



COMPETITION

5 DAY PROGRAM



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Appendix – General Rules & Cues

Subscription

Competition – 5 Day Program by Lerumsboxen is a private subscription and may not in any way be distributed to others.

RPE Scale

10	Maximal Effort, could not have done another rep
9,5	MIGHT have been able to do 1 more rep
9	Could do 1 more rep for sure
8,5	Could definitely do 1 more rep, maybe 2
8	Could do 2 more reps for sure
7,5	Could definitely do 2 more reps, maybe 3
7	Could do 3 more reps for sure
5-6	Warm-Up weights
1-4	These are irrelevant

Weightlifting Rules

Squat Snatch

Don't step forward on the way up from the squat, be patient in the bottom position.

Squat Clean

Don't step forward on the way up from the squat, be explosive up from the bottom position.

Power Snatch & Power Clean

Don't "Starfish" the power lifts. Meet the bar and use your quads.

Bench Press

In regular bench press use the same grip width as if you would jerk the bar. In Close grip bench press the grip width should be half a thumb closer.

Incline Bench Press

Aim to have an angle of 30° and use the same grip width as if you would jerk the bar.

Deadlift

In the current 1x20 + 3x10 cycle, aim to go as heavy as possible at the 1x20. When you feel that 1x20 is impossible, continue with only 3x10 and increase the weight weekly (+5/2,5 kg).

General Warm-Ups

A. Weightlifting

3-5' Bike, then:
3 Rounds
20 Banded Deadbugs
10 Bird-Dogs
10 Iron Cross
5 Jefferson Curls
5 TWY

Option 2:
3-5' Bike, then:
3' AMRAP
5/5 Bar Stance Rotations
5/5 90/90 Hip-Opener
20 Banded Pull-Aparts
Then:
3-5' Barbell Yoga

B. Gymnastics

3-5' Ski-Erg or Row, then:
2 Rounds
20 Band Pull-Aparts
20 Banded Deadbugs
5/5 Bear Stance Pulls
10 Scapular Pull-Ups
10 Scapular Push-Ups
10 Air Squats

Day 1 – Weightlifting

A. Squat Snatch

5x3 @ 90 % of Heavy 3 from last week (No TnG)

B. Squat Clean

4x3 @ 90 % of Heavy 3 from last week (No TnG)

C. Superset

1. Bench Press – 4x10 @ 90 % of Heavy 10 from last week
2. Barbell Row – 3x12 + 1 set of max reps

D. Superset

1. JM Press – 4x12
2. Side Plank with tap –4x30 taps per side

Day 2 – Gymnastics

A. Gymnastics

E90S x6

1-3 Ring Muscle-Ups + 1-3 Ring Dips

B. 5 Rounds for Quality

3 Weighted Pull-Ups

10 Barbell Bicep Curls 25/20 kg

5 Strict Press 25/20 kg

C. Workout

8' AMRAP

2 Power Clean 90/65 kg

4 Pull-Ups

3 Toes to Bar

2 Bar Muscle Ups

D. Accessory Work

Accumulate anyhow

50 GHD Sit-Ups

50 GHD Back Extension

Day 3 – Weightlifting + WOD

A. Behind the Neck Push Press + DB Raises

Superset

1. Behind the Neck Push Press (Jerk grip) – 4x5 @ 85 % of Heavy 5 from last week
2. Lateral + Front DB Raises – 3x10/10 + 1 set of max reps

B. Back Squat + Box Jump

Superset:

1. Back Squat – 4x8 @ 90 % of Heavy 8 from last week
2. Box Jump – 4x5

C. Workout

For Time

30-20-10

Single-Arm Devils Press 22,5/15 kg

Box Jump Over 60/50 cm

D. Accessory Work

3 Rounds for Quality

6/6 Bird-Dog Row

20/20 Side Plank Rotations w. Dumbbell

Day 4 – WOD + Accessory

A. Deadlift

1x20 + 3x10 @ 50 % of 1RM + 5/2,5 kg from last week

Must be TnG

B. Workout

21-15-9

Pull-Ups

Bench Press 60/40 kg

3' Rest

9-15-21

Push-Ups

Deadlift 100/70 kg

C. Accessory Work

3 Rounds for Quality

6 Seal Row, build in weight

10 DB Press in Split Position

Day 5 – Conditioning

A. Conditioning

42' Alternating EMOM

1 – 9-15 Shuttle Runs (10m)

2 – 9-15 Burpee to 2m Target

3 – 40-80 Double Unders

4 – 10-20 Abmat Sit-Ups

5 – 9-15 Box Jump

6 – Rest

B. Mobility

10-20 minutes