

Sample Loading Pattern Over a 6-Week Phase						
Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Half Squats	70% 1-RM 3sets x 8reps	80% 3 x 6	90% 3 x 3	70% 3 x 8	90% 3 x 3	95% 3 x 2
Hang Cleans	70% 1-RM 3sets x 8reps	80% 3 x 6	90% 3 x 3	70% 3 x 8	90% 3 x 3	95% 3 x 2
Bench Presses	70% 1-RM 3sets x 8reps	80% 3 x 6	90% 3 x 3	70% 3 x 8	90% 3 x 3	95% 3 x 2
Dead Lifts	60% 1-RM 3sets x 10reps	60% 3 x 10	70% 3 x 8	60% 3 x 10	70% 3 x 8	70% 3 x 8
Military Presses	70% 1-RM 3sets x 8reps	80% 3 x 6	90% 3 x 3	70% 3 x 8	90% 3 x 3	95% 3 x 2
Lat Pull Downs	70% 1-RM 3sets x 8reps	80% 3 x 6	90% 3 x 3	70% 3 x 8	90% 3 x 3	95% 3 x 2
Crunches	3sets x 15reps	3 x 20	3 x 20	3 x 15	3 x 20	3 x 25

Football Strength And Conditioning Programs

M Lipman



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