This Training program was submitted by reader Gerasimos Kourtos. He used this as a member of the Greek Youth Weightlifting Team in the mid-1990's. It is Soviet based.
The percentages are based on the 100% of current PR's in snatch, clean & jerk, back squat and front squat
After this two-week cycle is completed, it is then repeated with the possibility of more exercises added by the coach.

WEEK 1

MONDAY:

1) Snatch: (70%/2)2, (80%2)2, (90%/1)2, (95%/1)2
2) Clean & Jerk: (70%/2+2)2, (80%/2+2)2, (90%/1+1)2 (95%/1+1)2
3) Back Squat: (70%/3)2, (80%/2)2, (90%/1)2
4) Hang Snatch: (70%/2)2, (80%/2)2, (90%/1)2
5) Snatch High Pulls: (for height in sternum area) (90%/4)3 (100%/3)4
   Abdominals
   Hyperextensions
   Stretching

TUESDAY

1) Front Squat: (70%/3)2, (80%/3)2, (90%/2)2, 100%/1, 100+/1
2) Power Snatch: (70%/2)2, (80%/2)3 (85%/2)3
3) Power Clean + Front Squat + Power Jerk: (60%/2+2+2)3, (70%/2+2+2)3, (80%/2+2+1)3
4) Clean High Pull: (80%/5)4, (90%/4)3 (100%/2)3
5) Behind the Neck Jerk: (70%/3)3, (80%/3)3, (90%/2)5
   Abdominals
   Hyperextensions
   Stretching

WENDESDAY

1) Snatch + snatch from hang + snatch from below the knees: (70%/1+1+1)3, (80%?1+1+1)3, (85%/1+1+1)3
2) Clean & Jerk: (70%/2+2)3, (80%/2+2)3, (90%/2+1)3
3) Back Squat: (70%/3)2, (80%/3)3, (90%/2)3, (95%/1)2
4) Power Jerk + Jerk: 60%(2+2)2 70%(2+2)2 80%(2+2)3 85%(1+1)3
5) power clean off blocks (blocks height below the knees): (70%/3)3, (80%/3)5
   Abdominals
   Hyperextensions
   Stretching

THURSDAY

1) Front Squat: (70%/3)2, (80%/2)2, (90%/1)2
2) Power Snatch: (70%/2)2, (80%/1)2
3) Power Clean + Push Press: (70%/2+2)2 (80%/2+1)2
4) Clean Deadlift From 4 Inch Block: (80%/3)2, (85%/3)3

THURSDAY--continued

Abdominals
Hyperextension
Volleyball

FRIDAY

1) Front Squat: (70%/3)2, (80%/3)2, (90%/1)3
2) Snatch: (70%/2)2, (80%/2)2, 90%/1, 95%/1, 100%/1, (90%/1)2
3) Clean & Jerk: (70%/1+1)2, 80%/1+1, 90%/1+1, 95%/1+1, 100%/1+1, (90%/1+1)2
4) Back Squat: (80%/3)2, (90%/2)2, (95%/1)2, 100%/1, (90%/2)
5) Snatch High Pull From Blocks: (90%/4)5, (100%/3)3

Abdominals
Hyperextensions
Stretching

SATURDAY:

1) Back Squat: (70%/3)2, (80%/3)2, (90%/2)2
2) Power Snatch + Power Snatch From Hang: (70%/2+2)3, (80%/1+1)3
3) Power Clean + Power Jerk: (70%/2+2)2, (80%/2+2)2
4) Clean Deadlift from 4 inch block: (80%/5)3, (90%/3)3

Abdominals
Stretching
General Physical Preparation (some jumping exercises and gymnastic exercises.)

WEEK 2

MONDAY:

1) Snatch: (70%/2)2, (80%/2)2, (85%/1)3
2) Clean & Jerk: (70%/2+2)2, (80%/1+1)2, (85%/(1+1)2
3) Back Squat: (70%/2)2, (80%/3)2, (90%/2)2

Abdominals,
Hyperextension
Stretching

TUESDAY:

1) Front Squat: (70%/3)2, (80%/2)2
2) Power Snatch: (70%/2)2, (80%/2)2
3) Power Clean + Jerk: (70%/2+1)2, (80%/1+1)2

Abdominals
Stretching.

WENDESDAY:

1) Snatch: (70%/1)2, (80%/1)2
2) Clean & Jerk: (70%/2+1)2, (80%/1+1)2
3) Front Squat: (75%/3)2, (85%/2)2
4) Clean High Pull: (70%/3)2, (80%/3)2

THURSDAY--continued

Abdominals
Hyperextension
Stretching

THURSDAY

Rest

FRIDAY

1) Snatch: (70%/2)2, (80%/1)2, 90%/1, 95%/1, 100%/1 100+/1
2) Clean & Jerk: Same as snatch
3) Back Squat: (70%/3)2, (80%/3)2, 90%/2, 100%/1, (85%/3)2
4) Jerk From Behind The Neck: (70%/2)2, (80%/2)2, (90%/1)3

Abdominals
Stretching

SATURDAY

1) Power Snatch: (70%/2)2, (80%/1)2
2) Power Clean + Jerk: (70%/2+2)2, (80%/2+1)2
3) Front Squat: (70%/3)2, (80%/2)2, (90%/1)3

Volleyball or Basketball
Abdominals
Hyperextension
Stretching.