1 The Basic Template

1.1 Template

Monday

- Equipped squat variation / raw squat - cyclic: Squat variation (box squat, squat, pin squat) with bands, chains, or reverse bands. Focus on competition squat. For raw (me), this should be a "raw-focused movement". Not sure what this means.

- Deadlift assistance - cyclic: With barbell. Deadlift specific, focus on weaknesses. Ideas are reverse band, chains, deficit deads, alternate style (conventional), etc.

- Squat supplement - 5-8 reps x 4-5 sets: Emphasize bottom. Ie, oly squats, ssb squats, pause squats, possibly including chain.

- Abs:

Tuesday

- Main raw press - cyclic: Work bottom of bench with full grip. Ie, bench, pause bench, 3-sec pause bench, ply press.


- Shoulders - 5-8 reps x 4-5 sets: Overhead/incline pressing with barbells or dumbbells. Can sometimes be a close-grip press.

- Lats:

Thursday

- Main deadlift - cyclic: Ie deadlift, pull off block, bands, chains. Barbell in hands with full ROM.

- Raw squat / equipped squat - cyclic: Emphasize bottom end. Box squat, squat, pause squat, 3-sec pause squat, low box squat, oly squat, and possibly moderate chain. For raw lifters, this should be a top-focused movement to get used to heavy weight (ie, raw lifters switch squat slots).

- Deadlift supplement - 5-8 reps x 4-5 sets:

- Abs:

Friday

- Main lockout - cyclic: Full ROM press with bands, chains, or reverse bands. Shirt work included here. Boards are an option here as well, but not preferred. Raw lifters should use less bands/chains.

- Lockout assistance - cyclic: 2, 3, or 4 board press, high rack lockouts, floor press; bands or chains used with any of the above.

- Lockout supplement - 5-8 reps x 4-5 sets: Close-grip 3 boards with bands or chains, JM press, elbows-out extensions, close-grip floor press.

- Lats:

1.2 Cycles

Volume and intensity blocks follow each other to form a mesocycle. Each block takes three weeks.
The cyclic exercises stay the same for an entire mesocycle. Outside of 16 weeks from a meet, experiment. Inside 16 weeks, do what works. The last mesocycle should focus on competition lifts.

Program week-by-week. Pick set/rep protocols fairly randomly.

### Volume protocols
- 6x3 with weight that can be done for 4-5 reps.
- 6x2 with weight that can be done for 3-4 reps.
- Speed work ups:
  - 8x2 using “speed” weight (75-80% 1RM).
  - Followed by 1x2 with weight that can be done for 3 reps.
- 5x5 with weight that can be done for 5-6 reps.
- 6x4 with weight that can be done for 4-5 reps.

### Intensity protocols
- 1-3 RM.
- 3x3 with weight that can be done for 3-4 reps.
- 4x2 with weight that can be done for 2-3 reps.
- 4-5x1 with weight that can be done for 1-2 reps.

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1. Compared to Sheiko, the percentages are quite high. Especially for 5x5 and 6x4.
2. Book: 8-9 (85-90%). Possibly because of speed volume beforehand?
3. Book: 8-9 (77-80%).