



## WEEKLY BREAKDOWN 1/14 - 1/20

This week's programming entails retesting two classic lifts, the back squat/clean and jerk in which we'll then use those numbers for Dynamic Effort work for the Clean + Jerk AND Rep work for the Back Squat. The rep-work for the Back Squat has a few purposes: 1) Increased time-under-tension and, 2) Giving more folks additional exposure to dial in technique. You'll see these variations for the next three weeks. All sets will be performed at the prescribed percentage each week.

Much of the volume for both strength and conditioning this week is much like previous weeks with the exception of being able to perform strength-speed work ONLY session (Monday) as well as a "cardiac output" type session Wednesday. These days are a great change of pace and allow us to really focus on the task at hand rather than having multiple modalities occurring in a single class. Additionally, we'll continue our upper-work with the skill of movement increasing this week (HSPU.) Keep in mind this work will culminate with a "testing piece."

## ADDITIONAL TRAINING NOTES

- DE WORK X 3 WEEKS will include rep-work for the Back Squat for increased TUT/VOLUME
- "Man Maker" is a very deceiving workout with a 15 minute cap.
- Upper pulling/pushing work continues with a "bonus" upper special exercise session on Friday.
- The purpose with Cardiac output work is to increase left-ventricle cavity and which MUST be done at lower-effort for longer durations (30 mins is the minimum, 130-150BPM.)

### MAX EFFORT VARIATIONS/LAST TESTED

CLEAN AND JERK (1/1/18)  
BACK SQUAT (9/3/18)

### DYNAMIC EFFORT VARIATIONS

POWER CLEAN + JERK (WEEK 1 OF 3)  
BACK SQUAT (REP WORK) (WEEK 1 OF 3)

## CONDITIONING BENCHMARKS/LAST TESTED

MAN MAKER (6/26)  
DEATH BY BURPEES

## MUST WATCH VIDEOS

GLUTE HAM RAISES  
BENT-OVER REAR DELT RAISES  
BANDED ALPHABET

## RELEVANT ARTICLES

POSTED IN FACEBOOK GROUP. ALL OLD ARTICLES ARE AVAILABLE [HERE](#).