

Microcycle # 7

Theme: Specific Prep

Dates: 12/3 – 12/9

Comments:

Event Group: Throwers

<p>Monday (N)</p> <p>LIFT Hang Clean 5x3 (77.5%x3, 80%x2) Core</p>	<p>Tuesday (G)</p> <p>LIFT Bench Press 6x1 (90% x 2, Increase as much as possible last 4 sets) Deadlift 5x4 (60%, 70%, 75%, 80%x2)</p>	<p>Wednesday (R)</p> <p>LIFT Hang Clean 6x2 (82.5%x3, 85%x3) Core</p>
<p>Thursday (N)</p> <p>EL DOA STRETCHING 10-15 minutes</p>	<p>Friday</p> <p>Pre-Meet</p>	<p>Saturday</p> <p>COMPETE!</p>
<p>Sunday</p> <p>OFF</p>	<p>Post Workout Comments Monday Tuesday Wednesday Thursday Friday</p>	<p>Workout Notes</p>