



Breaking Muscle:

Ursula Garza Papandrea Weightlifting Programming

Conditioning Phase:

Week 1, Day 1	
Muscle Snatch	50/3 4
Front Squat	80/2 6
Snatch Strict Press	40-50/5 3
Snatch Pulls with 5 Sec Descent	80/5 5

Week 1, Day 2	
Power Snatch + OHS	72/2+3 4
Front Squat + Jerk	77/3+1 3
Clean Pulls with 3 Sec Pause Below Knee	85/4 4
Barbell Low Step Ups	50/8 3

Week 1, Day 3	
Close-Grip Snatch	70/2 4
Clean and Jerk	80/1 4
Back Squat	80/4 4
Jerk Drives	85/5 3

Week 1, Day 4	
Bench Press	1x10, 1x8, 2x6
Barbell Rows	1x10, 1x8, 3x6
Military Press	1x10, 1x8, 2x6
Bench - Bench dips	3x10

Week 1, Day 5	
Hip Snatch	65/3 3
Snatch	85/1 4
Power Clean + Power Jerk	77/2+1 3
Jerk Off Racks	80/2 4
Front Squat	80/2 6

Week 2, Day 1	
Muscle Squat Snatch	60/3 4
Front Squat	80/3 6

Snatch Push Press	60-70/5 3
Snatch Pulls with 5 Sec Descent	85/5 5

Week 2, Day 2	
Power Jerk + OHS	65/2+3 4
Front Squat + Jerk	80/3+1 3
Clean Pulls on Platform with Pause at PF Height	90/4 4
One Leg Squat	55/6 3

Week 2, Day 3	
Drop Snatch	85/3 4
Hip Clean	65/2 3
Clean and Jerk	80/2+1 4
Back Squat	85/3 4

Week 2, Day 4	
Incline Bench	1x10, 1x8, 2x6
Bent Lateral Raises/Reverse Flyes	3x10
OH Dumbbell Press	1x10, 1x8, 2x6
Pullovers	3x10

Week 2, Day 5	
Snatch Blocks	80/2 3
Snatch with Pause Below Knee	75/2 3
Power Jerk Racks	77/2 3
Jerk Behind Neck	85/1 3

Strength Phase:

Week 1, Day 1	
Snatch with Pause Below Knee	80/2 4
Snatch Pull to Hip with Pause Below Knee	105/2 4
Snatch Hi Hang Pulls	110/3 3
Push Press	75/2 3

Week 1, Day 2	
CG Snatch	75/2 3
Clean Block	90/1 3
Back Squat	95-100/1 4
Clean Pull Block	115/3 3

Week 1, Day 3	
Snatch Recovery	90/2 3
Front Squat + Jerk	75/11 3

Hip Clean	75/1 5
Seated Good Morning	#/5 3

Week 1, Day 4	
Snatch	100/1 85/1 90/1 95/1 85/1 90/1
Jerk Behind Neck	100/1 3
Front Squat	95/1 4

Week 2, Day 1	
Snatch Pull + Snatch	70/2 75/2 80/2 3
Clean	100/1 85/2 90/1 95/1 85/3
Back Squat	90/3 3
Snatch Pull to Knee + to Hip	110/2+1 4

Week 2, Day 2	
Snatch Block	90/1 3
Clean Jerk	85/1 3
Close Stance Back Squat	80/2 3
Snatch Block Pulls	115/2 3

Week 2, Day 3	
Drop Snatch No Drive	50/2+3 3
Clean + Front Squat + Jerk	80/111 3
Clean Pull to Expl	110/3 3
Good Morning to Snatch Press	#/3 4

Week 2, Day 4	
Snatch	90/2 3
Jerk	100/1 80/2 2
Front Squat	100/1 85/2 90/1 95/1 85/3
Snatch	90/2 3