

Strength Training Practical

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PERFORMANCE STRENGTH

Olympic Weight Lifting

Snatch Pull Snatch

- Power Snatch
- Hang Snatch
- Drop Pulls
- Podie Pulls

Clean Pull Clean

- Power Clean
- Hang Snatch
- Drop Pulls
- Podie Pulls

Push Press Jerk

- Behind Neck
- In Front
- Reaction Jerk
- Speed Jerk

TRAINING METHODS, OLYMPIC LIFTS

SETS	3-5
REPS	1-5
Tempo	Fast/Max
Intensity	60-100%
Rest	3-6min
Goals	Strength, Explosiveness, Speed
Made	All Year Except: In General Preparation and only Pulls in Hypertrophy period

PERFORMANCE STRENGTH

Power Lifting

Front Squats

Squat

Half Squats

One Leg Squats

Jump Squats

Incline Bench Press

Bench Press

Fly

Close Grip Bench

Dumbbells

Snatch Deadlift

Dead Lift

Suomo Deadlift

Partial Deadlift

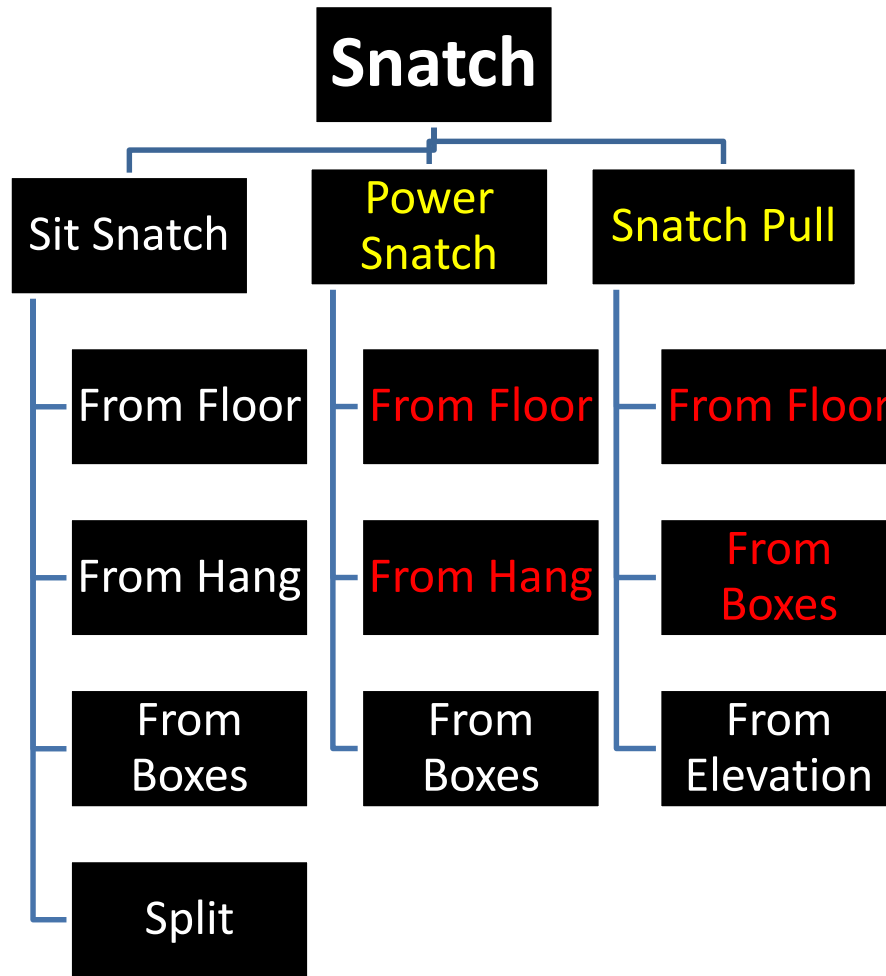
Podie Deadlift

TRAINING METHODS, POWER LIFTS

SETS	3-5
REPS	1-10(12)
Tempo	Fast/Max
Intensity	60-100%
Rest	1-6min
Goals	Strength, Hypertrophy, Speed
Made	All Year Except: In General Preparation Period



OLYMPIC LIFTING 1

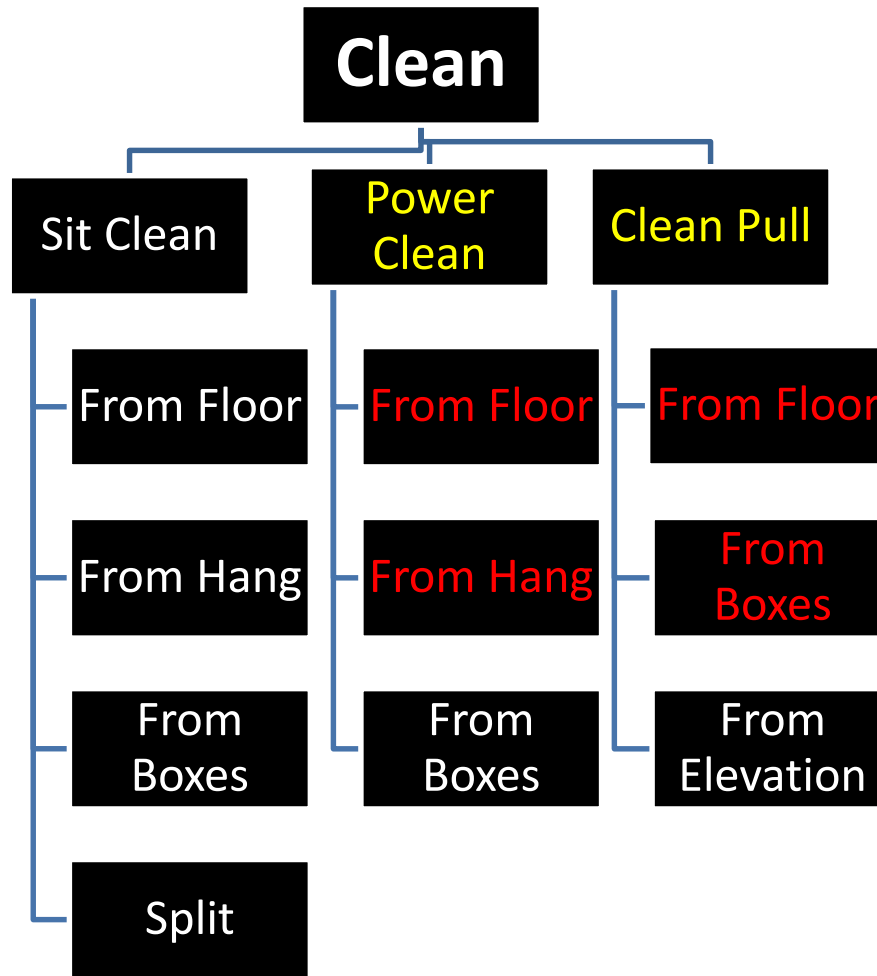


SNATCH

Periods Exercises	Sit	Power	Pulls
Base Period			From the floor
			4-5x4-5x110-125%
Strength Period	From the floor	From the floor	From Elevation
	4-5x2-3x82.5-95%	4-5x1-5x77.5-92.5%	3-5x3-5x120-140%
Power/Speed Period	From floor, hang/box	From floor, hang/box	From the floor, box
	3-5x1-3x70-90%	3-5x1-3x70-90%	3-5x2-4x110-125%



OLYMPIC LIFTING 2

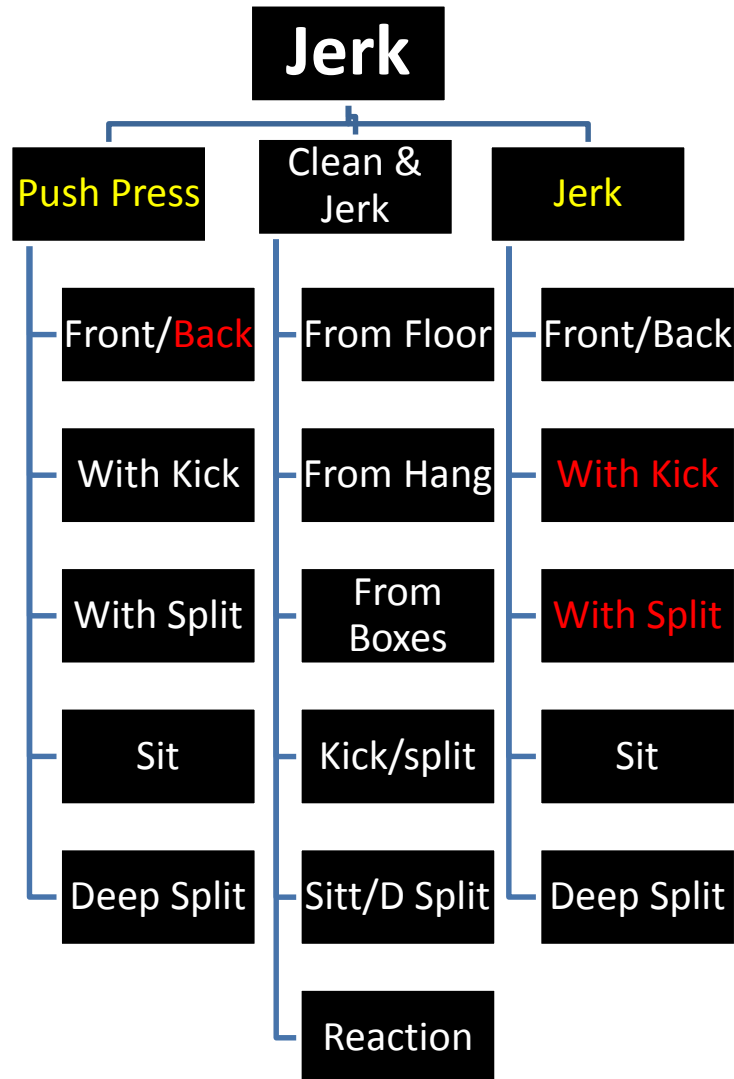


CLEAN

Periods Exercises	Sit	Power	Pulls
Base Period			From the floor
			4-5x4-5x110-125%
Strength Period	From the floor	From the floor	From Elevation
	4-5x2-3x82.5-95%	4-5x1-5x77.5-92.5%	3-5x3-5x120-140%
Power/Speed Period	From floor, hang/box	From floor, hang/box	From the floor, box
	3-5x1-3x70-90%	3-5x1-3x70-90%	3-5x2-4x110-125%



OLYMPIC LIFTING 3

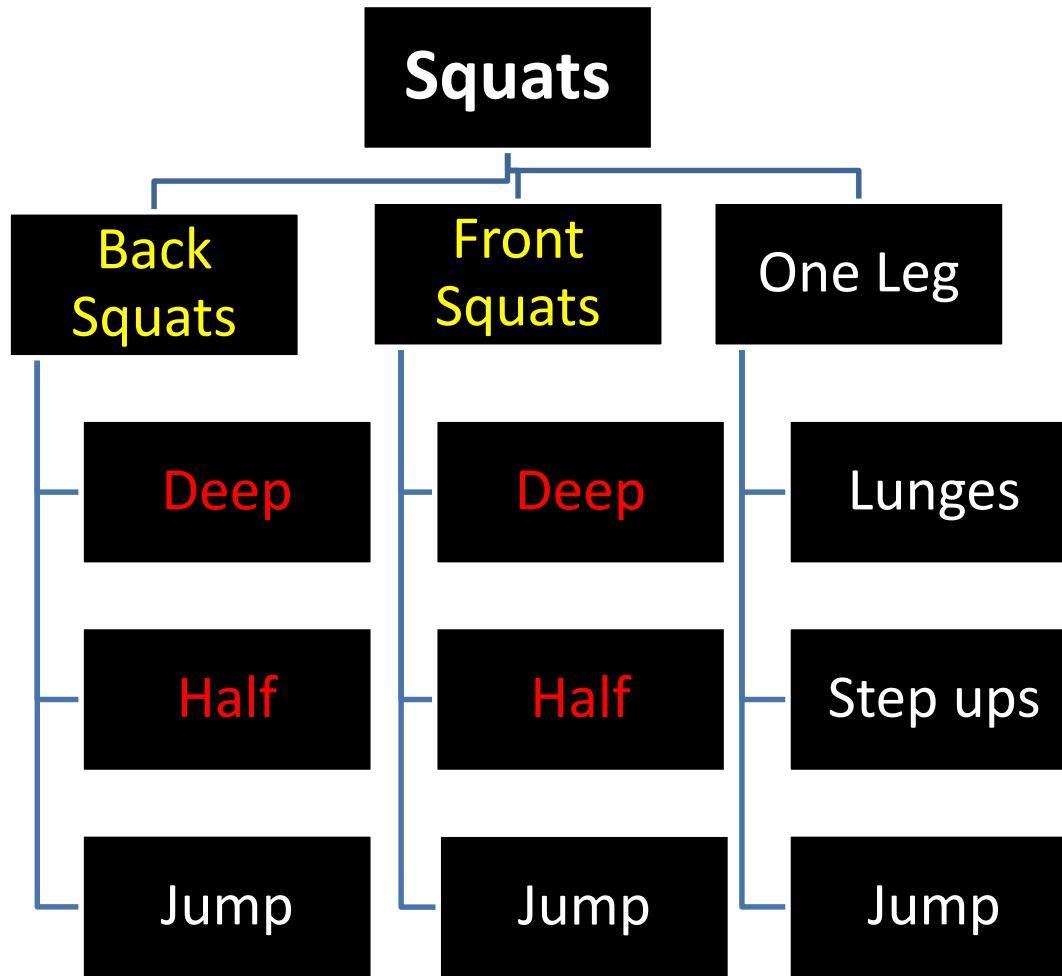


JERK

Periods Exercises	Push press	Clean & Jerk	Jerk
Base Period	Kick		
	3-5x3-5x77.5-92.5%		
Strength Period	Kick	From floor/hang or kick	Kick, split
	4-5x1-3x82.5-100%	4-5x1-3x82.5-100%	4-5x1-3x82.5-100%
Power/Speed Period	Kick		Kick, split
	3-5x1-3x70-90%		3-5x1-3x70-90%



POWER LIFTING 1

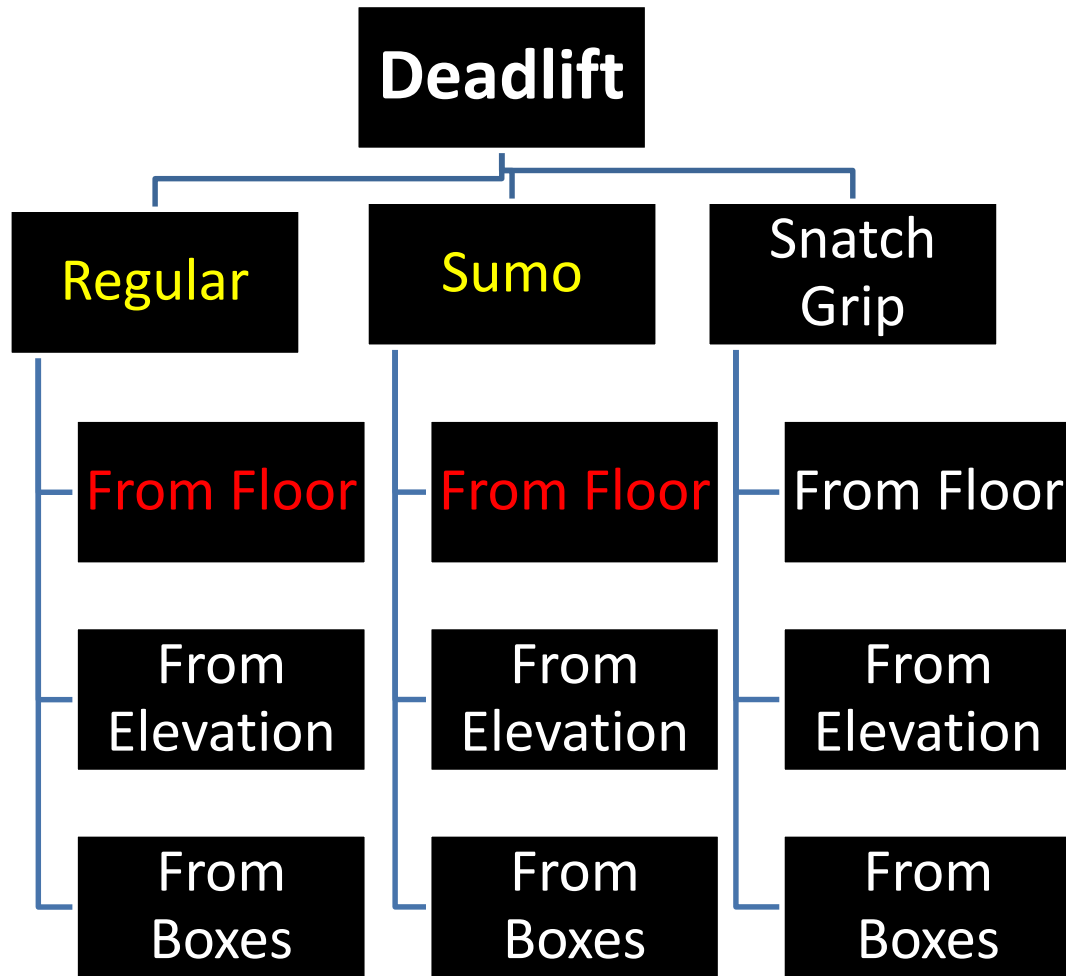


SQUATS

Periods Exercises	Back Squats	Front Squats	One Leg Squat
Base Period	Deep	Deep	
	4-5x5-12x60-87.5%	4-5x5-10x70-87.5%	
Strength Period	Deep, half (100-150%)	Deep, half (100-150%)	
	4-5x1-8x70-100%	4-5x1-6x75-100%	
Power/Speed Period	Deep, half (100-150%)	Deep, half (100-150%)	
	3-5x1-5x70-90%	4-5x1-4x75-90%	

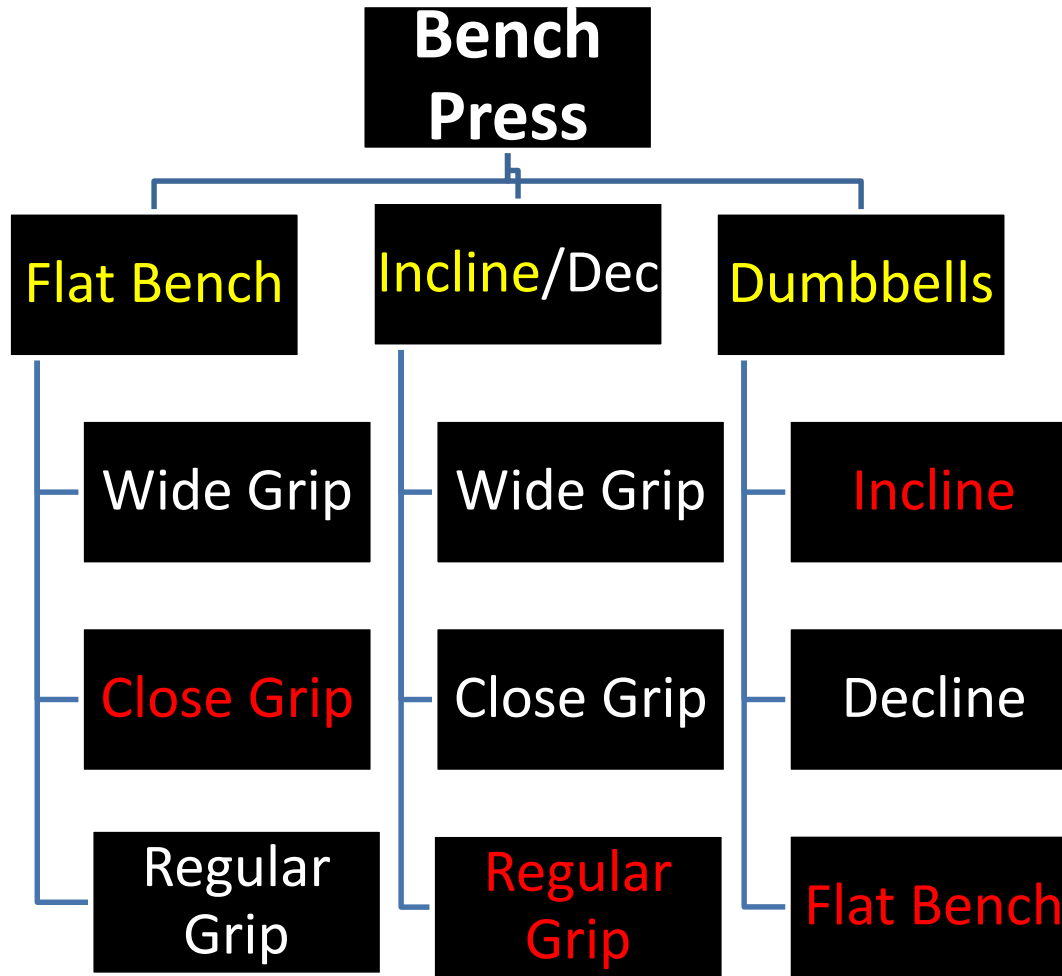


POWER LIFTING 2





POWER LIFTING 3



Other Exercises

- **Shoulders:** Press B.N., Military, Dumbbell Press
- **ABS:** Upper, Lower, Rotational
- **Thighs:** Hamstring Curls-Stiffed Legged Deadlift
- **Lower Back:** Hyperextension-Reverse Hypers
- **Upper Back:** Bent Over Row-Lat Pull
- **Supporting:** Reverse Fly-Bent Over Laterals
- **Supporting:** Adduction-Calf Raises
- **Arms:** Bicep-Tricep

STRENGTH LEVELS

Athlete	Squats	Bench	Deadlift	Snatch	Clean
Gerd Kanter	290	220	300	125	180
Joachim Olsen	5x280	240	365	150	195
Märt Israel	260	220	310	135	185
Omar El Ghazaly	240	230	200	125	175
Kim Christensen	260	240	285	125	150
Niklas Arrhenius	302.5	247.5	5x270	132.5	195
Brett Morse	220	180	220	110	155
AVERAGE	270.1	223.5	285	128.5	176.5

STRENGTH LEVELS

Athlete	Squats	Bench	Deadlift	Snatch	Jerk	Clean
Daniel Ståhl	320	210	7x300	(110)	5x180	200
Mesud Pezer	3x250	200	3x250	170	220	(150)
Simon Pettersson	3x210	165	5x240	115	155	140
Fanny Roos	170	120	5x170	81	120	117.5
Jakob Gardenkrans	200	175	5x220	112.5	3x140	160
Marcus Thomsen	250	195	260	125	3x140	140