 4 [15:00] Tier 1	<u>Exercise Technique - Hex Bar Deadlift</u>	Exercise Technique - Overhead Press	<u>Exercise Technique - Front Squat</u>

**Cycle I [3 weeks] begins when athletes arrive on campus. This is after physicals and basic evaluations**

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Hex Bar Deadlift</b>	ASC	5	5	N/A	ASC	5	5	N/A	ASC	5	5	N/A					ASC-ascending sets
<b>Front Squat</b>	ASC	5	5	N/A	ASC	5	5	N/A	ASC	5	5	N/A					ASC-ascending sets

never sacrifice proper technique for excess load/weight  
make smart decisions on loading per set  
always concentrate on maximal concentric acceleration  
record all weights - week 3 - work to a solid training 5rm



Block Zero - Cycle II	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
QUARTER 1 [2 rotations-max15:00]	Pre Activity Preparation - In Place/Stabilization	Pre Activity Preparation - In Place/Stabilization	Pre Activity Preparation - In Place/Stabilization
QUARTER 2 [2 rotations -max15:00]	Movement - Athletic Position	Movement - Jump-Landing Mechanics	Movement - Running Linear/Lateral Mechanics
QUARTER 3 Tier 1	<i><b>Hex Bar Deadlift</b></i>	Overhead Press w/Chin Up	<i><b>Front Squat</b></i>
QUARTER 3 Tier 2	<i><b>Front Squat to box</b></i>	<i><b>Clean Grip Snatch - below knee start</b></i>	Grip 2 Bench Press
QUARTER 3 Tier 3	Supinated Sumo Barbell Row	Split Squat - back foot elevated	<i><b>Romanian Deadlift to Shrug Progression</b></i>
QUARTER 4 [2 rotations -max15:00]	Relative Strength/Bodyweight	Relative Strength/Bodyweight	Relative Strength/Bodyweight

### Cycle II [3 Weeks]

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Hex Bar Deadlift</b>	65	6	5	N/A	70	6	5	N/A	75	6	5	N/A					ASC-ascending sets
<b>Front Squat</b>	65	6	5	N/A	70	6	5	N/A	75	6	5	N/A					ASC-ascending sets
<b>Front Squat to box</b>	50	4	5	N/A	55	4	5	N/A	60	4	5	N/A					ASC-ascending sets
<b>Clean Grip Snatch - below knee start</b>	STA	4	5	N/A	STA	4	5	N/A	STA	4	5	N/A					STA-stable sets
<b>Romanian Deadlift to Shrug</b>	STA	3	8	N/A	STA	3	8	N/A	STA	3	8	N/A					STA-stable sets

When working ascending sets to a training intensity/percentage, Percentage is last set load

never sacrifice proper technique for excess load/weight

make smart decisions on loading per set

always concentrate on maximal concentric acceleration

record all weights - week 3 - work to a solid training 5rm

Clean Grip Snatch - light is right - never load more then 60kgs/132# - preferably 50kgs/110#

Romanian Deadlift to Shrug progression - as athlete gets comfortable with movement this becomes a fluid and explosive exercise

Block Zero - Cycle III	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><i>Hex Bar Deadlift</i></b>	Grip 2 Overhead Press/Chin Up	<b><i>Front Squat</i></b>
Tier 2	<b><i>Front Squat to box</i></b>	<b><i>Clean Grip Snatch - below knee</i></b>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	Back Squat to box	<b><i>Romanian Deadlift to Shrug</i></b>
Tier 4	Behind the Neck Push Press	Inverted Pull Up	Pistol Squat to Box
Tier 5	Split Squat - back foot elevated	Single Arm Dumbbell Snatch	Single Arm Dumbbell Row/OH Press
Posterior Chain	Eccentric Leg Curl	Glute Ham Raise	Back Extension
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

### Cycle III [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Hex Bar Deadlift</b>	70	6	6	N/A	76	6	6	N/A	82	6	5	N/A	73	4	3	N/A	Stable Work Sets
<b>Front Squat</b>	70	6	6	N/A	76	6	6	N/A	82	6	5	N/A	73	4	3	N/A	Stable Work Sets
<b>Front Squat to Box</b>	58	5	3	N/A	64	5	3	N/A	70	5	3	N/A	61	3	3	N/A	Stable Work Sets
<b>Clean Grip Snatch - below knee</b>	STA	5	5	N/A	STA	5	5	N/A	STA	5	5	N/A	STA	3	3	N/A	STA-stable work sets
<b>Romanian Deadlift to Shrug progression</b>	STA	4	8	N/A	STA	4	8	N/A	STA	4	8	N/A	STA	2	6	N/A	STA-stable work sets

Work on increasing Density of training session by pushing tempo and quick transitions between athletes  
 never sacrifice proper technique for excess load/weight  
 make smart decisions on loading per set, where there are no training intensities prescribed  
 always concentrate on maximal concentric acceleration

Clean Grip Snatch - light is right - never load more than 60kgs/132# - preferably 50kgs/110#

Romanian Deadlift to Shrug progression - as athlete gets comfortable with movement this becomes a fluid and explosive exercise



Block Zero - Evaluation 1	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><i>Hex Bar Deadlift</i></b>	Grip 2 Overhead Press/Chin Up	<b><i>Front Squat</i></b>
Tier 2	N/A	N/A	Grip 2 Bench Press
Tier 3	N/A	N/A	N/A
Tier 4	N/A	N/A	N/A
Tier 5	N/A	N/A	N/A
Posterior Chain	N/A	N/A	N/A
Posterior Shoulder	N/A	N/A	N/A

**Evaluation Week - Goal is to establish a 5 repetition training max**

PUSH JUMP PUNCH PROGRESSION	EVAL - Week 1				Transition - Week 2				Cycle IV - Week 3				Cycle IV - Week 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Hex Bar Deadlift</b>	100	6+	5RM		<b>Transition Week Alternative Training -circuit work</b>												Ascending 5 rep sets
<b>Front Squat</b>	100	6+	5RM														Ascending 5 rep sets

Establishing a 5RM - continue to progress through 5 rep sets until athlete cannot perform another set of 5 reps. A set of 4 reps is not recorded.  
 Coach should prescribe ascending load progression for the athlete to follow.  
 never sacrifice proper technique for excess load/weight  
 always concentrate on maximal concentric acceleration



Block Zero - Cycle IV	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><u>Clean Grip Deadlift</u></b>	Grip 2 Overhead Press/Chin Up	<b><u>Front Squat</u></b>
Tier 2	Back Squat	<b><u>Clean Grip Power Pull - deck</u></b>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<b><u>Front Squat to Box</u></b>	<b><u>Romanian Deadlift to Shrug Progression</u></b>
Tier 4	Behind the Neck Push Press	Inverted Pull Up	Pistol Squat to Box
Tier 5	Split Squat - back foot elevated	Single Arm Dumbbell Snatch	Single Arm Dumbbell Row/OH Press
Posterior Chain	Eccentric Leg Curl	Glute Ham Raise	Back Extension
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

#### Cycle IV [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	73	6	6	N/A	79	6	5	N/A	85	6	3	N/A	76	4	3	N/A	Stable Work Sets
<b>Front Squat</b>	73	6	6	N/A	79	6	5	N/A	85	6	3	N/A	76	4	3	N/A	Stable Work Sets
<b>Front Squat to Box</b>	61	5	3	N/A	67	5	3	N/A	73	5	3	N/A	64	3	3	N/A	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	ASC	5	5	N/A	ACS	5	5	N/A	ASC	5	5	N/A	ASC	3	3	N/A	ASC-ascending sets
<b>Romanian Deadlift to Shrug Progression</b>	ASC	4	5	N/A	ACS	4	5	N/A	ASC	4	5	N/A	ASC	2	5	N/A	ASC-ascending sets

Work on increasing Density of training session by pushing tempo and quick transitions between athletes  
 never sacrifice proper technique for excess load/weight  
 make smart decisions on loading per set, where there are no training intensities prescribed  
 always concentrate on maximal concentric acceleration

Clean Grip Snatch - light is right - never load more then 60kgs/132# - preferably 50kgs/110#

Romainian Deadlift to Shrug progression - as athlete gets comfortable with movement this becomes a fluid and explosive exercise

Block Zero - Cycle V	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><u>Clean Grip Deadlift</u></b>	Grip 2 Overhead Press/Chin Up	<b><u>Front Squat</u></b>
Tier 2	Back Squat	<b><u>Clean Grip Power Pull - deck</u></b>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<b><u>Front Squat to Box</u></b>	<b><u>Romanian Deadlift to Shrug Progression</u></b>
Tier 4	Behind the Neck Push Press	Inverted Pull Up	Pistol Squat to Box
Tier 5	Split Squat - back foot elevated	Single Arm Dumbbell Snatch	Single Arm Dumbbell Row/OH Press
Posterior Chain	Eccentric Leg Curl	Glute Ham Raise	Back Extension
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

### Cycle V [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	79	6	5	N/A	85	6	3	N/A	91	6	3	N/A	82	4	3	N/A	Stable Work Sets
<b>Front Squat</b>	79	6	5	N/A	85	6	3	N/A	91	6	3	N/A	82	4	3	N/A	Stable Work Sets
<b>Front Squat to Box</b>	67	5	3	N/A	73	5	3	N/A	82	5	3	N/A	70	3	3	N/A	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	ASC	5	3	N/A	ACS	5	3	N/A	ASC	5	3	N/A	ASC	3	3	N/A	ASC-ascending sets
<b>Romanian Deadlift to Shrug Progression</b>	ASC	4	5	N/A	ACS	4	5	N/A	ASC	4	5	N/A	ASC	2	5	N/A	ASC-ascending sets

Work on increasing Density of training session by pushing tempo and quick transitions between athletes  
 never sacrifice proper technique for excess load/weight  
 make smart decisions on loading per set, where there are no training intensities prescribed  
 always concentrate on maximal concentric acceleration

Clean Grip Snatch - light is right - never load more than 60kgs/132# - preferably 50kgs/110#

Romanian Deadlift to Shrug progression - as athlete gets comfortable with movement this becomes a fluid and explosive exercise



Block Zero - Evaluation 2	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><u>Hex Bar Deadlift</u></b>	Grip 2 Overhead Press/Chin Up	<b><u>Front Squat</u></b>
Tier 2	Back Squat	<b><u>Clean Grip Power Pull - deck</u></b>	Grip 2 Bench Press
Tier 3	N/A	N/A	N/A
Tier 4	N/A	N/A	N/A
Tier 5	N/A	N/A	N/A
Posterior Chain	N/A	N/A	N/A
Posterior Shoulder	N/A	N/A	N/A

#### Evaluation Week - Goal is to establish a 5 repetition training max

PUSH JUMP PUNCH PROGRESSION					WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description					%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>					100	6+	3RM		Transition Week Alternative Training -circuit work												Ascending 3 rep sets
<b>Front Squat</b>					100	6+	3RM														Ascending 3 rep sets
<b>Clean Grip Power Pull - deck</b>					100	6+	3RM														Ascending 3 rep sets

Establishing a 3RM - continue to progress through 3 rep sets until athlete cannot perform another set of 3 reps. A set of 2 reps is not recorded.

Coach should prescribe ascending load progression for the athlete to follow.

never sacrifice proper technique for excess load/weight

always concentrate on maximal concentric acceleration

**CLEAN GRIP DEADLIFT AND POWER PULL ARE DONE AS RESET REPS. THE ATHLETE WILL RELEASE BARBELL AT COMPLETION OF MOVEMENT, RESET STANCE AND PERFORM NEXT REP**

In Most Academic Settings the Block Zero Program would end at the Semester Break for College Age Athletes

Block I - Cycle I	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<u><i>Clean Grip Deadlift</i></u>	Grip 2 Overhead Press/Chin Up	<u><i>Front Squat</i></u>
Tier 2	Back Squat	<u><i>Deck Clean</i></u>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<u><i>Front Squat to Box</i></u>	<u><i>Clean Grip Power Pull - from deck</i></u>
Tier 4	Behind the Neck Push Press	Single Arm Dumbbell Row	Standard Lunge
Tier 5	Step Up	Single Arm Dumbbell Snatch	Inverted Row/Push Up
Posterior Chain	<u><i>Romanian Deadlift to Shrug</i></u>	Back Extension	Glute Ham Raise
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

**Cycle I [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad**

<b>PUSH JUMP PUNCH PROGRESSION</b>	WEEK 1				WEEK 2				WEEK 3				WEEK 4				<i>Notes</i>
<b>Movement/Exercise Description</b>	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	70	8	3	N/A	76	8	3	N/A	82	8	3	N/A	73	4	3	N/A	Stable Work Sets
<b>Front Squat</b>	70	3	8t10	N/A	75	3	6t8	N/A	80	3	4t6	N/A	72.5	4	3	N/A	Ascending Stable Work Sets
<b>Deck Clean</b>	61	5	6	N/A	67	5	6	N/A	73	5	5	N/A	64	3	6	N/A	Stable Work Sets
<b>Front Squat to Box</b>	55	3	6	N/A	60	3	5	N/A	65	3	5	N/A	57.5	2	5	N/A	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	58	4	6	N/A	61	4	6	N/A	64	4	6	N/A	52	2	6	N/A	Stable Work Sets
<b>Romanian Deadlift to Shrug Progression</b>	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	Stable Work Sets

Clean Grip Deadlift, Deck Clean, Clean Grip Power Pull - are all reset reps per set

Romanian Deadlift to Shrug Progression - the load for this movement is based on predetermined prep set for the Deck Clean

Front Squat - Ascending Stable Sets = 3 ascending sets done to reach top training percentage of the week. This does not count prep sets



Block I - Cycle II	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><u>Clean Grip Deadlift</u></b>	Grip 2 Overhead Press/Chin Up	<b><u>Front Squat</u></b>
Tier 2	Back Squat	<b><u>Deck Clean</u></b>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<b><u>Front Squat to Box</u></b>	<b><u>Clean Grip Power Pull - from deck</u></b>
Tier 4	Behind the Neck Push Press	Single Arm Dumbbell Row	Standard Lunge
Tier 5	Step Up	Single Arm Dumbbell Snatch	Inverted Row/Push Up
Posterior Chain	<b><u>Romanian Deadlift to Shrug</u></b>	Back Extension	Glute Ham Raise
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

### Cycle II [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	79	10	2	N/A	85	10	2	N/A	91	10	1	N/A	82	5	2	N/A	Stable Work Sets
<b>Front Squat</b>	77.5	3	6t8	N/A	82.5	3	4t6	N/A	87.5	3	3t5	N/A	80	2	3	N/A	Ascending Stable Work Sets
<b>Deck Clean</b>	70	5	5	N/A	76	5	5	N/A	82	6	3	N/A	73	4	3	N/A	Stable Work Sets
<b>Front Squat to Box</b>	62.5	3	5	N/A	67.5	3	4	N/A	72.5	3	4	N/A	65	2	3	N/A	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	64	4	5	N/A	70	4	3	N/A	76	4	3	N/A	67	2	5	N/A	Stable Work Sets
<b>Romanian Deadlift to Shrug Progression</b>	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	Stable Work Sets

Clean Grip Deadlift, Deck Clean, Clean Grip Power Pull - are all reset reps per set

Romanian Deadlift to Shrug Progression - the load for this movement is based on predetermined prep set for the Deck Clean

Front Squat - Ascending Stable Sets = 3 ascending sets done to reach top training percentage of the week. This does not count prep sets

Block I - Evaluation 1	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><i>Clean Grip Deadlift</i></b>	Grip 2 Overhead Press/Chin Up	<b><i>Front Squat</i></b>
Tier 2	Back Squat	<b><i>Deck Clean</i></b>	Grip 2 Bench Press
Tier 3	N/A	N/A	N/A
Tier 4	N/A	N/A	N/A
Tier 5	N/A	N/A	N/A
Posterior Chain	N/A	N/A	N/A
Posterior Shoulder	N/A	N/A	N/A

#### Evaluation Week - Goal is to establish a 5 repetition training max

PUSH JUMP PUNCH PROGRESSION					WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
Movement/Exercise Description					%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
Clean Grip Deadlift					100	5+	1RM		In this example Athlete would be on Spring Break												MAX SINGLE
Front Squat					100	5+	1RM														MAX SINGLE
Deck Clean					100	5+	3RM														Ascending 3 rep sets

Establishing a 3RM - continue to progress through 3 rep sets until athlete cannot perform another set of 3 reps. A set of 2 reps is not recorded.  
 Coach should prescribe ascending load progression for the athlete to follow.  
 never sacrifice proper technique for excess load/weight  
 always concentrate on maximal concentric acceleration



Block I - Cycle III	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session L - Lower Body	Session U - Upper Body
Tier 1	<u><i>Clean Grip Deadlift</i></u>	<u><i>Front Squat</i></u>	Grip 2 Overhead Press/Chin Up
Tier 2	Back Squat	Grip 2 Bench Press	<u><i>Deck Clean</i></u>
Tier 3	Supinated Sumo Barbell Row	<u><i>Clean Grip Power Pull - from deck</i></u>	<u><i>Front Squat to Box</i></u>
Tier 4			
Tier 5			
Posterior Chain	<u><i>Romanian Deadlift to Shrug</i></u>	Back Extension	Glute Ham Raise
Posterior Shoulder	"T" Raise	"Y" Raise	"A" Raise

**Cycle III [4 Weeks] Traditional Wave - Week One - Base, Week Two - Load, Week Three - Load, Week Four - ReLoad**

<b>PUSH JUMP PUNCH PROGRESSION</b>	<b>WEEK 1</b>				<b>WEEK 2</b>				<b>WEEK 3</b>				<b>WEEK 4</b>				<b>Notes</b>
<b>Movement/Exercise Description</b>	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	80	8	2	N/A	82.5	8	2	N/A	85	8	2	N/A	77.5	6	3	N/A	Stable Work Sets
<b>Front Squat</b>	80	8	2	N/A	82.5	8	2	N/A	85	8	2	N/A	77.5	6	3	N/A	Stable Work Sets
<b>Deck Clean</b>	70	5	5	N/A	75	5	5	N/A	80	4	4	N/A	72.5	3	5	N/A	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	64	4	5	N/A	70	4	3	N/A	76	4	3	N/A	67	2	5	N/A	Stable Work Sets
<b>Romanian Deadlift to Shrug Progression</b>	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	STA	3	10	N/A	Stable Work Sets

Clean Grip Deadlift, Deck Clean, Clean Grip Power Pull - are all reset reps per set

Romanian Deadlift to Shrug Progression - the load for this movement is based on predetermined prep set for the Deck Clean

This particular cycle is an example if the athlete is participating in a non competitive practice period, for example - spring football

In Most Academic Settings Block I Cycles 1-3 would end at the Semester Break for College Age Athletes and they would be sent home with a alternative program until they returned for summer school or the start of their summer training program.



Block I - Cycle IV	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<b><u>Clean Grip Deadlift</u></b>	Grip 2 Overhead Press/Chin Up	<b><u>Front Squat</u></b>
Tier 2	Back Squat	<b><u>Deck Clean</u></b>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<b><u>Front Squat to Box</u></b>	<b><u>Hang Clean to Push Press</u></b>
Tier 4	Clean Grip Power Pull - deck	Single Arm Dumbbell Row/DB Incline Press	Lateral Lunge
Tier 5	Lateral Step Up	Single Arm Dumbbell Snatch	Inverted Row
Posterior Chain	<b><u>Romanian Deadlift to Shrug</u></b>	Back Extension to Glute Ham Raise	Eccentric Leg Curl
Posterior Shoulder	"T" Raise	"A" Raise	"Y" Raise

**Cycle IV [4 Weeks] Performance Wave - Week One - Base, Week Two - Load, Week Three - ReLoad, Week Four - Performance**

<b>PUSH JUMP PUNCH PROGRESSION</b>	WEEK 1				WEEK 2				WEEK 3				WEEK 4				<b>Notes</b>
<b>Movement/Exercise Description</b>	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
<b>Clean Grip Deadlift</b>	70	5	5	high	76	6	4	high	73	4	4	opt	82	10	2	high	Stable Work Sets
<b>Front Squat</b>	70	4	6	high	76	4	6	high	73	3	6	opt	82	5	4	high	Stable Work Sets
<b>Deck Clean</b>	61	6	5	high	67	6	5	high	64	4	6	opt	73	6	4	high	Stable Work Sets
<b>Clean Grip Power Pull - Deck</b>	STA	3	5		STA	3	3		STA	2	5		STA	3	5		Stable Work Sets
<b>Romanian Deadlift to Shrug Progression</b>	STA	3	10		STA	3	10		STA	3	10		STA	3	10		Stable Work Sets
<b>*Hybrid Hang Clean to Push Press</b>	55	4	4		61	4	4		58	3	4		67	4	4		Stable Work Sets

Clean Grip Deadlift, Deck Clean, Clean Grip Power Pull - are all reset reps per set

Romanian Deadlift to Shrug Progression - the load for this movement is based on predetermined prep set for the Deck Clean

Clean Grip Power Pull - Deck - the load for this movement is the same as Hang Clean to Push Press

\*Hybrid Hang Clean to Push Press - the load is based off of 90% of training maximum for the Deck Clean

Volume is based on my adaptation of A.S. Prilepin's chart



Block I - Cycle V	MONDAY	WEDNESDAY	FRIDAY
	Session T - Total Body	Session U - Upper Body	Session L - Lower Body
Tier 1	<i><b>Deck Clean</b></i>	Grip 2 Overhead Press/Chin Up	<i><b>Front Squat</b></i>
Tier 2	Back Squat	<i><b>Hang Clean</b></i>	Grip 2 Bench Press
Tier 3	Supinated Sumo Barbell Row	<i><b>Front Squat to Box</b></i>	<i><b>Clean Grip Power Pull - deck</b></i>
Tier 4	Push Press	Single Arm Dumbbell Row/DB Incline Press	Lateral Lunge
Tier 5	Lateral Step Up	Single Arm Dumbbell Snatch	Inverted Row
Posterior Chain	<i><b>Romanian Deadlift to Shrug</b></i>	Back Extension to Glute Ham Raise	Eccentric Leg Curl
Posterior Shoulder	"T" Raise	"A" Raise	"Y" Raise

**Cycle V [4 Weeks] Performance Wave - Week One - Base, Week Two - Load, Week Three - ReLoad, Week Four - Performance**

PUSH JUMP PUNCH PROGRESSION	WEEK 1				WEEK 2				WEEK 3				WEEK 4				Notes
	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
Deck Clean	76	8	3	high	82	10	2	high	79	5	3	opt	88	10	2	high	Stable Work Sets
Front Squat	76	4	6	high	82	5	4	high	79	4	4	opt	88	5	4	high	Stable Work Sets
Hang Clean	67	6	5	high	73	6	4	high	70	4	4	opt	79	6	3	high	Stable Work Sets
Clean Grip Power Pull - Deck	61	4	4		67	4	4		64	3	4		73	4	3		Stable Work Sets
Romanian Deadlift to Shrug Progression	STA	3	10		STA	3	10		STA	3	10		STA	3	10		Stable Work Sets

Clean Grip Deadlift, Deck Clean, Clean Grip Power Pull - are all reset reps per set

Romanian Deadlift to Shrug Progression - the load for this movement is based on predetermined prep set for the Deck Clean

Clean Grip Power Pull - Deck - the load for this movement is the same as Hang Clean to Push Press

Hang Clean - the load is based off of 90% of training maximum for the Deck Clean

This cycle would lead up to the In Season Program - DURING CYCLE 4 & 5 THE ATHLETE WILL HAVE TRAINING MAX'S DONE ON WEEK 4 OF EACH CYCLE. The athlete has now concluded a full year in our program - Starting at Block Zero graduating to Block 1 and the athlete would begin Block II at the start of our developmental stage of the annual plan.

# THANK YOU