

Cycle plan

Name: _____ Cycle: _____ Start date: _____

Record	Lift 1	Lift 2	Lift 3	Lift 4
Lift name				
True max (lb)				
Date tested / estimated				
V1 training max (true max x 0.9)				
Version				

Keep the full training max. Round only the final bar load to the nearest 5 lb.

Exact ties round down. Use the same max for the three working weeks.

Training days: _____

Conditioning plan: _____

Deload dates: _____

Goals: _____

Notes: _____

V1: Week 1

Training max = 90% of true max. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 60% x 4 reps				
Set 2: 70% x 4 reps				
Set 3: 75% x 4 reps				
Set 4: 85% x 4 reps				
EMOM: 4 reps/min 10 min at 60%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

V1: Week 2

Training max = 90% of true max. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 70% x 3 reps				
Set 2: 80% x 3 reps				
Set 3: 85% x 3 reps				
Set 4: 90% x 3 reps				
EMOM: 3 reps/min 12 min at 70%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

V1: Week 3

Training max = 90% of true max. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 80% x 2 reps				
Set 2: 90% x 2 reps				
Set 3: 95% x 1 rep				
Set 4: 100% x 1 rep				
EMOM: 2 reps/min 15 min at 80%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

V2: Week 1

Max = true 1RM. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 60% x 3 reps				
Set 2: 70% x 3 reps				
Set 3: 75% x 3 reps				
Set 4: 85% x 3 reps				
EMOM: 4 reps/min 10 min at 60%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

V2: Week 2

Max = true 1RM. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 70% x 2 reps				
Set 2: 80% x 2 reps				
Set 3: 85% x 2 reps				
Set 4: 90% x 2 reps				
EMOM: 3 reps/min 12 min at 70%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

V2: Week 3

Max = true 1RM. All percentages below use that max. Loads in lb.

Prescription	Lift 1	Lift 2	Lift 3	Lift 4
Lift / date				
Max				
Set 1: 80% x 1 rep				
Set 2: 90% x 1 rep				
Set 3: 95% x 1 rep				
Set 4: 100% x 1 rep				
EMOM: 2 reps/min 15 min at 80%				
Conditioning / result				
Notes				

Rest 2 minutes between working sets. Record the actual load and any changed reps.

Round only final bar loads to the nearest 5 lb; ties down. Week 4 is the deload.

Week 4: Deload

No heavy working sets or standard OMOB EMOMs. Keep recoverable conditioning and skill work.

Day / date	Conditioning	Skill work	Light barbell / notes
1			
2			
3			
4			
5			

Light barbell loads stay strictly under 60% of true max, including after rounding.

See chapter 22 for the Technique Method. Taper toward the end of the week.

How I felt at the start: _____

How I felt at the end: _____

Conditioning record

Keep the same movement standards, distance, equipment, and scoring when comparing attempts.

Date	Workout / variation	Result	Conditions / notes

Record load, reps, distance, completed rounds, and time as appropriate to the workout.

For a benchmark, use the scoring convention in chapter 31 and note any scaling.