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Over 105,007 athletes worldwide have utilized our weightlifting training programs! Browse all available options or use the filter to find a suitable program. If you're new to Olympic lifts, consider starting with beginner-friendly sequences before progressing to more advanced cycles. We also offer online group training with technique coaching from Greg & Almee Everett at an affordable cost. Additionally, follow free daily workouts and get started with various programs tailored to specific needs, such as competition prep or strengthening pulling and squatting posture. This 12-week program focuses on building overall lifting strength, emphasizing complexes working to rep maxes during the first 4 weeks, followed by a 4-week competition prep phase. The program is suitable for athletes with a background in weightlifting or those looking to improve their technique. The program is suitable for athletes with a background in weightlifting or those looking to improve their technique. The program is suitable for athletes with a background in weightlifting or those looking to improve their technique.

This cycle is suitable for those looking to use their strength after a previous emphasis on building overall lifting strength. This 12-week cycle focuses on leg strength through squatting reps, emphasizing hand variations of the snatch and clean for postural strength and power. It peaks at week 12 with max snatch and clean & jerk testing. The training includes complete accessory work to target stability. Alternatively, a 9-week version is available, leading into a peak for max snatch and clean & jerk, focusing on strengthening the back and pull. This cycle has moderate volume and high intensity, along with prescribed accessory work to improve stability. Another option is an 8-week cycle emphasizing leg strength, particularly front squat, and peaks in week 12 for competition or testing of the snatch and clean & jerk. Lastly, an 8-week program focuses on improving speed and explosiveness in the lifts, with a peak in week 8 for snatch and clean & jerk maxes.

Programs: 1. "8-Week Cycle": Uses waves in snatch, clean & jerk, and overhead strength work with jump training. 2. "Good for: Stamina in competition lifts, overhead strength, and leg explosiveness." 3. "9-Week Cycle": Features 3 mesocycles with complexes in both competition lifts and accessory lifts. 4. "Intensities are determined by feel rather than prescription for athlete control and flexibility." 5. "Peak for competition or snatch & clean & jerk testing in the final week Masters Nationals Lacey K. posted about her impressive performance with a *snatch PR and meet total PR. Kamil O. shared his progress: Front Squat: 145kg => 160kg (+15kg), Back Squat: 167kg => 176kg (+9kg). The goal is to work up to heavy single squats, aiming for PRs and beating previous sessions by at least 1kg. Afterward, you'll perform multiple-rep sets with the weight dropped after each set. The final set aims to maximize effort and potentially beat personal bests or previous training sessions ("On The Minute")."

Second 8-week cycle is also available, focusing on heavy singles and single waves for snatch and clean & jerk. The program includes technique primers, prescribed ab and back work, and will peak for competition or max snatch & clean & jerk testing at the end of week 8. Select weights based on feel for technique primers at the start of workouts, focusing on precision over technique. For heavy lifts like Saturday's single snatch and clean & jerk, limit misses to three before stopping, and never finish with a miss - instead, drop the weight and complete one more rep. This 12-week cycle focuses on leg and pulling strength in weeks 1-8, followed by four weeks of competition lift preparation. The program includes daily technique primers and has helped athletes like Mark F., who PR'd his snatch at 275's, and Patrick B., who increased their clean & jerk by 30 lbs. This 12-week training cycle is designed to improve technical consistency in classic lifts such as snatch, clean, and jerk singles on the minute, along with ample pull and squat strength work. It's ideal for those seeking to develop precise and strong positions through the pull. The program has been praised by users who have seen significant improvements in their lifts. For example, user Nicholas H achieved a 1+58 PR on C&J to 320#, a 2+58 PR on C&J to 320#, and a 30# PR on back squat to 505#. User Willie D noted that the program helped his consistency in the lifts tremendously, with a SOLID 18lbs increase in total. User Neil G saw his snatch go from 245# to 270# and clean & jerk go from 305# to 325#. Segment Clean (knee) + Jerk Drive (+13+3+1)RM: On each set, perform one segment clean, followed by three jerk drives, and finish with one jerk. This is a 12-week cycle that focuses on building squatting, pulling, and pressing strength. The volume and intensity are moderate, making it suitable for fairly well-balanced lifters or those who cannot handle high volumes and intensities. Some notable results from past users include lifetime PRs in snatch (+25lb), clean & jerk (+35lb), strict press, deadlift, and bench press. The program is intended for experienced athletes who are conditioned for frequent heavy lifting. It's not suitable for beginners. The goal is to work as heavy as possible each day and try to beat previous weights by at least 1kg. Determining weights should be based on feel, with a focus on avoiding actual failure to allow for long-term progress and prevent overtraining. The program can be split into two workouts per day, but it's also suitable for those who want to complete all workouts in one session without sitting down. Rest only as needed. Some users have reported significant gains using this program. For example - Nick H. increased his back squat from 235-250kg, front squat from 190-217kg, snatch from 115-127kg, and clean & jerk from 150-160kg. Ryan K.'s back squat went from 405 to 485 and his front squat went from 325 to 395. Brian P. increased his front squat by 60lbs, clean and jerk by 51lbs, snatch by 31lbs. Jeff H. put 50lbs on his back squat, 40lbs on his front squat, 20lbs on his clean and jerk, and 30lbs on his snatch in 9 weeks. Adam K. gained 40lbs on his back squat in the first 5 weeks. Craig A.'s back squat went up by 15kg and his front squat increased by 25kg after 4 weeks. Jason M. increased his back squat from 330 to 365 lbs, and his front squat from 285 to 310 lbs. In 4 weeks. Jordan L.'s squat went from 120kg to 155kg, front squat from 100kg to 135kg, snatch from 70kg to 102kg, clean and jerk from 85kg to 116kg in 9 weeks. Joanne M. increased her front squat by 20lbs and back squat by 45lbs. Marlon H.'s back squat went up by 27kg, front squat by 21kg, clean and jerk by 10kg, snatch by 11kg after 8 weeks. Volume: Moderate intensity. The weights as your 1RMs are likely inaccurate. This program is intended for experienced athletes who are conditioned for frequent heavy lifting. It's not suitable for beginners. The goal is to work as heavy as possible each day and try to beat previous weights by at least 1kg. Determining weights should be based on feel, with a focus on avoiding actual failure to allow for long-term progress and prevent overtraining. The program can be split into two workouts per day, but it's also suitable for those who want to complete all workouts in one session without sitting down. Rest only as needed. Some users have reported significant gains using this program. For example - Nick H. increased his back squat from 235-250kg, front squat from 190-217kg, snatch from 115-127kg, and clean & jerk from 150-160kg. 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