

# Weightlifting Using VBT

Welcome to the Eleiko Velocity-Based Training (VBT) Weightlifting program. This is a 12-week, 4 sessions/week program using velocity-based training principles. There are 3 phases, each 4 weeks in length. The key with VBT is to stay within the target velocity for each set. The set ends when bar speed drops below the target velocity. Select a weight that can be performed at the desired velocity for the number of reps suggested. Start each VBT exercise with a velocity-based warm-up set to measure speed/readiness. If warm-up sets are slower, the body is more fatigued, and weight should be adjusted to ensure target velocity is maintained during sets. If using the Eleiko RAW Scoring System, compare your RAW Score to the velocity of your warm-up to validate your level of readiness. Prior to and following each training session, warm-up and cool down for 5-10 minutes.

Phase 1: Base (Technical Foundation)					
Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Snatch	2,3,4,5	5,5,5,5	1.3 - 1.0	2-3 min
	Back Squat	2,2,3,3	6,6,6,6	0.8 - 1.0	2-3 min
	Snatch Pull	2,2,3,3	3,3,3,3	1.0 - 1.2	1-2 min
	Overhead Squat	2,2,3,3	5,5,5,5	-	1-2 min
	Band Face Pulls (3-sec hold at end range)	1,1,1,1	3,4,5,6	-	1-2 min
	Planks (3-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Clean + Jerk	2,3,4,5	3+1 ea wk	1.3 - 1.0	2-3 min
	Front Squat	2,2,3,3	5,5,5,5	0.8 - 1.0	2-3 min
	Clean Pull	2,2,3,3	3,3,3,3	1.0 - 1.2	1-2 min
	Push Press	2,2,3,3	5,5,5,5	-	1-2 min
	Hollow Holds s (3-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Hang Snatch	2,2,3,3	3,3,3,3	1.3 - 1.0	2-3 min
	Romanian Deadlift	2,3,4,4	8,8,8,8	0.9 - 1.1	2-3 min
	Dumbbell High Pull	2,2,3,3	6,6,6,6	-	1-2 min
	Band Pulls (straight-arm horizontal abduction; 3s hold)	1,1,1,1	3,4,5,6	-	1-2 min
	Side Planks (3-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
4	Hang Clean	2,2,3,3	3,3,3,3	1.3 - 1.0	2-3 min
	Back Squat	2,2,3,3	5,5,5,5	0.8 - 1.0	2-3 min
	Clean Deadlift	2,2,3,3	3,3,3,3	1.0 - 1.2	1-2 min
	Push Jerk	2,2,3,3	3,3,3,3	-	1-2 min
	Glute Bridges (1-2 sec hold at top)	2,2,3,3	10,10,10,10	-	1-2 min
	Reverse Crunch	2,2,3,3	10,10,10,10	-	1-2 min

**Velocity-based adjustments:** On VBT exercises, to ensure you achieve all reps within desired velocity range, reduce load by ~5% for every ~5-7% decrease in warm-up set velocity.

**RAW Score adjustments:** using the same load – 4-6 take 1 set off accessory lifts; 7-9 take 2 reps off accessory lifts.

## Phase 2: Build (Strength-Speed Emphasis)

Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Snatch	3,3,3,3	2,2,2,2	1.0 - 0.9	2-3 min
	Back Squat	3,4,4,4	5,5,5,5	0.8	2-3 min
	Snatch Pull	2,2,3,3	2,2,2,2	0.9	1-2 min
	Snatch Balance	3,3,3,3	3,3,3,3	-	1-2 min
	Band Face Pulls (3-sec hold at end range)	1,1,1,1	6,6,6,6	-	1-2 min
	Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Clean + Jerk	3,4,4,4	3+1 ea wk	1.0 - 0.9	2-3 min
	Front Squat	3,4,4,4	4,4,4,4	0.8	2-3 min
	Clean Pull	3,4,4,4	2,2,2,2	0.9	1-2 min
	Push Press	3,3,3,3	4,4,4,4	-	1-2 min
	Hollow Holds s (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Block Snatch	3,3,3,3	2,2,2,2	1.0	2-3 min
	Romanian Deadlift	3,4,4,4	6,6,6,6	0.8 - 0.9	2-3 min
	Power Shrug-Jumps	3,3,3,3	5,5,5,5	-	1-2 min
	Band Pulls (straight-arm horizontal abduction; 3s hold)	1,1,1,1	6,6,6,6	-	1-2 min
	Side Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
4	Block Clean	3,3,3,3	2,2,2,2	1.0	2-3 min
	Back Squat	4,4,5,5	4,4,4,4	0.8	2-3 min
	Clean Deadlift	2,2,3,3	3,3,3,3	1.0 - 1.2	1-2 min
	Power Jerk	3,3,3,3	2,2,2,2	-	1-2 min
	Reverse Lunges (reps for each leg)	2,2,3,3	6,6,6,6	-	1-2 min
	Reverse Crunch	2,2,3,3	10,10,10,10	-	1-2 min

**Velocity-based adjustments:** On VBT exercises, to ensure you achieve all reps within desired velocity range, reduce load by ~5% for every ~5-7% decrease in warm-up set velocity.

**RAW Score adjustments:** using the same load – **4-6** take 1 set off accessory lifts; **7-9** take 2 reps off accessory lifts.

### Phase 3: Peak (Strength-Speed Emphasis)

Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Snatch	2,2,2,3	2,2,2,1	0.8 - 0.7	2-3 min
	Back Squat	3,3,3,3	3,3,3,3	0.7 - 0.8	2-3 min
	Snatch Pull	3,3,3,3	2,2,2,2	0.8	1-2 min
	Drop Snatch	3,3,3,3	2,2,2,2	-	1-2 min
	Band Face Pulls (3-sec hold at end range)	1,1,1,1	6,6,6,6	-	1-2 min
	Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Clean + Jerk (reps = 2+1 wks 9-11, 3+1 wk 12)	2,2,2,3	2+1, 3+1	0.8 - 0.7	2-3 min
	Front Squat	3,3,3,3	3,3,3,3	0.7 - 0.8	2-3 min
	Clean Pull	3,3,3,3	2,2,2,2	0.8	1-2 min
	Push Press	2,2,2,2	3,3,3,3	-	1-2 min
	Hollow Holds s (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Hang Snatch	2,2,2,2	2,2,2,2	0.9	2-3 min
	Romanian Deadlift	3,3,3,3	5,5,5,5	0.9	2-3 min
	Power Shrug-Jumps	3,3,3,3	3,3,3,3	-	1-2 min
	Band Pulls (straight-arm horizontal abduction; 3s hold)	1,1,1,1	6,6,6,6	-	1-2 min
	Side Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
4	Hang Clean	2,2,2,2	2,2,2,2	0.9	2-3 min
	Back Squat	2,2,2,2	3,3,3,3	0.7	2-3 min
	Clean Deadlift	2,2,2,2	2,2,2,2	0.8	1-2 min
	Power Jerk	2,2,2,2	2,2,2,2	-	1-2 min
	Band Glute Bridges (1-sec hold at top)	2,2,2,2	10,10,10,10	-	1-2 min
	Reverse Crunch	2,2,3,3	10,10,10,10	-	1-2 min

**Velocity-based adjustments:** On VBT exercises, to ensure you achieve all reps within desired velocity range, reduce load by ~5% for every ~5-7% decrease in warm-up set velocity.

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