Advanced training with partials

<http://file.scirp.org/Html/4-9102008_48519.htm>

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| --- | --- | --- | --- | --- |
|  | Progression | Generic Example 5X3 | Weeks Goal |  |
| W1 | Ramp | 100X3 105X3 110X3 115X2 115X2 | Find Upper limit of strength at rep range or **(Rep Maximum)** | Heavy Partials |
| W2 | Static | 105X3X3X3X3X3X3X3 | Build (**Cumulative Volume)** through tonnage and additional set | Heavy Partials |
| W3 | Ramp | 105X3110X3115X3 | Establish new**( Personal Best)** during deload dropping 1-3 sets | NO Partials |
| W4 | Static | 110X3X3X3X3X3X3 | **(Personal Best Cumulative Volume)** through total tonnage | Heavy Partials |

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| M | Lift | Sets | Reps | Weight X Reps | Tempo | RI |
| WU | OH Squat (R) | 3 | 5 |  | 20X0 | 60 |
| WU | B Squat (R) | 3 | 3 |  | 30X0 | 60 |
| A1 | B Squat 1/4 -1/2 PROM\* | 4 | 1-3 |  | 40X4 | 2m |
| B1 | B Squat Full\* | 4/1 | 3/5 |  | 30X0 | 2m |
| C1 | GHR | 3 | 5 |  | 20X0 | 90s |

\*the weight should be only technical weight form should look good on eccentric and concentric weight

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| --- | --- | --- | --- | --- | --- | --- |
| Tu | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| A1 | 65Deg Inc Partial Press 100%+ | 4 | 1-3 |  | 40X4 |  |
| A2 | Eccentric Chin 6-8 sec Negative 100%+ | 4 | 2 |  | 6-80X0 |  |
| B1 | 65deg Inc Press\* | 4/1 | 3/5 |  |  |  |
| B2 | Weighted Pull up\* | 4/1 | 3/5 |  |  |  |

\*the weight should be only technical weight form should look good on eccentric and concentric weight

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| W | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| A1 | Stretch 30min |  |  |  |  |  |

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| Th | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| WU | Cossack | 4 | 3 |  | 20X0 |  |
| WU | Split Squats | 2 | 8 |  | 30X0 |  |
| WU | F Squat (R) | 3 | 3 |  | 30X0 |  |
| A1 | F Squat 1/4-1/2PROM 100%+ | 4 | 1-3 |  |  |  |
| B1 | F Squat \* | 4/1 | 3/5 |  |  |  |
| C1 | RDL\* | 3 | 6-8 |  |  |  |

\*the weight should be only technical weight form should look good on eccentric and concentric weight

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| --- | --- | --- | --- | --- | --- | --- |
| Fr | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| WU | OH Squat | 3 | 3 |  | 30X0 |  |
| A1 | Split Jerk (hold at top 4-6sec | 4 | 3 |  | 40X4 |  |
| A2 | Weighted Pullup | 4 | 5 |  | 30X0 |  |
| B1 | Seated Press | 5 | 5 |  | 30X0 |  |
| B2 | Pendlay Row | 5 | 8 |  | 30X0 |  |

\*the weight should be only technical weight form should look good on eccentric and concentric weight

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| --- | --- | --- | --- | --- | --- | --- |
| W | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| A1 | Stretch 30min |  |  |  |  |  |

W2 W4

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sat | Lift | Sets | Reps | Weight X Reps | Tempo |  |
| WU | Cossack Squat | 4 | 3 |  | 20X0 |  |
| WU | Split Squats | 2 | 8 |  | 30X0 |  |
| WU | Snatch Grip Deadlift on podium | 3 | 3 |  | 30X0 |  |
| B1 | Rack Pull | 4 | 1-3 |  | 20X5 |  |
| C1 | Podium Deadlift | 4/1 | 5/8 |  | 40X0 |  |