

MON	Movement	Sets	Reps	RPE	Weight	Notes
	Competition Squat	1	9	6	100	Fill in all yellow cells
	Competition Squat	3	9	-	95	
	TNG Bench	1	9	6	100	
	TNG Bench	2	9	-	95	
	TNG Bench	1	9	-	85	

TUES	Movement	Sets	Reps	RPE	Weight	Notes
	Competition Deadlift	1	7	7	100	Competition = Paused
	Competition Deadlift	4	7	-	95	
	Competition Bench	1	5	6	100	
	Larson Press	3	5	6	-	
	Pendlay Row	3	8	7	-	

THURS	Movement	Sets	Reps	RPE	Weight	Notes
	Pitshark	1	10	7	100	Substitute with hack squat or leg press if needed
	Pitshark	3	10	-	90	
	Close Grip Bench	1	7	6	100	One handwidth narrower than competition grip
	Close Grip Bench	3	7	-	95	
	Tricep Extensions	4	8-12	8	-	

SAT	Movement	Sets	Reps	RPE	Weight	Notes	
	3-2-X Squat	1	3	6	100	a	
	3-2-X Squat	4	3	-	90		
	3-2-X Bench	3	1	6	100		
	Competition Bench	3	5	6,7,8,-5%	-		x5@6, x5@7, x5@8, strip off 5% from @8
	Paused Deadlift	1	3	6	100		1" from floor
Paused Deadlift	3	3	-	90			































