

Glow's Olympic Program

**PREPARATORY PERIOD**

**WEEK 1**

Day 1

Snatch From Knee 80% 3r x 2s  
 Power Clean 80% 3r x 3s  
 Jerk From Rack 75% 3r, 80% 2r x 2s  
 Back Squat 80% 3r, 85% 2r, 80% 3r x 3s  
 Rumanian Pull 80% 3r x 4s  
 Press 80% 3r x 4s

Day 2

Clean From Knee 80% 3r x 2s  
 Power Snatch 80% 3r x 2s  
 Snatch Balance 80% 3r x 4s  
 Clean Pull 80% 3r, 85% 3r x 3s, 80% 3r  
 Front Squat 80% 3r, 85% 2r, 80% 3r x 4s  
 Push Press 80% 3r x 4s

Day 3

Snatch 80% 3r x 3s  
 Clean & Jerk 80% 2r x 4s  
 Snatch Pull 80% 3r, 85% 3r x 3s, 80% 3r  
 Back Squat 80% 3r, 85% 2r, 80% 3r x 3s  
 Dead-lift 80% 3r x 3s

**WEEK 2**

Day 1

Snatch From Knee 80% 3r, 85% 2r, 80% 3r  
 Power Clean 80% 3r, 85% 2r x 3s, 80% 2r  
 Jerk From Rack 80% 2r, 85% 2r, 80% 2r  
 Back Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r x 3s  
 Rumanian Pull 80% 3r, 90% 2r, 85% 2r, 80% 3r  
 Press 80% 3r, 85% 3r, 90% 3r, 80% 3r

Day 2

Clean From Knee 80% 2r, 85% 2r, 80% 2r  
 Power Snatch 80% 3r, 85% 2r x 3s, 80% 2r  
 Snatch Balance 80% 3r, 85% 2r x 3s, 80% 2r  
 Clean Pull 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 2r  
 Front Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 2r  
 Push Press 80% 3r, 85% 3r x 3s

Day 3

Snatch 80% 3r, 85% 2r, 80% 2r x 2s  
 Clean & Jerk 80% 2r, 85% 1r x 2s, 80% 2r  
 Snatch Pull 80% 3r, 90% 2r, 85% 2r, 80% 3r x 2s  
 Back Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r  
 Snatch Dead-lift 80% 3r, 85% 2r x 3s, 80% 3r

**WEEK 3**

Day 1

Snatch From Knee 80% 2r, 90% 1r, 85% 2r, 80% 2r  
 Power Clean 80% 3r, 90% 1r, 85% 2r, 80% 3r  
 Jerk From Rack 80% 2r, 90% 1r, 85% 1r, 80% 2r  
 Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 90% 1r, 80% 3r

Rumanian Pull 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Press 80% 3r, 85% 2r, 90% 1r, 95% 1r

Day 2

Clean From Knee 80% 2r, 90% 1r, 85% 1r, 80% 2r  
Power Snatch 80% 3r, 90% 1r, 85% 2r, 80% 2r  
Snatch Balance 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r  
Clean Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r  
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Push Press 80% 3r, 90% 2r, 85% 2r, 80% 3r

Day 3

Snatch 80% 2r, 90% 1r, 85% 2r, 80% 2r  
Clean & Jerk 80% 2r, 90% 1r, 85% 2r, 80% 1r  
Snatch Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r  
Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 2s  
Dead-lift 80% 2r, 90% 1r, 85% 1r, 80% 1r

**Deload Week**

**WEEK 4**

Day 1

Snatch From Knee 75% 3r, 80% 2r  
Power Clean 75% 3r, 80% 2r x 2s  
Jerk From Rack 75% 3r, 80% 2r, 75% 2r  
Back Squat 80% 3r, 90% 2r, 85% 2r  
Rumanian Pull 80% 3r, 90% 2r, 85% 2r  
Press 80% 3r x 3s

Day 2

Clean From knee 75% 2r, 80% 2r  
Power Snatch 75% 3r, 80% 2r x 2s  
Snatch Balance 80% 3r, 85% 2r x 2s  
Clean Pull 80% 3r, 90% 2r, 85% 2r, 90% 1r, 85% 2r  
Front Squat 80% 3r, 90% 2r, 85% 2r, 90% 1r, 85% 2r  
Push Press 80% 3r x 3s

Day 3

Snatch 80% 3r, 85% 2r  
Clean & Jerk 80% 1r, 85% 1r x 2s  
Snatch Pull 80% 3r, 90% 2r, 85% 2r  
Back Squat 80% 3r, 90% 2r, 85% 2r, 90% 1r, 85% 2r  
Snatch Dead-lift 80% 3r, 90% 2r, 85% 2r, 80% 3r

**WEEK 5**

Day 1

Snatch From Knee 80% 2r, 90% 1r, 85% 2r, 80% 2r  
Power Clean 80% 3r, 90% 1r, 85% 2r, 80% 3r  
Jerk From Rack 80% 2r, 90% 1r, 85% 1r, 80% 2r  
Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 90% 1r, 80% 3r  
Rumanian Pull 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r

Day 2

Clean 80% 2r, 90% 1r, 85% 1r, 80% 2r  
Power Snatch 80% 3r, 90% 1r, 85% 2r, 80% 3r  
Snatch Balance 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 2r  
Clean Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r

Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Press 80% 3r, 90% 2r, 95% 1r, 80% 3r

Day 3

Snatch 80% 2r, 90% 1r, 85% 2r, 80% 2r  
Clean & Jerk 80% 2r, 90% 1r, 85% 1r, 80% 1r  
Snatch Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r  
Back Squat 80% 3r, 90% 1r, 85% 2r, 80% 3r  
Snatch Dead-Lift 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r

**WEEK 6**

Day 1

Snatch From Knee 80% 3r, 90% 1r, 95% 1r, 80% 3r  
Power Clean 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Jerk From Rack 80% 3r, 90% 1r, 95% 1r, 80% 2r,  
Back Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r  
Rumanian Pull 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r

Day 2

Clean 80% 2r, 90% 1r, 95% 1r, 85% 2r  
Power Snatch 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Snatch Balance 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r  
Clean Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r  
Front Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r  
Press 80% 3r, 90% 2r, 100% 1r

Day 3

Snatch 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 2r  
Clean & Jerk 80% 2r, 90% 1r, 95% 1r, 85% 1r, 80% 1r  
Snatch Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r  
Back Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r x 2s  
Dead-Lift 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r x 2s

**WEEK 7**

Day 1

Snatch From Knee 80% 3r, 90% 1r, 100%, 85% 2r  
Power Clean 80% 3r, 90% 1r, 100% 1r, 85% 2r, 95% 1r, 85% 2r, 90% 1r  
Jerk From Rack 80% 2r, 85% 1r, 90% 1r, 80% 1r  
Back Squat 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 3r  
Rumanian Pull 80% 3r, 90% 1r, 85% 2r, 80% 3r

Day 2

Snatch 80% 2r, 90% 1r, 100% 1r, 85% 1r, 80% 1r  
Clean & Jerk 80% 1r, 90% 1r, 100% 1r, 85% 1r, 80% 1r  
Snatch Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r  
Front Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r  
Snatch Dead-lift 80% 3r, 90% 2r, 85% 2r, 80% 3r

Day 3

Power Clean 80% 2r, 90% 1r x 2s, 85% 2r  
Power Snatch 80% 3r, 90% 1r x 2s, 85% 2r, 80% 3r  
Snatch Balance 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r  
Clean Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r x 2s  
Back Squat 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 2r

**Deload Week**

**WEEK 8**

## Day 1

Snatch From Knee 80% 2r, 85% 2r  
Power Clean 80% 2r, 85% 2r x 2s  
Jerk From Rack 70% 2r x 2s, 75% 2r  
Back Squat 80% 3r x 4s  
Rumanian Pull 80% 3r x 4s

## Day 2

Clean 80% 2r, 85% 1r  
Power Snatch 80% 3r, 85% 2r x 2s  
Snatch Balance 80% 3r, 85% 2r x 2s  
Clean Pull 80% 3r x 4s  
Front Squat 80% 3r x 4s

## Day 3

Snatch 80% 2r, 85% 1r  
Clean & Jerk 80% 1r, 85% 1r x 2s  
Snatch Pull 80% 3r x 3s  
Back Squat 80% 3r x 3s  
Dead-lift 80% 3r x 3s

**COMPETITION PERIOD****WEEK 9**

## DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r x 2s, 85% 2r, 80% 3r  
Pwr. Clean & Jerk 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r, 80% 3r  
Back Squat 80% 3r, 85% 3r, 90% 2r x 2s  
Dead-lift 80% 3r, 85% 3r x 3s, 80% 3r

## DAY 2

Clean 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r  
Power Snatch 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r  
Clean Pull 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 2s,  
Front Squat 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 2s, 80% 3r x 2s

## DAY 3

Snatch 80% 3r, 85% 2r, 90% 1r, 85% 2r x 2s  
Clean & Jerk 80% 2r, 85% 1r, 90% 1r x 3s  
Snatch Pull 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 2s  
Snatch Balance 80% 3r, 85% 3r, 90% 1r x 3s

**WEEK 10**

## DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r  
Pwr. Clean & Jerk 80% 3r, 85% 2r, 90% 1r, 95% 1r, 80% 3r  
Back Squat 80% 3r, 85% 3r, 90% 2r, 95% 1r, 100% 1r  
Snatch Dead-lift 80% 3r, 85% 2r x 5s

## DAY 2

Clean 80% 3r, 85% 1r, 90% 1r x 3s  
Power Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 85% 1r, 80% 2r  
Clean Pull 80% 3r, 85% 3r, 90% 2r, 95% 2r, 100% 1r, 90% 2r x 2s  
Front Squat 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 85% 2r, 80% 3r

DAY 3  
Snatch 80% 3r, 85% 2r, 90% 1r x 3s, 85% 1r, 80% 2r  
Clean & Jerk 80% 1r, 85% 1r, 90% 1r, 95% 1r, 100% 1r, 90% 1r  
Snatch Pull 80% 3r, 85% 3r, 90% 2r, 95% 2r, 100% 2r, 90% 2r x 2s  
Snatch Balance 80% 3r, 85% 2r, 90% 2r x 2s

**WEEK 11 (Taper Week – Decrease Volume)**

DAY 1  
Snatch 80% 1r, 85% 1r, 90% 1r, 80% 1r  
Clean & Jerk 80% 2r, 85% 1r, 90% 1r x 2s  
Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r

DAY 2  
Power Snatch 80% 2r, 85% 1r, 90% 1r x 2s  
Pwr. Clean & Jerk 80% 2r, 85% 1r, 90% 1r x 2s  
Dead-lift 80% 3r, 90% 2r, 100% 1r

DAY 3  
Snatch 80% 1r, 85% 1r, 90% 1r, 95% 1r, 100% 1r  
Clean & Jerk 80% 1r, 85% 1r, 90% 1r, 95% 1r, 100% 1r

**WEEK 12 (TAPER WEEK – Deload)**

DAY 1  
Snatch 80% 2r, 85% 1r, 90% 1r, 80% 1r  
Clean & Jerk 80% 1r, 85% 1r, 90% 1r, 80% 1r

DAY 2  
Snatch 80% 2r, 85% 1r, 80% 1r  
Clean & Jerk 80% 1r, 85% 1r x 2s, 80% 1r  
Front Squat 80% 2r, 90% 1r, 85% 1r, 80% 2r

DAY 3  
Power Snatch 80% 2r x 5s  
Pwr. Clean & Jerk 80% 1r x 5s

DAY 4 COMPETITION