



STRONG ENDURANCE™ KETTLEBELL SWING OR SNATCH PLAN 025

The goals of the plan are:

- 1) Fat loss.
- 2) “Conditioning” for sports and activities of significant duration and moderate strength demands (obstacle course racing, etc.).
- 3) Building an aerobic base for sports and activities of brief duration and moderate strength demands (e.g., the TSC snatch).

Prerequisites

- ✓ Healthy
- ✓ Competent in the SFG style kettlebell swing (one-arm or two-arm) or snatch

Select Your Kettlebell

Select a kettlebell you can swing or snatch with perfect technique for 100 reps in 5min, in sets of 10 reps every 30sec. In one-arm exercises switch sides every set. Count the sum of the reps done with both arms.

Use the exact technique and power you would use for the TSC or SFG snatch: explosive but relaxed, about 50% effort. Walk around and shake out the tension between sets.

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High Volume Day

You will be swinging or snatching 3 times a week, varying the volume.

Start the program on Friday with sets of 5 reps on the minute (OTM). Alternate arms every minute. (If your exercise of choice is the two-arm swing, disregard the references to alternating arms.) Rest actively between sets: walk around and do “fast and loose” drills.

If at some point during the session, you notice that your breathing has abruptly accelerated, do the talk test. Before the next set, when the timer shows ~50sec, speak several short sentences. If you are unable to, stop the session and note the number of sets/minutes. This number is your “100%,” or your high volume day’s load.

Although you would undoubtedly be able to continue snatching the same reps OTM for some time after failing the talk test, DO NOT. It is imperative that you **stop once you can no longer speak in complete sentences—or your power drops, technique changes, or pauses between reps in snatches increase.** (StrongFirst Stop Signs)

Low and Medium Volume Days

Your volume will vary: Monday (medium), Wednesday (low), and Friday (high).

On low and medium days do 60% and 80% of the the high volume day’s sets, respectively.

E.g., on Friday you did 30 sets. On Monday do $30 \times 0.8 = 24$ sets, on Wednesday $30 \times 0.6 = 18$.

Progression

Once you reach 50 sets with a given rep count on a Friday, next Friday add one rep to all sets.

E.g., you have built up to 5 reps/50 sets in 50min on a particular Friday. Next week on Monday and Wednesday, it is business as usual: 80% and 60% respectively, 40 and 30 sets. On Friday do sets of 6 reps and carry on until you fail the talk test or hit another StrongFirst Stop Sign.

The plan purposefully starts easy; 50 sets of 5 and 6 reps should feel like nothing. Then you will have to work harder. Stay on the program until you can do sets of 10 OTM (500 reps in 50min) while respecting the StrongFirst Stop Signs. Then switch to another Strong Endurance™ protocol. Report your gains on the [StrongFirst forum](#).

Other Training

Train your Strength on alternate days, with low reps and a low to moderate volume. Do no other kettlebell conditioning. Carry on your other endurance activities (if applicable), e.g., running or martial arts training. Do not forget your mobility and flexibility work.

Staying power to you!

INTRODUCING:

STRONG ENDURANCE™ express
Online Course

By PAVEL



There are times when simply enduring is not enough. One must carry on at a high level of strength or power.

A football game. A wrestling match. An obstacle course in a full kit. Moving grandma's antique furniture.

For decades such endurance had been built with "met cons." Then a top sports scientist reframed the question and changed history...

What if instead of training the athlete to tolerate ever increasing concentrations of lactic acid we trained him to produce less of it?

Anti-glycolytic training (AGT) was born.

Our [Strong Endurance™](#) curriculum is the last word in AGT. It consolidates the best of the Eastern European and Western research with StrongFirst's experience.

For those of you who have been unable to take Pavel Tsatsouline's seminar, we have filmed a streamlined version. Watch [STRONG ENDURANCE™ express](#) in your living room without the risk of getting "volunteered" for a demo in front of the class.

[CLICK HERE](#) for a limited time offer.

Watch 4 hours of Pavel's lecture and 1 hour of demos by our instructors:

Module 1

The Genesis and Philosophy of AGT

Learn the science of anti-glycolytic training in simple terms. Change your view of endurance training forever.

Module 2

“Cardio” is Overrated

Low correlation between VO_2 max and endurance...The dangers of redlining your heart rate...Classic interval training vs. “HIIT”...How to increase VO_2 max with weights—and how not to do it...Training the blood vessels—a secret of the pros...

Module 3

A Hybrid Conversion Kit for Your Fast Fibers

The main premise behind Verkhoshansky's revolution...His original experiment...Why power exercise rules...Great all-around way to train—enjoy your “what-the-hell effects”...The alternative to intervals...The SF stop signs...Kettlebell AXE simplified...

Module 4

Variations on the AXE Theme

Serial-repeat method rocks...Downsides of max power training...“Casual power” is the answer...How to benefit from recovery's nonlinearity...Volume and other load parameters for different needs...5 variable methods for pros...

Module 5

Hybrid Conversion Completed

Metal Heart and Strength Aerobics for hard living...2 state-of-the-art kettlebell snatch or swing plans for ruthless endurance and aggressive fat loss...Score high on the most valuable GPP test for MMA...Biathlon's aerobic lunges for all...

Module 6

A+A for Fighters and Supermodels

Incredible long lost research reveals how to make high intensity exercise aerobic and fat burning...Snatch death march protocol for a select few...Lifter's dream: “singles” for “conditioning” and fat loss...Lessons from heavy labor...3 AXE models...

Module 7 Non-Stop

Strength for endurance...How to build up to 30 pullups or 100 pushups or swings without killing yourself...Split sets and ladders...Pullup master's serial-interval protocol...Why hanging on a bar will not improve your pullup grip—and what will...

Module 8 Glycolytic Training—the Right Way

Peak performance with a well dosed and timed acid spike...Glycolytic power repeats—least stressful glycolytic training method bears “what-the-hell effects”...Buffer acid by building fast twitch fibers...Make less acid by building slow fibers...

Module 9 Planning

Know your variables and change one at a time...Magic of step loading...Advantages of wave loading...Manage the conflict of strength and endurance...Why you cannot improve on multiple fronts at once—and how pros do it over time with “leapfrogging”...

Module 10 In Action

Select Strong Endurance plans and templates demoed by our certified instructors...Kettlebell snatches...Swings and more swings...Cleans, presses, and front squats...Pullups...Step-ups...Pushups, fast and slow...Explosive calisthenics plus heavy bag...

Then download the following plans and templates and start training:

- ✓ 3 “Metal Heart” kettlebell snatch or swing plans for ruthless endurance and aggressive fat loss
- ✓ Strength Aerobics template for fighters
- ✓ 2 Strength Aerobics circuits for combat and team sports (one with a barbell and the other with any type of resistance)
- ✓ 3 powerful pullup protocols:
 - Failproof routine for beginners
 - Fast acting strength endurance plan for intermediates
 - State-of-the-art serial-interval method for the advanced (also a great lesson in programming)
- ✓ Scientific plan to excel at the NFL combine bench press
- ✓ A straight path to 100 consecutive pushups
- ✓ Super Slow 2.0 template for building slow twitch fibers for endurance sports (kettlebell, barbell, dumbbell, or bodyweight; you choose the exercises)
- ✓ A wealth of AXE (aerobic exercise for type IIX fast fibers) applicable knowledge:
 - AXE sprints’ guidelines for team sports
 - AXE heavy kettlebell snatch plan for the Tactical Strength Challenge
 - AXE jump circuit for basketball and volleyball players’ endurance
 - Awesome barbell AXE circuit for any athlete
 - Develop striking power and power endurance by throwing a kettlebell or a rock according to the AXE rules
 - 3 serial-repeat AXE templates for combat and game athletes (applicable to sport-specific skills like striking and throwing and to general training with a kettlebell, barbell, bodyweight, and more)
- ✓ “Alt-S&S” kettlebell swing progression
- ✓ Aerobic bodyweight lunge protocol from biathlon that works for anyone seeking outdoor endurance and fat loss—plus the rules of anti-glycolytic uphill running
- ✓ Classic hard style Rx for building multiple qualities (power, power endurance, cardiorespiratory endurance, muscle building, fat loss) with heavy kettlebells
- ✓ Double kettlebell C&J plan for muscle hypertrophy, fat loss, and conditioning
- ✓ Heavy kettlebell swing plus military press unconventional muscle builder
- ✓ 3 variations of a radical Soviet muscle building template
- ✓ An incredibly tough but surprisingly low acid peaking template for fighters—prepare your mind without trashing your body

While delivering remarkable performance and body composition improvements, anti-glycolytic training will fortify your health.

The primary adaptation target of anti-glycolytic training are mitochondria. They are a lot more than our cells’ power plants. Scientists call them “the masters of life and death.” Healthy, strong, and abundant mitochondria make you more resilient to a variety of stressors: cold, heat, altitude, infection, poison, radiation, etc. On the other hand, mitochondrial dysfunction is a likely cause of cardiovascular and neurodegenerative diseases, cancer, diabetes, obesity, and aging.

Beef up your mitochondria and your health with Strong Endurance while reaching your athletic and body composition goals.

~~\$399~~
\$299

SAVE \$100 on **STRONG ENDURANCE™ express online course** before this introductory offer ends on Tuesday, February 20th.

CLICK HERE to buy **STRONG ENDURANCE™ express** with **Pavel**.

Staying power and health to you!

