



MASQ TRAINING



	DAY 1: Clean Emphasis			WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES	
	LIFT		SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Below Knee Power Snatch		Heavy 3 2 drop sets@90													heavy 2 2x2@90				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
2A	2 Pause Below Knee Clean - 1 sec pause		5x													5x2	no pause on first clean			week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
3A	Power Jerk + 2 Split Jerk		Heavy complex 2 drop sets@90													2 split 2x2@90				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
4A	Front Squat - for time		4x5													4x3				wk1: 65-75% wk 3: 75-85%	wk2: 70-80% wk 4: 80-90
5A	Clean Pull		4x3													4x2				wk1: 90% wk 3: 100%	wk2: 95% wk 4: 105%
5A	DB SA OH Press		4x3ea																		
5C	DA SA Row		4x3ea																		

	DAY 2: Snatch Emphasis			WEEK 1				WEEK 2				WEEK 3				WEEK 4				PERCENTAGE/ NOTES	
	LIFT		SETS	RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS					
1A	Below Knee Power Clean		Heavy 3 2 drop sets@90													heavy 2 2x2@90				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
2A	2 Pause Below Knee Snatch - 1 sec pause		5x													5x2	no pause on first snatch			week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
3A	Snatch Balance		4x3													4x2				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
4A	Snatch Grip Push Press		4x3													4x2				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
4A	Snatch Pull		4x3													4x2				wk1: 90% wk 3: 100%	wk2: 95% wk4: 105%
5B	Wtd Pull Up		4x3																		
5C	Wtd Dip		4x3																		

	DAY 3: Full Lifts				WEEK 1				WEEK 2				WEEK 3				WEEK 4			PERCENTAGE/ NOTES	
	LIFT		SETS		RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				RECORD WEIGHTS				
1A	Snatch EMOM				10@75-85%				10@77-87%				10 emom start@75% build to max				10@80-90%				
2A	C&J EMOM				10@75-85%				10@77-87%				10 emom start@75% build to max				10@80-90%				
3A	Shoulder Press Pause Over head 1 sec		3x3														3x2			wk1: 65-75% wk 3: 75-85%	wk2: 70-80% wk 4: 80-90
4A	Paused Front Squat 1 sec		3x3														3x2			wk1: 65-75% wk 3: 75-85%	wk2: 70-80% wk 4: 80-90
4A	Pause Below Knee Deadlift 1 sec		3x3														3x2			wk1: 65-75% wk 3: 75-85%	wk2: 70-80% wk 4: 80-90
5B	2 Db RDL		3x5																		
5C	2 Db Bent Over ROw		3x5																		



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