

STRENGTH MACRO CYCLE

Micro Cycle 1 | Squat = Front Squat | Press = Jerk | Pull = Deadlift

Micro Cycle 2 | Squat = Back Squat | Press = Strict Press | Pull = Snatch

Micro Cycle 3 | Squat = Overhead Squat | Press = Bench Press | Pull = Clean

WEEK	SETS REPS	FORMAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	3x5	<ul style="list-style-type: none"> Begin at 78% Build each set 	SQUAT		PRESS		PULL	
2	3x3	<ul style="list-style-type: none"> Begin at 80% Build each set 		SQUAT		PRESS		PULL
3	3x2	<ul style="list-style-type: none"> Begin at 82% Build each set 	SQUAT		PRESS		PULL	
4	3x1	<ul style="list-style-type: none"> Begin at 85% Build each set 		SQUAT		PRESS		PULL

*Days of the week that the lift falls will vary based on a number of different factors.
Typically the lifting days with alternate M/W/F and T/Th/Sat