

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 1	21 jan to 14 feb yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	68	61			Week 1	Week 2	Week 3	Week 4	
Bench Press	68	61			65%	70%	75%	40%	
Deadlift	142	128			75%	80%	85%	50%	
Shoulder Press	51	46			85%	90%	95%	60%	
Core Lift									
Squat	za, 21 jan	za, 28 jan	za, 04 feb	za, 11 feb					Weeks 1 to 3
Set 1	40,00	42,50	45,00	25,00					37,50
Set 2	45,00	50,00	52,50	30,00					
Set 3	52,50	55,00	57,50	37,50		0,00%	0,00%		
PR: Set 3	10			NA	70,02	#N/B	#N/B		5 x 10
Bench Press	za, 21 jan	za, 28 jan	za, 04 feb	za, 11 feb					
Set 1	40,00	42,50	45,00	25,00					37,50
Set 2	45,00	50,00	52,50	30,00					
Set 3	52,50	55,00	57,50	37,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 23 jan	ma, 30 jan	ma, 06 feb	ma, 13 feb					
Set 1	82,50	90,00	95,00	50,00					77,50
Set 2	95,00	102,50	107,50	65,00					
Set 3	107,50	115,00	122,50	77,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 24 jan	di, 31 jan	di, 07 feb	di, 14 feb					
Set 1	30,00	32,50	35,00	17,50					27,50
Set 2	35,00	37,50	40,00	22,50					
Set 3	40,00	42,50	42,50	27,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 2	18 feb to 13 mrt yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	76	69			Week 1	Week 2	Week 3	Week 4	
Bench Press	74	66			65%	70%	75%	40%	
Deadlift	150	135			75%	80%	85%	50%	
Shoulder Press	54	48			85%	90%	95%	60%	
Core Lift									
Squat	za, 18 feb	za, 25 feb	za, 03 mrt	za, 10 mrt					Weeks 1 to 3
Set 1	45,00	47,50	52,50	27,50					40,00
Set 2	52,50	55,00	57,50	35,00					
Set 3	57,50	62,50	65,00	40,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 18 feb	za, 25 feb	za, 03 mrt	za, 10 mrt					
Set 1	42,50	47,50	50,00	27,50					40,00
Set 2	50,00	52,50	57,50	32,50					
Set 3	57,50	60,00	62,50	40,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 20 feb	ma, 27 feb	ma, 05 mrt	ma, 12 mrt					
Set 1	87,50	95,00	102,50	55,00					80,00
Set 2	102,50	107,50	115,00	67,50					
Set 3	115,00	122,50	127,50	80,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 21 feb	di, 28 feb	di, 06 mrt	di, 13 mrt					
Set 1	32,50	35,00	37,50	20,00					30,00
Set 2	37,50	37,50	40,00	25,00					
Set 3	40,00	42,50	45,00	30,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 3	17 mrt to 10 apr yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	85	76			Week 1	Week 2	Week 3	Week 4	
Bench Press	79	71			65%	70%	75%	40%	
Deadlift	159	143			75%	80%	85%	50%	
Shoulder Press	57	51			85%	90%	95%	60%	
Core Lift									
Squat	za, 17 mrt	za, 24 mrt	za, 31 mrt	za, 07 apr					Weeks 1 to 3
Set 1	50,00	52,50	57,50	30,00					45,00
Set 2	57,50	60,00	65,00	37,50					
Set 3	65,00	67,50	72,50	45,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 17 mrt	za, 24 mrt	za, 31 mrt	za, 07 apr					
Set 1	47,50	50,00	52,50	27,50					42,50
Set 2	52,50	57,50	60,00	35,00					
Set 3	60,00	65,00	67,50	42,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 19 mrt	ma, 26 mrt	ma, 02 apr	ma, 09 apr					
Set 1	92,50	100,00	107,50	57,50					85,00
Set 2	107,50	115,00	122,50	72,50					
Set 3	122,50	127,50	135,00	85,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 20 mrt	di, 27 mrt	di, 03 apr	di, 10 apr					
Set 1	32,50	35,00	37,50	20,00					30,00
Set 2	37,50	40,00	42,50	25,00					
Set 3	42,50	45,00	47,50	30,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 4	14 apr to 08 mei yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	93	84			Week 1	Week 2	Week 3	Week 4	
Bench Press	85	76			65%	70%	75%	40%	
Deadlift	167	150			75%	80%	85%	50%	
Shoulder Press	59	53			85%	90%	95%	60%	
Core Lift									
Squat	za, 14 apr	za, 21 apr	za, 28 apr	za, 05 mei					Weeks 1 to 3
Set 1	55,00	57,50	62,50	32,50					50,00
Set 2	62,50	67,50	70,00	42,50					
Set 3	70,00	75,00	80,00	50,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 14 apr	za, 21 apr	za, 28 apr	za, 05 mei					
Set 1	50,00	52,50	57,50	30,00					45,00
Set 2	57,50	60,00	65,00	37,50					
Set 3	65,00	67,50	72,50	45,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 16 apr	ma, 23 apr	ma, 30 apr	ma, 07 mei					
Set 1	97,50	105,00	112,50	60,00					90,00
Set 2	112,50	120,00	127,50	75,00					
Set 3	127,50	135,00	142,50	90,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 17 apr	di, 24 apr	di, 01 mei	di, 08 mei					
Set 1	35,00	37,50	40,00	22,50					32,50
Set 2	40,00	42,50	45,00	27,50					
Set 3	45,00	47,50	50,00	32,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 5	12 mei to 05 jun yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	101	91			Week 1	Week 2	Week 3	Week 4	
Bench Press	90	81			65%	70%	75%	40%	
Deadlift	175	158			75%	80%	85%	50%	
Shoulder Press	62	56			85%	90%	95%	60%	
Core Lift									
Squat	za, 12 mei	za, 19 mei	za, 26 mei	za, 02 jun					Weeks 1 to 3
Set 1	60,00	65,00	67,50	37,50					55,00
Set 2	67,50	72,50	77,50	45,00					
Set 3	77,50	82,50	87,50	55,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 12 mei	za, 19 mei	za, 26 mei	za, 02 jun					
Set 1	52,50	57,50	60,00	32,50					47,50
Set 2	60,00	65,00	70,00	40,00					
Set 3	70,00	72,50	77,50	47,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 14 mei	ma, 21 mei	ma, 28 mei	ma, 04 jun					
Set 1	102,50	110,00	117,50	62,50					95,00
Set 2	117,50	125,00	135,00	80,00					
Set 3	135,00	142,50	150,00	95,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 15 mei	di, 22 mei	di, 29 mei	di, 05 jun					
Set 1	37,50	40,00	42,50	22,50					32,50
Set 2	42,50	45,00	47,50	27,50					
Set 3	47,50	50,00	52,50	32,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 6	09 jun to 03 jul yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	110	99			Week 1	Week 2	Week 3	Week 4	
Bench Press	96	86			65%	70%	75%	40%	
Deadlift	184	165			75%	80%	85%	50%	
Shoulder Press	65	58			85%	90%	95%	60%	
Core Lift									
Squat	za, 09 jun	za, 16 jun	za, 23 jun	za, 30 jun					Weeks 1 to 3
Set 1	65,00	70,00	75,00	40,00					60,00
Set 2	75,00	80,00	85,00	50,00					
Set 3	85,00	90,00	95,00	60,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 09 jun	za, 16 jun	za, 23 jun	za, 30 jun					
Set 1	55,00	60,00	65,00	35,00					52,50
Set 2	65,00	70,00	72,50	42,50					
Set 3	72,50	77,50	82,50	52,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 11 jun	ma, 18 jun	ma, 25 jun	ma, 02 jul					
Set 1	107,50	115,00	125,00	65,00					100,00
Set 2	125,00	132,50	140,00	82,50					
Set 3	140,00	150,00	157,50	100,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 12 jun	di, 19 jun	di, 26 jun	di, 03 jul					
Set 1	37,50	40,00	45,00	22,50					35,00
Set 2	45,00	47,50	50,00	30,00					
Set 3	50,00	52,50	55,00	35,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 7	07 jul to 31 jul yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	118	106			Week 1	Week 2	Week 3	Week 4	
Bench Press	101	91			65%	70%	75%	40%	
Deadlift	192	173			75%	80%	85%	50%	
Shoulder Press	68	61			85%	90%	95%	60%	
Core Lift									
Squat	za, 07 jul	za, 14 jul	za, 21 jul	za, 28 jul					Weeks 1 to 3
Set 1	70,00	75,00	80,00	42,50					62,50
Set 2	80,00	85,00	90,00	52,50					
Set 3	90,00	95,00	100,00	62,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 07 jul	za, 14 jul	za, 21 jul	za, 28 jul					
Set 1	60,00	65,00	67,50	37,50					55,00
Set 2	67,50	72,50	77,50	45,00					
Set 3	77,50	82,50	87,50	55,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 09 jul	ma, 16 jul	ma, 23 jul	ma, 30 jul					
Set 1	112,50	120,00	130,00	70,00					102,50
Set 2	130,00	137,50	147,50	87,50					
Set 3	147,50	155,00	165,00	102,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 10 jul	di, 17 jul	di, 24 jul	di, 31 jul					
Set 1	40,00	42,50	45,00	25,00					37,50
Set 2	45,00	47,50	52,50	30,00					
Set 3	52,50	55,00	57,50	37,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 8	04 aug to 28 aug yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	126	114			Week 1	Week 2	Week 3	Week 4	
Bench Press	107	96			65%	70%	75%	40%	
Deadlift	200	180			75%	80%	85%	50%	
Shoulder Press	70	63			85%	90%	95%	60%	
Core Lift									
Squat	za, 04 aug	za, 11 aug	za, 18 aug	za, 25 aug					Weeks 1 to 3
Set 1	75,00	80,00	85,00	45,00					67,50
Set 2	85,00	90,00	97,50	57,50					
Set 3	97,50	102,50	107,50	67,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 04 aug	za, 11 aug	za, 18 aug	za, 25 aug					
Set 1	62,50	67,50	72,50	37,50					57,50
Set 2	72,50	77,50	82,50	47,50					
Set 3	82,50	87,50	92,50	57,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 06 aug	ma, 13 aug	ma, 20 aug	ma, 27 aug					
Set 1	117,50	125,00	135,00	72,50					107,50
Set 2	135,00	145,00	152,50	90,00					
Set 3	152,50	162,50	172,50	107,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 07 aug	di, 14 aug	di, 21 aug	di, 28 aug					
Set 1	40,00	45,00	47,50	25,00					37,50
Set 2	47,50	50,00	55,00	32,50					
Set 3	55,00	57,50	60,00	37,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 9	01 sep to 25 sep yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	135	121			Week 1	Week 2	Week 3	Week 4	
Bench Press	112	101			65%	70%	75%	40%	
Deadlift	209	188			75%	80%	85%	50%	
Shoulder Press	73	66			85%	90%	95%	60%	
Core Lift									
Squat	za, 01 sep	za, 08 sep	za, 15 sep	za, 22 sep					Weeks 1 to 3
Set 1	80,00	85,00	90,00	47,50					72,50
Set 2	90,00	97,50	102,50	60,00					
Set 3	102,50	110,00	115,00	72,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 01 sep	za, 08 sep	za, 15 sep	za, 22 sep					
Set 1	65,00	70,00	75,00	40,00					60,00
Set 2	75,00	80,00	85,00	50,00					
Set 3	85,00	90,00	95,00	60,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 03 sep	ma, 10 sep	ma, 17 sep	ma, 24 sep					
Set 1	122,50	132,50	140,00	75,00					112,50
Set 2	140,00	150,00	160,00	95,00					
Set 3	160,00	170,00	177,50	112,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 04 sep	di, 11 sep	di, 18 sep	di, 25 sep					
Set 1	42,50	45,00	50,00	27,50					40,00
Set 2	50,00	52,50	55,00	32,50					
Set 3	55,00	60,00	62,50	40,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 10	29 sep to 23 okt yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	143	129			Week 1	Week 2	Week 3	Week 4	
Bench Press	118	106			65%	70%	75%	40%	
Deadlift	217	195			75%	80%	85%	50%	
Shoulder Press	76	68			85%	90%	95%	60%	
Core Lift									
Squat	za, 29 sep	za, 06 okt	za, 13 okt	za, 20 okt					Weeks 1 to 3
Set 1	82,50	90,00	97,50	52,50					77,50
Set 2	97,50	102,50	110,00	65,00					
Set 3	110,00	115,00	122,50	77,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 29 sep	za, 06 okt	za, 13 okt	za, 20 okt					
Set 1	70,00	75,00	80,00	42,50					62,50
Set 2	80,00	85,00	90,00	52,50					
Set 3	90,00	95,00	100,00	62,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 01 okt	ma, 08 okt	ma, 15 okt	ma, 22 okt					
Set 1	127,50	137,50	147,50	77,50					117,50
Set 2	147,50	155,00	165,00	97,50					
Set 3	165,00	175,00	185,00	117,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 02 okt	di, 09 okt	di, 16 okt	di, 23 okt					
Set 1	45,00	47,50	52,50	27,50					40,00
Set 2	52,50	55,00	57,50	35,00					
Set 3	57,50	62,50	65,00	40,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 11	27 okt to 20 nov yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	151	136			Week 1	Week 2	Week 3	Week 4	
Bench Press	124	111			65%	70%	75%	40%	
Deadlift	225	203			75%	80%	85%	50%	
Shoulder Press	79	71			85%	90%	95%	60%	
Core Lift									
Squat	za, 27 okt	za, 03 nov	za, 10 nov	za, 17 nov					Weeks 1 to 3
Set 1	87,50	95,00	102,50	55,00					82,50
Set 2	102,50	110,00	115,00	67,50					
Set 3	115,00	122,50	130,00	82,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 27 okt	za, 03 nov	za, 10 nov	za, 17 nov					
Set 1	72,50	77,50	82,50	45,00					67,50
Set 2	82,50	90,00	95,00	55,00					
Set 3	95,00	100,00	105,00	67,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 29 okt	ma, 05 nov	ma, 12 nov	ma, 19 nov					
Set 1	132,50	142,50	152,50	80,00					122,50
Set 2	152,50	162,50	172,50	102,50					
Set 3	172,50	182,50	192,50	122,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 30 okt	di, 06 nov	di, 13 nov	di, 20 nov					
Set 1	45,00	50,00	52,50	27,50					42,50
Set 2	52,50	57,50	60,00	35,00					
Set 3	60,00	65,00	67,50	42,50		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 12	24 nov to 18 dec yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	160	144			Week 1	Week 2	Week 3	Week 4	
Bench Press	129	116			65%	70%	75%	40%	
Deadlift	234	210			75%	80%	85%	50%	
Shoulder Press	82	73			85%	90%	95%	60%	
Core Lift									
Squat	za, 24 nov	za, 01 dec	za, 08 dec	za, 15 dec					Weeks 1 to 3
Set 1	92,50	100,00	107,50	57,50					85,00
Set 2	107,50	115,00	122,50	72,50					
Set 3	122,50	130,00	137,50	85,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 24 nov	za, 01 dec	za, 08 dec	za, 15 dec					
Set 1	75,00	82,50	87,50	47,50					70,00
Set 2	87,50	92,50	100,00	57,50					
Set 3	100,00	105,00	110,00	70,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 26 nov	ma, 03 dec	ma, 10 dec	ma, 17 dec					
Set 1	137,50	147,50	157,50	85,00					125,00
Set 2	157,50	167,50	180,00	105,00					
Set 3	180,00	190,00	200,00	125,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 27 nov	di, 04 dec	di, 11 dec	di, 18 dec					
Set 1	47,50	52,50	55,00	30,00					45,00
Set 2	55,00	57,50	62,50	37,50					
Set 3	62,50	65,00	70,00	45,00		0,00%	0,00%		
PR: Set 3				NA	#N/B	#N/B	#N/B		5 x 10

	Week 1: 3x5+	Week 2: 3x3+	Week 3: 1x5, 1x3, 1x1+	Week 4: 3x5 (Deload)	Week 1 PR 1RM	Week 2 PR 1RM	Week 3 PR 1RM		Boring But Big: C
CYCLE 13	22 dec to 15 jan yyyy								
Core Lift	1RM	90%			Wendler Percentages				
Squat	168	151			Week 1	Week 2	Week 3	Week 4	
Bench Press	135	121			65%	70%	75%	40%	
Deadlift	242	218			75%	80%	85%	50%	
Shoulder Press	84	76			85%	90%	95%	60%	
Core Lift									
Squat	za, 22 dec	za, 29 dec	za, 05 jan	za, 12 jan					Weeks 1 to 3
Set 1	97,50	105,00	112,50	60,00					90,00
Set 2	112,50	120,00	127,50	75,00					
Set 3	127,50	135,00	142,50	90,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10
Bench Press	za, 22 dec	za, 29 dec	za, 05 jan	za, 12 jan					
Set 1	80,00	85,00	90,00	47,50					72,50
Set 2	90,00	97,50	102,50	60,00					
Set 3	102,50	110,00	115,00	72,50		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10
Deadlift	ma, 24 dec	ma, 31 dec	ma, 07 jan	ma, 14 jan					
Set 1	142,50	152,50	162,50	87,50					130,00
Set 2	162,50	175,00	185,00	110,00					
Set 3	185,00	195,00	207,50	130,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 8
Shoulder Press	di, 25 dec	di, 01 jan	di, 08 jan	di, 15 jan					
Set 1	50,00	52,50	57,50	30,00					45,00
Set 2	57,50	60,00	65,00	37,50					
Set 3	65,00	67,50	72,50	45,00		0,00%	0,00%		
PR: Set 3			NA		#N/B	#N/B	#N/B		5 x 10

060%
Week 4
37,50
3 x 10
37,50
3 x 10
77,50
3 x 8
27,50
3 x 10

060%
Week 4
40,00
3 x 10
40,00
3 x 10
80,00
3 x 8
30,00
3 x 10

060%
Week 4
45,00
3 x 10
42,50
3 x 10
85,00
3 x 8
30,00
3 x 10

060%
Week 4
50,00
3 x 10
45,00
3 x 10
90,00
3 x 8
32,50
3 x 10

060%
Week 4
55,00
3 x 10
47,50
3 x 10
95,00
3 x 8
32,50
3 x 10

060%
Week 4
60,00
3 x 10
52,50
3 x 10
100,00
3 x 8
35,00
3 x 10

060%
Week 4
62,50
3 x 10
55,00
3 x 10
102,50
3 x 8
37,50
3 x 10

060%
Week 4
67,50
3 x 10
57,50
3 x 10
107,50
3 x 8
37,50
3 x 10

060%
Week 4
72,50
3 x 10
60,00
3 x 10
112,50
3 x 8
40,00
3 x 10

060%
Week 4
77,50
3 x 10
62,50
3 x 10
117,50
3 x 8
40,00
3 x 10

060%
Week 4
82,50
3 x 10
67,50
3 x 10
122,50
3 x 8
42,50
3 x 10

060%
Week 4
85,00
3 x 10
70,00
3 x 10
125,00
3 x 8
45,00
3 x 10

060%
Week 4
90,00
3 x 10
72,50
3 x 10
130,00
3 x 8
45,00
3 x 10