



## *“The First Rule of **Lift Club**”*

- **DATES:** Week of April 6 – Week of May 30
- **MAIN LIFTS:** Snatch | Clean & Jerk | Power Lifts
- **PRIMARY FOCUS:** The First Rule of Lift Club is ~~you don't talk about lift club.~~  
No, the first rule of Olympic lifting is to develop sound mechanics before forcing positions...especially when under load.

*These 8-weeks will do just that! Athletes of all levels will become more technically proficient, confident, and comfortable with and without weight on the bar. Following a RPE/Percentage hybrid progression, each week will increase the loading, starting at about 60%/RPE 6, and ending with 85-90%/RPE 9 loading.*



## CYCLE OVERVIEW

This 8-week cycle is built to raise the technical ceiling of our Olympic lifting. The focus is simple: move better, receive stronger, and build confidence under the bar. We are not chasing max lifts; we are developing skill, speed, and positional strength that allow heavier lifts to happen naturally.

Each week includes two Olympic sessions and one strength anchor. Squat-based and power-based lifts alternate to manage fatigue and preserve bar speed. Complexes are built in, to increase quality touches without extending session length. Every strength session stays within a 20-minute window to protect class flow and recovery.

By the end of this cycle, athletes should feel more comfortable in the receiving position, more aggressive in the pull, and more confident when lifting heavier loads.

\* **We will not begin this cycle maxing out;** instead, we will go by feel or previous performances, so athletes can focus more on quality than on weight. In the final two weeks, if athletes feel and look good on the building sets, then allow them to build up to a 1RM.

## WHAT THIS CYCLE EMPHASIZES

- Technical precision before intensity
- Alternating squat and power variations to manage fatigue
- Complexes to increase skill volume
- Strength anchors that support, not compete with, Olympic development
- Confidence-lifting while under duress.

## WHAT ATHLETES WILL GAIN

By the end of this cycle, athletes will:

- Move the bar with greater precision
- Catch with stronger, more stable positions
- Extend more aggressively through the pull
- Turn the bar over faster
- Trust their receiving position/catch
- Feel confident under heavier loads when fatigue builds

This is how we build long-term Olympic lifters — not just stronger athletes, but more capable barbell movers.



## 8-WEEK CYCLE LAYOUT

### PHASE 1: BUILD THE POSITIONS

- We start by slowing the lifts down and reinforcing strong mechanics.
- These weeks focus on tempo, pauses, and positional awareness. Athletes should leave feeling smoother and more controlled under the bar.

#### WEEK 1 -April 6, 2026

##### DAY 1 - SQUAT SNATCH COMPLEX

Every 2:00 x 7 sets: 1 Hang Squat Snatch + 1 Squat Snatch + 1 Overhead Squat @ 60–65% OR RPE 6

##### DAY 2 — POWER CLEAN + JERK

Every 1:30 x 8 sets: 2 Power Cleans + 1 Push Jerks @ 65% OR RPE 6

##### DAY 3 — TEMPO BACK SQUAT

Every 2:00 x 5 sets: 3 Tempo Back Squats @ 65%

#### WEEK 2 - April 13, 2026

##### DAY 1 — CLEAN COMPLEX

Every 2:00 x 6 sets: 1 Clean Pull + 1 Hang Squat Clean + 1 Front Squats @ 65–70% OR RPE 6-7

##### DAY 2 — POWER SNATCH

Every 1:00 x 10 sets: 2 Power Snatch @ 65% OR RPE 6

##### DAY 3 — BENCH PRESS

Every 2:00 x 5 sets: 5 Bench Press @ 70% OR RPE 7

### PHASE 2: POSITIONAL STRENGTH

- We introduce moderately heavier loads and reinforce pull strength and receiving stability.
- The goal here is to strengthen positions without sacrificing speed. Athletes should begin to feel more confident catching the bar.

#### WEEK 3 -April 20, 2026

##### DAY 1 - SNATCH + OHS

Every 2:00 x 6 sets: 2 Squat Snatch (singles) + 1 Overhead Squats @ 70–72% OR RPE 7

##### DAY 2 — POWER CLEAN + JERK COMPLEX

Every 2:00 x 6 sets: 1 Power Clean + 1 Hang Power Clean + 1 Push Jerk @ 70–72% OR RPE 7

##### DAY 3 — DEADSTOP DEADLIFT

Every 2:00 x 5 sets: 3 Deadstop Deadlift @ 70% OR RPE 7

#### WEEK 4 - April 27, 2026

##### DAY 1 — CLEAN COMPLEX

Every 2:00 x 6 sets:  
1 Hang Squat Clean + 1 Squat Clean @ 72–75% OR RPE 7-8

##### DAY 2 — POWER SNATCH

Every 1:00 x 8 sets: 1 Power Snatch @ 72–75% OR RPE 7-8

##### DAY 3 — BACK SQUAT

Every 2:00 x 5 sets: 3 Back Squats @ 72–75% OR RPE 7-8



## 8-WEEK CYCLE LAYOUT CONTINUED...

### PHASE 3: CONFIDENCE UNDER LOAD

- This is where the weight increases — but standards stay high.
- No missed lifts due to preventable technical breakdown. Heavy exposure is earned, not forced.
- Athletes should begin to realize they can move heavier weights with composure.

#### WEEK 5 - May 4, 2026

##### DAY 1 - FULL SNATCH DOUBLES

Every 2:00 x 6 sets: 2 Squat Snatch singles @ 75–78% OR RPE 7-8

##### DAY 2 — POWER CLEAN + JERK

Every 1:00 x 5 sets: 3 Clean & Jerk singles @ 70% / RPE 6-7

Every :30 x 5 sets: 1 Clean and Jerk @ 75–80% OR RPE 8

##### DAY 3 — BENCH (Heavy Triples)

Every 2:00 x 5 sets: 3 Bench Press @ 78% OR RPE 7-8

#### WEEK 6 - Mar 11, 2026

##### DAY 1 — FULL CLEAN DOUBLES

Every 2:00 x 6 sets

2 Squat Cleans (singles) @ 78–80% OR RPE 8

##### DAY 2 — POWER SNATCH SINGLES

Every 1:00 x 5 sets: 3 Power Snatch singles @ 70% / RPE 6-7

Every :30 x 5 sets: 1 Power Snatch @ 75–80% OR RPE 8

##### DAY 3 — CLEAN GRIP DEADLIFT

Every 2:00 x 5 sets:

3 Clean Deadlifts @ 90–95% of 1RM Clean OR RPE 9



## 8-WEEK OLYMPIC LIFTING DEVELOPMENT CYCLE

### PHASE 4: TIME TO SHINE

- We finish by allowing athletes to show off what they've built.
- These are not max-out weeks. These are confidence weeks. The goal is clean, powerful singles that show the progress made across the cycle.
- If form looks good and the athletes are feeling it, then let them build to a 1RM

### WEEK 7 -May 18, 2026

#### DAY 1 - HEAVY SNATCH SINGLE

Work to 85% OR RPE 8-9. If the form looks good and the athletes are feeling it, then let them build to a 1RM

#### DAY 2 — POWER CLEAN + JERK

Build to 80–85% OR RPE 8-9

#### DAY 3 — SPEED BACK SQUAT

Every 1:30 x 6 sets

2 Back Squats @ 65% (fast out of the hole) OR RPE 6

### WEEK 8 - May 25, 2026

#### DAY 1 — HEAVY CLEAN + JERK

Work to 85% OR RPE 8-9. If form looks good and the athletes are feeling it, then let them build to a 1RM

#### DAY 2 — POWER SNATCH

Build to 80–85% OR RPE 8

#### DAY 3 — DEADLIFT DOUBLES

Every 2:00 x 4 sets

2 Deadlifts @ 80–85% OR RPE 8