



Welcome to the **Hatchet Quarterfinals Prep Program!** This training phase represents one of the most important times of year for Hatchet athletes. Below you will find an in-depth look at what is in store for you. Over the coming weeks you can expect a structured peaking schedule focused on the goal of crushing the Open and Quarterfinals. This season, our mantra encourages you to face what may look like an obstacle knowing the resistance it creates will help you become who you want to be. What matters most, is how well you **#WalkThroughFire**.

WEIGHTLIFTING

Phase Peaking

Snatch

The major change you will see year over year on your squat snatch peaking program is a doubling in volume. A true Olympic Weightlifting program built in to solidify repetition and growth. Phase III participants literally worked their asses off solidifying their leg drive in the volume squat cycle, with a keen focus on position work in the snatch. Put those two concepts to work this Phase and you'll be very happy with the results.

Skill

Clean/ Clean and Jerk

You've made it through an entire off-season of combining strength and skill work, which leads us right into some timely heavy clean, and clean and jerk, waves. Paired with the twice a week snatching, we've made a strong turn from base building to the real deal.

Speed Work

Deadlift

This far into the season, you can keep your deadlift muscles just as strong without crushing your nervous system but applying the force on the lift yourself vs. asking heavier weights to do so. If all 30 reps each week are pulled aggressively off the floor, you will get stronger AND feel better. No lazy reps.

GPP Focus

Front Squat

It's that time of year where we take the barbell of your back, place it into the front rack, and rotate through sport specific scenarios that will have you covered no matter what comes up. Asked to go heavy? Good. Asked to move fast? Good. Asked for excellent positions under fatigue? Good.

In WOD Lift

Touch and Go

Alternating weeks of touch and go power snatch and clean and jerk inside of intervals will have you ready for any an all scenarios HQ decides to throw you during the online portion of your season.

Peaking Schedule

Addition #1

High-Rep Thrusters

As you work through the weeks of this program, you'll notice additions to the program for those of you aiming to peak for QF. The first instance is an old classic - high rep thrusters. When something can be a weakness for many, we pull it out of workouts to build capacity while showing you what you're really capable of.

Peaking Schedule

Addition #2

Front Rack Lunges

Misfit Sets have arrived in a new spot. You'll choose a smart weight to work through 4 sets of 10 weekly, with a 5th set at the same weight for max reps. Get 10 or less? Go lighter next week. Get 12-20, add 5lbs. Get 20 or more, add 10lbs.

Peaking Schedule

Addition #3

Shoulder to Overhead

Your ability to cycle moderate weights for moderate reps could be the tipping point you need, or might be avoiding. We've got you covered with another dose of Misfit Sets to check that box off just in case.





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CONDITIONING TESTS

For Reps

Open Workout 15.4

AMRAP 8 Minutes
3 HSPU
3 Power Cleans 185/125lbs
6 HSPU
3 Power Cleans 185/125lbs
9 HSPU
3 Power Cleans 185/125lbs
12 HSPU
6 Power Cleans 185/125lbs
15 HSPU
6 Power Cleans 185/125lbs
18 HSPU
6 Power Cleans 185/125lbs
21 HSPU
9 Power Cleans 185/125lbs
Etc., adding 3 reps to the
handstand push-up each
round, and 3 reps to the clean
every 3 rounds.

For Reps

12.2ish

AMRAP 20 Minutes*
30 Snatches 75/55 lbs
30 Snatches 135/95lbs
30 Snatches 165/115 lbs
AMRAP Snatch 210/135lbs

*Rest 1:00 Every time you put
the barbell down, not
including when you finish a
set and change weights.

Note: women's weights have
been increased from the
original version to weights we
believe are more
appropriate. the sandbag may
be carried anyhow. 1 Shuttle
Run = 25' out and back (50'
total).

For Reps

13.4ish

4 Rounds, performed as 1:45
of work, 1:15 of rest:

3 Clean and Jerk 135/95lbs
3 Toes to Bar
6 Clean and Jerk 135/95lbs
6 Toes to Bar
9 Clean and Jerk 135/95lbs
9 Toes to Bar
12/12, 15/15, etc.

Continue where you left off
climbing the ladder.

This is 1:45 on, 1:15 off, 4 times
(a 12:00 clock, including the
last 1:15 rest). Continue where
you left off after each 1:15 rest
period.

Test _____

Goal _____ PR ☐

Retest _____ ☐

Test _____

Goal _____ PR ☐

Retest _____ ☐

Test _____

Goal _____ PR ☐

Retest _____ ☐

LIFTING TESTS

For Weight

Find a 1RM
Squat Snatch

This lift is to base your
percentages on - this
is not a competition
lift, so make sure you
keep it safe.

Test _____

Goal _____ PR ☐

Retest _____ ☐





QUARTERFINALS PREP



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WEEKLY CHECK-IN

WEEK 1

 WINS

 LEARN

WEEK 2

 WINS

 LEARN

WEEK 3

 WINS

 LEARN

WEEK 4

 WINS

 LEARN

WEEK 5

 WINS

 LEARN

WEEK 6

 WINS

 LEARN

WEEK 7

 WINS

 LEARN

WEEK 8

 WINS

 LEARN

PRs & NOTES