

# SwanStrong Strength

## Sample Week

*Use this program in correlation with your Base or Peak program*

### **MONDAY**

#### **Squat Clean**

**6 x 3**

- *These are not touch & go, drop and reset between each rep*
- *Your first set should feel heavy, but comfortable*
- *Increase the weight across your 6 sets upto a heavy set for the day*
- *Try and make each rep of the set look identical*
- *If your form is breaking down, take the weight back a little*

### **TUESDAY**

#### **Pulling Strength (*your choice*):**

#### **Bent Over Row**

**4 x 8**

**OR**

#### **Weighted/ Strict Pull-up**

**4 x 8**

- *Working on some strict pulling strength today*
- *Choose one or the other*
- *Pull-ups are designed to be strict regardless of whether or not you are adding any weight*
- *Aim for unbroken sets, if this is not possible, reduce the weight if you have any.*
- *Keep your body as still as possible during Bent Over Row, the only thing that should be moving is your arms.*

## **WEDNESDAY**

### **Strict Press**

**5 x 5**

- Focus on keeping your body as rigid as possible
- Squeeze your thighs, butt and abs to hold a straight line as you press the bar overhead
- If you feel yourself arching excessively, take the weight back
- Train yourself to get strong in the correct positions: this will carry over to other movements such as HSPU

## **THURSDAY**

### **Deadlift (with reset on floor)**

**5 x 5**

- 5 x 5 Heavy DL but with a reset on the floor between reps
- These are not touch & go reps
- Control your barbell to the floor, do not let it crash down from the top of each rep
- If the bottom position of your DL is weak, this will be much more taxing than a 5 x 5 touch and go set, so factor that into your weight selection

## **FRIDAY**

**EMOM x 10:**

### **3 Hang Power Snatches**

- Choose a weight that you can perform for 3 unbroken reps every minute
- Focus on starting each rep from the exact same position
- Bar should be slightly above the knee, hips back, knees only slightly bent and the hamstrings should be feeling active
- Increase the weight across the 10 mins but continue to focus on hitting perfect positions

## **SATURDAY**

### **Back Squat**

**6 x 4**

- Hold a heavy weight across each of your sets
- The final rep of each set should be a grind, but successful