

# New 5/3/1: Two Cycles Before Deload

Week	Work Set 1	Work Set 2	Work Set 3	Work Set 4
1	65% x 5	75% x 5	85% x 5+	Joker Sets
2	70% x 3	80% x 3	90% x 3+	Joker Sets
3	75% x 5	85% x 3	95% x 1+	Joker Sets
4	65% x 5	75% x 5	85% x 5+	Joker Sets
5	70% x 3	80% x 3	90% x 3+	Joker Sets
6	75% x 5	85% x 3	95% x 1+	Joker Sets
7	40% x 5	50% x 5	60% x 5	Deload

# Beyond 5 3 1

**J Rink**



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