

| MASQ TRAINING | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------|--|---|--|---|---|--|---|--|---|---|---|-------------------|---|-----------------------|---|--|--|--|---|--|---|---------------------|--|--|---|--|--|
| DAY 1 Snatch | | | WEEK 1 | | | | WEEK 2 | | | | WEEK 3 | | | | WEEK 4 | | | | WEEK 5 | | | | WEEK 6 | | | | NOTES | |
| 1A | Snatch | | 10x sets on the 1.5 min repeat | 2x2@70-75, 2x2@75-80, 1@80-85%, then repeat (squat snatch) | | Block Power Snatch from Mid Thigh (clean Pull) | 3x1.1.1.1.1@70% or more | 10-15 sec b/w sets 1 & 2-3 minutes b/w sets | | 12x sets on the 1.5 min times | 2@77, 2@82, 1@85, 1@90, repeat 2 more times | (Sgt Snatch) | | Block Power Snatch from Knee (Snatch Pull) | 4x1.1.1.1@77% or more | 15-20 sec b/w sets 1 & 2-3 minutes b/w sets | | | 9x sets on the 2 min repeat 2 more times | 1=Hang Sgt Snatch + Sgt Snatch rest 20-30s b/w reps | | Block Power Snatch from Mid Shin (Snatch Pull) | 5x1.1.1@82% or more | 20 sec b/w sets 1 & 2-3 minutes b/w sets | | 3-4 minute rest (full recovery) | | |
| 2A | Snatch Strength | | 10@85, 6@70, 6@75, 4@80% (OHS) | | | 4x5@70-80% (Snatch Pull) | | | | 8@75, 8@75, 6@80, 6@85 (OHS) | | | 5x3 (Snatch Pull) | | | | | 8@85, 6@75, 4@85, 4@90 (OHS) | | | | 5x2@90-100% (Snatch Pull) | | | | 2 minute rest after couplet | | |
| 3A | Snatch Accessory | | 3x5 2x10 | Snatch Grip Push Press DB Skull Crushers | | 3x5 2x10 | Snatch Balance Dip | | | 3x4 2x12 | Snatch Grip Push Press DB Skull Crushers | | | 3x4 2x12 | Snatch Balance Dip | | | | 3x3 2x15 | Snatch Grip Push Press DB Skull Crushers | | | 3x3 2x15 | Snatch Balance Dip | | | no rest b/w exercises only rest after set complete | |
| DAY 2 Clean | | | WEEK 1 | | | | WEEK 2 | | | | WEEK 3 | | | | WEEK 4 | | | | WEEK 5 | | | | WEEK 6 | | | | NOTES | |
| 1A | Clean | | Block Power Clean from Mid Thigh (clean Pull) | 3x1.1.1.1.1@70% or more | 10-15 sec b/w sets 1 & 2-3 minutes b/w sets | 5x1.1.1 (sqt clean) | @75/80/85/80/75% 20 sec b/w singles & 2-3 min b/w sets | | | Block Power Clean from Knee (Clean Pull) | 4x1.1.1.1@77% or more | 15-20 sec b/w sets 1 & 2-3 minutes b/w sets | | 6x1.1.1 @75/80/85/77/82/87 (sqt clean) | | | | Block Power Clean from Mid Shin (Clean Pull) | 5x1.1.1@82% or more | 20 sec b/w sets 1 & 2-3 minutes b/w sets | | 4x1.1.1 @85, 87,90,92 (sqt Clean) | | 30 sec b/w singles & 2-3 min b/w sets | | 3-4 minute rest (full recovery) | | |
| 2A | Clean Strength | | 4x5@70-80% (clean Pull) | clean | | (front squat) 5x3-5@70-80% | | | | Clean Pull 5x3 @80-90% | | | | Front Squat 4x2-4@80-85% | | | | 5x2@90-100% (Clean Pull) | | | | 3x1-3@85-90 | | | | 2 minute rest after couplet | | |
| 3A | Lower Accessory | | Front Rack Reverse Lunge 3x8ea | | | BB RDL 3x8 | | | | Front Rack Reverse Lunge 4x6ea | | | | BB RDL 4x6 | | | | Front Rack Reverse Lunge 4x4ea | | | | BB RDL 4x4 | | | | no rest b/w exercises only rest after set complete | | |
| DAY 3 Jerks | | | WEEK 1 | | | | WEEK 2 | | | | WEEK 3 | | | | WEEK 4 | | | | WEEK 5 | | | | WEEK 6 | | | | NOTES | |
| 1A | Jerk | | 10x2 @70-80% E2MOM Split Jerk (Pause in catch) + Split Jerk | | | 4x5@72%+ use blocks and drop from top every rep | | | | 8x2 @75-85 E2MOM Split Jerk (Pause in catch) + Split Jerk | | | | 4x4@77%+ use blocks and drop from top every rep | | | | 12x1 @80-90 E2MOM Split Jerk | | | | 4x3@82%+ use blocks and drop from top every rep | | | | don't overestimate more reps is better, 3-4 minute rest (full recovery) | | |
| 2A | Pressing Strength | | Bench Press 3x8@65%+ | | | Shoulder Press 3x8@65%+ | | | | Bench Press 4x6@70%+ | | | | Shoulder Press 4x6@70%+ | | | | Bench Press 4x4@80%+ | | | | Shoulder Press 4x4@80%+ | | | | 2 minute rest after couplet | | |
| 3A | Pulling | | 2x10 Chin Up | | | 2x10 2 db chest supported row | | | | 2x12 Chin Up | | | | 2x12 2 db chest supported row | | | | 2x15 Chin Up | | | | 2x12 2 db chest supported row | | | | 30-60 sec rest b/w each exercise | | |
| 3B | Serratus | | 2x10ea 1/2 Kneel SA Landmine Press | | | 2x10 db pullover | | | | 2x12 1/2 Kneel SA Landmine Press | | | | 2x12 db pullover | | | | 2x15ea 1/2 Kneel SA Landmine Press | | | | 2x12 db pullover | | 2x20 | | | | |
| https://www.masqtraining.com/ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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