

Lift	Max. (lbs)	Round to: [1]
Squat	100	5
Bench	100	
Deadlift	100	



WEEK 1						WEEK 2						Week 3						Week 4						
Exercise	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest
Competition Squat	3	3	80%	80	1.0.1	180	4	3	82%	80	1.0.1	180	5	2	86%	85	1.0.1	180	4	3	85%	85	1.0.1	180
Competition Squat	2	5	68%	70	1.0.1	180	2	5	70%	70	1.0.1	180	2	4	72%	70	1.0.1	180	3	4	75%	75	1.0.1	180
Competition Pause Bench	4	3	80%	80	1.1.1	180	5	3	82%	80	1.1.1	180	5	2	86%	85	1.1.1	180	5	3	85%	85	1.1.1	180
Competition Pause Bench	2	5	68%	70	1.1.1	180	3	5	70%	70	1.1.1	180	2	4	72%	70	1.1.1	180	3	4	75%	75	1.1.1	180
SLDL	4	9	8RPE		1.0.1	90	4	8	8RPE		1.0.1	90	4	8	8RPE		1.0.1	90	4	7	8RPE		1.0.1	90
Side Planks (seconds per side)	3	x	30s		x	60	4	x	30s		x	60	4	x	45s		x	60	4	x	45s		x	60
WEEK 1, Day 2																								
Exercise	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest
Competition Deadlift	3	3	80%	80	1.0.1	180	4	3	82%	80	1.0.1	180	5	2	86%	85	1.0.1	180	4	3	85%	85	1.0.1	180
Competition Deadlift	2	5	68%	70	1.0.1	180	2	5	70%	70	1.0.1	180	2	4	72%	70	1.0.1	180	3	4	75%	75	1.0.1	180
2x1 Pause Bench	3	4	8RPE		1.3.1	180	4	3	8RPE		1.3.1	180	3	3	8RPE		1.3.1	180	4	4	8RPE		1.3.1	180
Competition Squat	2	5	65%	65	1.0.1	180	3	5	68%	70	1.0.1	180	2	5	71%	70	1.0.1	180	2	4	74%	75	1.0.1	180
Wide Grip Seated Row (mimic bench movement)	4	10			1.0.1	60	4	10			1.0.1	60	4	8			1.0.1	60	4	8			1.0.1	60
WEEK 1, Day 3																								
Exercise	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest
2x1 Pause Squat	4	4	8RPE		1.1.1	180	5	3	8RPE		1.1.1	180	4	5	9RPE		1.1.1	180	4	2	9RPE		1.1.1	180
Competition Pause Bench	6	5	70%	70	1.1.1	180	6	4	73%	75	1.1.1	180	6	3	75%	75	1.1.1	180	6	5	68%	70	1.1.1	180
Feet Up Bench	4	5	8RPE		1.0.1	180	3	4	8RPE		1.0.1	120	4	3	8RPE		1.0.1	120	4	4	8RPE		1.0.1	120
Competition Deadlift	2	5	65%	65	1.0.1	180	3	5	68%	70	1.0.1	180	2	5	71%	70	1.0.1	180	2	4	74%	75	1.0.1	180
Vertical Pull of choice	4	10			1.0.1	90	4	10			1.0.1	90	4	8			1.0.1	90	4	8			1.0.1	90
WEEK 1, Day 4																								
Exercise	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest	Sets	Reps	Intensity	Load	Tempo	Rest
2x1 Pause Deadlifts (pause barely off the floor)	4	4	8RPE		1.0.1	180	5	3	8RPE		1.0.1	180	4	5	8RPE		1.0.1	180	4	2	9RPE		1.0.1	180
Touch and Go Bench	3	6	9RPE		1.0.1	180	3	12	10RPE		1.0.1	180	4	7	8RPE		1.0.1	180	4	5	8RPE		1.0.1	180
Close Grip Incline Press	4	8			1.0.1	120	4	7			1.0.1	120	5	6			1.0.1	120	4	10			1.0.1	120
1-Arm DB Rows	6	10			1.0.1	60	6	10			1.0.1	60	6	8			1.0.1	60	6	8			1.0.1	60



Exercise	Week 5				Week 6				Week 7				Week 8			
	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest
Competition Squat	1	3	8RPE	1.0.1 180	1	2	8RPE	1.0.1 180	1	1	8RPE	1.0.1 180	1	1	8RPE	1.0.1 180
Competition Squat (% of E1RM)	6	5	65%	1.0.1 180	6	5	68%	1.0.1 180	4	4	72%	1.0.1 180	3	3	76%	1.0.1 180
Competition Pause Bench	1	3	8RPE	1.1.1 180	1	2	8RPE	1.1.1 180	1	1	8RPE	1.1.1 180	1	1	8RPE	1.1.1 180
Competition Pause Bench (% of E1RM)	7	5	65%	1.1.1 180	7	5	68%	1.1.1 180	5	4	72%	1.1.1 180	4	3	76%	1.1.1 180
Overhead Press	1+2F	6	8RPE	1.0.1 120	1+1F	7	9RPE	1.0.1 90	1+2 R	6	8RPE	1.0.1 120	1+1F	5	9RPE	1.0.1 90
WEEK 1_Day 2																
Exercise	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest
Competition Deadlift	1	3	8RPE	1.0.1 180	1	2	8RPE	1.0.1 180	1	1	8RPE	1.0.1 180	1	1	8RPE	1.0.1 180
Competition Deadlift (% of E1RM)	6	5	65%	1.0.1 180	6	5	68%	1.0.1 180	4	4	72%	1.0.1 180	3	3	76%	1.0.1 180
2nd Pause Bench	1+2F	4	8RPE	1.2.1 180	1+2R	5	8RPE	1.2.1 180	1+2F	2	8RPE	1.2.1 180	1+2R	4	8RPE	1.2.1 180
High Bar Squat	1+2R	4	8RPE	1.0.1 180	1+1F	3	8RPE	1.0.1 180	1+2F	4	8RPE	1.0.1 180	1+1R	2	8RPE	1.0.1 180
WEEK 1_Day 3																
Exercise	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest
Pin Squat	1	3	8RPE	1.2.1 180	1	2	8RPE	1.2.1 180	1	1	8RPE	1.2.1 180	1	1	8RPE	1.2.1 180
Pin Squat	1+1F	4	9RPE	1.2.1 180	1+1F	5	9RPE	1.2.1 180	1+1F	2	9RPE	1.2.1 180	1+2F	4	8RPE	1.2.1 180
Close Grip Bench	1+2F	3	9RPE	1.0.1 180	1+1F	2	9RPE	1.0.1 180	1+2R	3	8RPE	1.0.1 180	1+1F	4	9RPE	1.0.1 180
Feet Up Bench	1+1F	5	9RPE	1.0.1 180	1+1F	6	9RPE	1.0.1 180	1+1F	3	9RPE	1.0.1 180	1+1F	4	9RPE	1.0.1 180
WEEK 1_Day 4																
Exercise	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest	Sets	Reps	Load	Tempo Rest
2nd Pause Deadlifts	1	3	8RPE	x 180	1	2	8RPE	x 180	1	1	8RPE	x 180	1	1	8RPE	x 180
2nd Pause Deadlifts	1+2F	5	9RPE	x 180	1+2R	4	8RPE	x 180	1+2F	2	9RPE	x 180	1+2F	4	9RPE	x 180
Tough and Go Bench	1+3R	5	8RPE	1.0.1 180	1+3R	4	8RPE	1.0.1 180	1+1F	3	8RPE	1.0.1 180	1+2F	3	9RPE	1.0.1 180



5 Days from Competition					
Exercise	Sets	Reps	Load	Tempo	Rest
Competition Squat	1	1	Opener	80	1.0.1 180
Competition Squat	3	2	82%		1.0.1 180
Competition Pause Bench	1	1	Opener		1.1.1 180
Competition Pause Bench	3	2	84%	85	1.1.1 180
4 Days from Competition					
Exercise	Sets	Reps	Load	Tempo	Rest
Competition Deadlift	1	1	Opener		1.0.1 180
Competition Deadlift	2	2	82%	80	1.0.1 180
Competition Pause Bench	4	1	85%	85	1.1.1 180
3 Days From Competition					
Exercise	Sets	Reps	Load	Tempo	Rest
Competition Squat	1	1	85%	85	1.0.1 180
Competition Squat	2	2	78%	80	1.0.1 180
Competition Pause Bench	1	1	85%	85	1.1.1 180
Competition Pause Bench	3	2	78%	80	1.1.1 180
Competition Deadlift	1	1	82%	80	1.0.1 180
Competition Deadlift	2	2	75%	75	1.0.1 180
2 Days From Competition					
Exercise	Sets	Reps	Load	Tempo	Rest
Competition Squat	2	3	75%	75	1.0.1 180
Competition Pause Bench	3	3	78%	80	1.1.1 180
Competition Deadlift	1	3	75%	75	1.0.1 180

[1] 5 = lb
2.5 = kg