

## Kettlebell snatch: Zero to Hero Program

This program can be used to improve numbers for snatch, or any one arm lift with a bit of modification. In this case, the tempo will be slower will also have to be adapted. The goal of this program is to last a 10 minute set by the time you reach the last level. It will require you to start with a light weight (maybe 16kg for men), and go through the whole process a couple of times, before starting the program again from the bottom with the next size kettlebell. If you have never done a 10 minute snatch set with a 16kg, do not expect to start the program with something heavier and easily succeed.

The template is organised in levels. Each level is a benchmark, and the progressions are gentle to ensure you get accustomed to the training with the least possible risk of injury. **The number of levels in the template does not represent the number of actual training sessions.** You only progress to the next level if you manage to successfully complete the planned level for the day's session. Plan 3 sessions a week.

- Do a 5 to 10 minute joint mobility warm up
- Go on to a skill specific warm up. Start with a lighter kettlebell than you plan to train with
- The main set uses "tempering" as a progression strategy, taking extra swings between snatches. In each timed set progression, you'll start with 2 swings 1 Snatch (SwSwSn), then 1 Swing 1 Snatch (SwSn) and end with a true Snatch set (Sn)
- Starting off: The first time you embark on this program, start anywhere from level 1-9, depending on fitness levels and previous experience. Evaluate how it went and take it from there. If it felt too easy, jump a few levels. However, most people if new to this will need to start at level 1
- After the main set, rest as stated, then perform the assistance set. This set should be with 1 kettlebell size under what you used for your main set. So if you used a 16kg for the main set, drop down to a 12kg
- The assistance set is snatch only. It is a multi switch snatch set, fast pace. The goal of this assistance set is to increase work capacity and the ability to sustain a fast tempo, by removing the grip factor out of the equation. Here you will change hands every 30 sec. As your grip strength increases, you can choose to switch hands every min, but only if it doesn't mean a decrease in tempo. The tempo for this set has to be higher than your main set pace. Aim for at least 20RPM, but make sure to observe good technique.

### **Stalling**

Every once in a while, you might feel you need a break or hit a plateau. Instead of battling one to try to make it to the next level, go back down a couple of levels (or even down 1 size kettlebell) to allow some extra recovery. You may even go down more levels and work your way back to the level that gave you problem using a faster tempo and see if it helps. **Linear progression looks great on paper but doesn't work that way in real life.**

## The template

Level	Main set	Rest	Assistance set
Level 1	SwSwSn 1:00 e.s	rest 2:00	5:00
Level 2	SwSn 1:00 e.s	rest 2:00	5:00
Level 3	Sn 1:00 e.s	rest 2:00	5:00
Level 4	SwSwSn 1:30 e.s	rest 3:00	6:00
Level 5	SwSn 1:30 e.s	rest 3:00	6:00
Level 6	Sn 1:30 e.s	rest 3:00	6:00
Level 7	SwSwSn 2:00 e.s	rest 4:00	7:00
Level 8	SwSn 2:00 e.s	rest 4:00	7:00
Level 9	Sn 2:00 e.s	rest 4:00	7:00
Level 10	SwSwSn 2:30 e.s	rest 5:00	8:00
Level 11	SwSn 2:30 e.s	rest 5:00	8:00
Level 12	Sn 2:30 e.s	rest 5:00	8:00
Level 13	SwSwSn 3:00 e.s	rest 5-10:00	9:00
Level 14	SwSn 3:00 e.s	rest 5-10:00	9:00
Level 15	Sn 3:00 e.s	rest 5-10:00	9:00
Level 16	SwSwSn 3:30 e.s	rest 5-10:00	10:00
Level 17	SwSn 3:30 e.s	rest 5-10:00	10:00
Level 18	Sn 3:30 e.s	rest 5-10:00	10:00
Level 19	SwSwSn 4:00 e.s	rest 5-10:00	11:00
Level 20	SwSn 4:00 e.s	rest 5-10:00	11:00
Level 21	Sn 4 :00 e.s	rest 5-10:00	11:00
Level 22	SwSwSn 4:30 e.s	Rest 5-10:00	12:00
Level 23	SwSn 4:30 e.s	Rest 5-10:00	12:00
Level 24	Sn 4:30 e.s	Rest 5-10:00	12:00

**E.S = each side**

Remember to maintain a steady tempo throughout your set, sprinting to the finish if you have extra energy. Aim to stay in the aerobic zone for as long as possible. Starting at a fast tempo from the start is not a good idea.

**After you successfully reach the last level of the program try a 10 minute maximal test.**

This backing down and building up process (periodisation) is important for your progress. The body needs easy sessions to recover from the demands of the higher levels of the template. Also, just because you achieved high numbers once or twice on your way up the levels, this is very different to actually “owning” those numbers. By cycling through the program a few times, reaching those numbers becomes easier and easier and improve your confidence in your own performance. Every time you repeat a previous level should leave you thinking it wasn’t so hard this time around.

### **Finally**

Good training, if you stick with the plan and do not rush the process, periodise your training, you’ll watch your snatch numbers soar!

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