



BARBELL CYCLING PHASE 1



DAY 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	NOTES
1 Moderate Intensity & Moderate Volume	5 SETS 22/18 Cal Bike + 11 Push Press@40-50% Max *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	5 SETS 22/18 Cal Bike + 11 Push Press@45-55% Max *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	5 SETS 25/21 Cal Row + 9 Above Knee Hang Squat Clean@40-50% *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	5 SETS 25/21 Cal Row + 9 Above Knee Hang Squat Clean@45-55% *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	5 SETS 20/17 Cal Ski + 7 Above Knee Hang Squat Snatch@40-50% *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	5 SETS 20/17 Cal Ski + 7 Above Knee Hang Squat Snatch@40-50% *Work:Rest = 1:1 (amount of rest after each set is equal to duration of work during set) * 2 minute CAP on each set	- Add weight for 4-5 set if able to keep barbell reps unbroken - 1 recommend starting at the lowest recommended percentage and building if able
1 High Intensity & Low Volume	7 SETS 12/10 Cal Row + 6 Above Knee Hang Power Clean@45-55% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	7 SETS 12/10 Cal Row + 6 Above Knee Hang Power Clean@50-60% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	7 SETS 10/8 Cal Ski + 7 Jerks@45-55% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	7 SETS 10/8 Cal Ski + 7 Jerks@50-60% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	7 SETS 11/8 Cal Bike + 5 Above Knee Hang Power Snatch@45-55% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	7 SETS 11/8 Cal Bike + 5 Above Knee Hang Power Snatch@45-55% *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	- Add weight for 5-7 set if able to keep barbell reps unbroken - 1 recommend starting at the lowest recommended percentage and building if able
1 Low Intensity & High Volume	3 SETS 35/30 Cal Ski + Power Snatch Singles Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) * 1 minute CAP on each set	3 SETS 35/30 Cal Ski + Power Snatch Singles Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) *4 minute CAP on each set	3 SETS 40/32 Cal Bike + Power Clean & Jerk Singles Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) *4 minute CAP on each set	3 SETS 40/32 Cal Bike + Power Clean & Jerk Singles Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) *4 minute CAP on each set	3 SETS 45/36 Cal Row + Power Clean Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) *4 minute CAP on each set	3 SETS 45/36 Cal Row + Power Clean Set 1: 3, 2, 1 Set 2: 2, 1, 1 Set 3: 1, 1, 1 *Work:Rest = 1:2 (amount of rest after each set is equal to duration of work during set) *4 minute CAP on each set	- Start each set at a heavier weight - Increase weight each set of reps within each set, finishing the last set with a heavy single under fatigue (75-90%)



<https://www.masqtraining.com/>

