

STRENGTH CYCLES

Why do we change lifts every month?

The human body is an amazing machine. If we regularly expose ourselves to the same stress daily, the body adapts to be able to handle it. The body can then accommodate the stress we put on ourselves. This is called the Law of Accommodation.

So in order to avoid this, but still spend time learning the skills of each movement, we switch up our big movements monthly. This allows our body to be exposed to a slightly different, but similar, training stress where we can continually see strength gains throughout the year.

The Snatch, Clean, and Clean & Jerk

There is some autonomy when implementing the snatch, the clean, and the clean & jerk cycles into your class programming.

- These movements can be completed as full (squat) variations or as power (receiving above parallel) variations. Athletes that are proficient enough to complete the squat variation at a higher load than the power variation should choose to do so. If athletes face significant barriers of technique and mobility they will likely benefit from choosing the power variation in order to maximize strength training for the cycle. Keep in mind, we want to develop these athlete's deficiencies in technique and mobility as well.
- These sets are also intended to be completed as singles, not touch and go repetitions. The time between repetitions should be no more than 3 breaths or about 5 seconds. Choosing singles over touch and go reps allows us to focus on the mechanics of the lift and keeps the athlete from training poor movement patterns in their first and second pulls. This also allows for maximal power output per set as most athletes will be able to complete these singles at a heavier load than touch and go reps.