

	Week 1					Week 2					Week 3					Week 4					Week 5: Deload		
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal
Monday																							
High Bar Squat	3	290	2/fail			3	305	2/fail			3	312.5	2/fail		3	320	1/fail			2		205	2/3 reps of Week 1
Pause Squat	2	215	2/fail			2	225	2/fail			2	230	2/fail		2	237.5	1/fail			2		150	2/3 reps of Week 1
Competition Deadlift	2	210	Triples			2	220	Triples			2	225	Triples		2	230	Triples			2		145	Same reps as Week 1
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2			2/3 reps of Week 1
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
Tuesday																							
0	3	0	2/fail			3	0	2/fail			3	0	2/fail		3	0	1/fail			2		0	2/3 reps of Week 1
0	2	0	2/fail			2	0	2/fail			2	0	2/fail		2	0	1/fail			2		0	2/3 reps of Week 1
0	2	0	2/fail			2	0	2/fail			3	0	2/fail		3	0	1/fail			2		0	2/3 reps of Week 1
0	2	0	2/fail			2	0	2/fail			3	0	2/fail		3	0	1/fail			2		0	2/3 reps of Week 1
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2			2/3 reps of Week 1
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
Thursday																							
Competition Deadlift	2	285	2/fail			2	300	2/fail			2	200	Triples		2	312.5	1/fail			2		145	1/2 reps of Week 1
High Bar Good-Morning	2	127.5	2/fail			2	135	2/fail			2	90	Triples		2	140	1/fail			2		65	1/2 reps of Week 1
Front Squat	2	222.5	2/fail			2	232.5	2/fail			2	155	Triples		2	245	1/fail			2		110	1/2 reps of Week 1
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2			1/2 reps of Week 1
	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Rep Goal	Rep Results	*Rating	Sets	Weight	Reps	Rep Results	*Rating	Sets	Weight	Rep Goal
Friday																							
0	2	0	2/fail			2	0	2/fail			2	0	Triples		2	0	1/fail			2		0	1/2 reps of Week 1
0	2	0	2/fail			2	0	2/fail			2	0	Triples		2	0	1/fail			2		0	1/2 reps of Week 1
0	2	0	2/fail			2	0	2/fail			1	0	2/fail		3	0	1/fail			2		0	1/2 reps of Week 1
0	2	0	2/fail			2	0	2/fail			1	0	2/fail		3	0	1/fail			2		0	1/2 reps of Week 1
Abs of choice (optional)	2		2/fail			2		2/fail			3		2/fail		3		1/fail			2			1/2 reps of Week 1

3.) *Rating Guide:
(1: The reps moved pretty fast FOR THAT WEIGHT, and felt pretty light FOR THAT WEIGHT.)
(0: The reps moved ok FOR THAT WEIGHT, and felt decent FOR THAT WEIGHT.)
(-1: The reps moved pretty slowly FOR THAT WEIGHT, and felt pretty heavy FOR THAT WEIGHT.)

* "5's" means to just do sets of 5 for that weight on that day