

Plan For Training [Msmk] [Polkorenko] Yu. In The Preparatory Period 07/10/2013 - 04/11/2013

Squat 115
 Bench 75
 Deadlift 170

Lift	Reps	Sets	Weight
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WEEK 1

1 Day (Monday)

1.Squat

55%	5	1	63.25
65%	4	1	74.75
75%	3	2	86.25
85%	2	4	97.75

23

2.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	5	60

30

3.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	1	80.5
80%	2	4	92

20

4.Flys

10x5

5.Goodmornings

10x4

Total: 76 Rises

2 Day (Tuesday)

1.Deficit Deadlift

50%	3	1	85
60%	3	2	102
70%	2	4	119

17

2.Incline Bench Press

4x5

3.Bench Lockouts

3x5

4.Dips

6x5

5.Military Press

10x4

Total: 17 Rises

3 Day (Wednesday)

1.Deadlift

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	3	2	136
85%	2	4	144.5

26

2.Bench

55%	5	1	41.25
65%	4	1	48.75
75%	3	2	56.25
85%	2	5	63.75

25

3.Flys

10x5

4.Squat To Depth

4x5

5.Goodmornings Seated

8x4

Total: 51 Rises

5 Day (Friday)

1.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	2	80.5
80%	3	5	92

30

2.Bench

50%	5	1	37.5
60%	4	1	45

70%	3	2	52.5
80%	3	6	60
33			

3.Squat

55%	5	1	63.25
65%	5	1	74.75
75%	4	4	86.25
26			

4.Tricep Press

10x5

5.Military Press

10x3

Total: 89 Rises

6 Day (Saturday)

1.Deadlift To Knees

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	2	5	136
22			

2.Bench

55%	5	1	41.25
65%	5	1	48.75
75%	4	5	56.25
30			

3.Bench Lockouts

3x5

4.Deadlift From Racks

65%	3	1	110.5
75%	3	1	127.5
85%	3	2	144.5
95%	3	4	161.5
24			

5.Leg Press

4x5

6.Military Press

8x3

Total: 76 Rises

Total per Week: 309 Rises

Squat ### 99 7952.25

Bench	###	118	6296.25
Deadlift	###	89	11220

WEEK 2

1 Day (Monday)

1.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	2	2	60
90%	1	3	67.5

22

2.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	2	80.5
80%	2	5	92

25

3.Bench

55%	5	1	41.25
65%	4	1	48.75
75%	3	1	56.25
85%	2	4	63.75

20

4.Flys

10x5

5.Goodmornings

5x5

Total: 67 Rises

2 Day (Tuesday)

1.Deficit Deadlift

55%	3	1	93.5
65%	2	2	110.5
75%	1	5	127.5

12

2.Incline Bench Press

4x6.

3.Bench Lockouts

3x5.

4.Dips

6x5.

5.Military Press

8x4.

Total: 12 Rises

3 Day (Wednesday)

1.Deadlift

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	2	2	136
90%	1	3	153

16

2.Bench

50%	5	1	37.5
60%	4	2	45
70%	3	2	52.5
80%	3	5	60

34

3.Flys

10x5

4.Deadlift From Racks

65%	4	1	110.5
75%	4	2	127.5
85%	4	4	144.5

28

5.Goodmornings

8x4

Total: 77 Rises

5 Day (Friday)

1.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	2	80.5
80%	2	2	92
90%	1	3	103.5
80%	2	2	92

26

2.Bench

50%	5	1	37.5
60%	4	1	45

70%	3	2	52.5
80%	2	6	60

27

3.Bench Lockouts

2x6.

4.Flys

10x5

5.Military Press

8x3

Total: 53 Rises

6 Day (Saturday)

1.Deadlift

55%	3	1	93.5
65%	3	1	110.5
75%	3	2	127.5
85%	2	5	144.5

22

2.Bench

55%	4	1	41.25
65%	4	1	48.75
75%	4	5	56.25

28

3.Tricep Press

10x5

4.Romanian Deadlift

50%	4	1	85
60%	4	4	102

20

5.Goodmornings

5x5

Total: 70 Rises

Total per Week: 279 Rises

Squat	###	51	4059.5
Bench	###	131	6855
Deadlift	###	98	12206

WEEK 3

1 Day (Monday)

1.Squat

55%	5	1	63.25
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65%	4	1	74.75
75%	3	2	86.25
85%	2	6	97.75

27

2.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	6	60

33

3.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	1	80.5
80%	3	4	92

24

4.Flys

10x5

5.Goodmornings Seated

8x4

Total: 82 Rises

2 Day (Tuesday)

1.Deficit Deadlift

50%	3	2	85
60%	3	2	102
65%	2	6	110.5

24

2.Bench

55%	5	1	41.25
65%	4	2	48.75
75%	3	4	56.25

20

3.Bench Lockouts

3x5

4.Squat To Depth

4x5

5.Goodmornings

5x5

Total: 49 Rises

3 Day (Wednesday)

1. Deadlift To Knee

50%	3	1	85
60%	3	1	102
70%	3	2	119
75%	3	4	127.5

24

2. Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	2	60
85%	2	4	63.75

29

3. Deadlift

50%	3	1	85
60%	3	1	102
70%	3	1	119
80%	3	5	136

24

4. Leg Press

4x5

5. Squat To Depth

5x5

Total: 77 Rises

5 Day (Friday)

1. Squat

50%	5	1	57.5
60%	5	1	69
70%	5	1	80.5
75%	4	4	86.25

31

2. Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	7	60

36

3. Flys

10x5

4. Dips

5x5

5.Goodmornings

8x4

Total: 67 Rises

6 Day (Saturday)

1.Deadlift

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	3	2	136
85%	2	4	144.5

26

2.Bench

55%	5	1	41.25
65%	5	2	48.75
75%	4	5	56.25

35

3.Deadlift From Racks

60%	4	1	102
70%	4	1	119
80%	4	2	136
90%	4	4	153

32

4.Tricep Press

10x5

5.Hack Squat

4x5

Total: 93 Rises

Total per Week: 368 Rises

Squat	###	82	6629.75
Bench	###	153	8347.5
Deadlift	###	130	15878

WEEK 4

1 Day (Monday)

1.Squat

55%	5	1	63.25
65%	4	1	74.75
75%	3	2	86.25
85%	2	6	97.75

27

2.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	6	60

33

3.Flys

10x5

4.Squat

50%	5	1	57.5
60%	4	2	69
70%	3	1	80.5
80%	3	4	92

28

5.Goodmornings

8x5

Total: 80 Rises

2 Day (Tuesday)

1.Deficit Deadlift

50%	3	1	85
60%	3	1	102
70%	2	2	119
75%	1	3	127.5

13

2.Bench Lockouts

2x6.

3.Dips

5x5.

4.Military Press

8x3.

Total: 13 Rises

3 Day (Wednesday)

1.Deadlift

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	3	2	136
85%	2	4	144.5

26

2.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	2	60
90%	2	2	67.5

25

3.Deadlift From Racks

65%	3	1	110.5
75%	3	1	127.5
85%	3	2	144.5
95%	3	2	161.5
105%	2	2	178.5

22

4.Goodmornings Seated

8x4

Total: 73 Rises

5 Day (Friday)

1.Squat

50%	5	1	57.5
60%	4	1	69
70%	3	2	80.5
80%	3	6	92

33

2.Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	2	60
85%	2	3	63.75
80%	3	3	60

36

3.Flys

10x5

4.Military Press

8x4

Total: 69 Rises

6 Day (Saturday)

1. Deadlift To Knees

50%	3	1	85
60%	3	1	102
70%	3	2	119
80%	2	5	136

22

2. Bench Lockouts

3x5

3. Dumbbell Shoulder Press

5+5x6

4. Romanian Deadlift

50%	4	1	85
60%	4	1	102
65%	4	4	110.5

24

5. Leg Press

4x5

Total: 46 Rises

Total per Week: 281 Rises

Squat	###	88	7193.25
Bench	###	94	5040
Deadlift	###	107	13081.5

WEEK 5

1 Day (Monday)

1. Squat

55%	5	1	63.25
65%	4	1	74.75
75%	3	2	86.25
85%	2	4	97.75

23

2. Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	6	60

33

3. Flys

10x5.

4. Squat

50%	5	1	57.5
60%	4	1	69

70%	3	1	80.5
80%	2	4	92

20

5. Goodmornings

5x5

6. Military Press

10x4

Total: 76 Rises

2 Day (Tuesday)

1. Deficit Deadlift

50%	3	1	85
60%	3	2	102
70%	2	5	119

19

2. Bench

55%	3	1	41.25
65%	3	2	48.75
75%	3	5	56.25

24

3. Dips

6x5

4. Goodmornings Seated

8x4

Total: 43 Rises

3 Day (Wednesday)

1. Deadlift

55%	3	1	93.5
65%	3	1	110.5
75%	3	2	127.5
85%	2	4	144.5

20

2. Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	2	60
85%	2	4	63.75

29

3. Flys

10x5

4. Deadlift From Racks

60%	3	1	102
70%	3	1	119
80%	3	2	136
90%	3	2	153
100%	2	3	170

24

5. Military Press

8x4

Total: 73 Rises

5 Day (Friday)

1. Bench

50%	5	1	37.5
60%	4	1	45
70%	3	2	52.5
80%	3	5	60

30

2. Squat

50%	5	1	57.5
60%	4	1	69
70%	3	2	80.5
80%	3	6	92

33

3. Bench

50%	5	1	37.5
60%	5	1	45
70%	5	4	52.5

30

4. Flys

10x5

5. Wide Grip Bench

10x5

Total: 93 Rises

6 Day (Saturday)

1. Deadlift

50%	3	1	85
60%	3	1	102
70%	3	2	119

80% 2 6 136
24

2.Incline Bench Press

3x5

3.Bench Lockouts

2x5

4.Tricep Press

10x5

Total: 24 Rises

Total per Week: 309 Rises

Squat	###	76	6158.25
Bench	###	146	7620
Deadlift	###	87	10914

Totals

Wk1

Squat	69.74%	99	7952.25
Bench	71.24%	118	6296.25
Deadlift	73.28%	89	11220

Wk2

Squat	69.20%	51	4059.5
Bench	69.85%	131	6855
Deadlift	72.63%	98	12206

Wk3

Squat	70.39%	82	6629.75
Bench	73.71%	153	8347.5
Deadlift	71.19%	130	15878

Wk4

Squat	71.11%	88	7193.25
Bench	71.33%	94	5040
Deadlift	71.42%	107	13081.5

Wk5

Squat	70.20%	76	6158.25
Bench	67.86%	146	7620
Deadlift	71.42%	87	10914