

Monthly Training Plan - 1

In base (preparation) period by coach Boris Sheiko (Russia)

(50% 5X1 – where: 50% - percentage of maximum; 5 – reps; 1 - sets)

1 WEEK

1 day (Monday)

1. Bench press 50% 5X1, 60% 4X2, 70% 3X2, 75% 3X5. (34)
 2. Squat 50% 5X1, 60% 5X2, 70% 5X5. (40)
 3. Bench press 50% 6X1, 60% 6X2, 65% 6X4. (42)
 4. Flat dumbbells “flies” 10X5.
 5. “Good mornings” (standing) 5X5.
- Total: 116 lifts

3 day (Wednesday)

1. Deadlift 50% 5X1, 60% 5X2, 70% 4X2, 75% 3X4. (35)
 2. Incline bench press 4X6.
 3. Dips 5X5.
 4. Deadlift from boxes 50% 5X1, 60% 5X2, 70% 4X2, 80% 3X4. (35)
 5. Squats “Scissors” 5+5X5.
 6. Abs 10X3.
- Total: 65 lifts

5 day (Friday)

1. Bench press 50% 7X1, 55% 6X1, 60% 5X1, 65% 4X1, 70% 3X2, 75% 2X2, 70% 3X2, 65% 4X1, 60% 6X1, 55% 8X1, 50% 10X1. (66)
 2. Flat dumbbells “flies” 10X5.
 3. Squat 50% 5X1, 60% 4X2, 70% 3X2, 75% 3X5. (34)
 4. French press 10X5.
 5. “Good mornings” (seating) 5X5.
- Total: 100 lifts

Total in a week: 286 lifts

2 WEEK

1 day (Monday)

1. Squat 50% 5X1, 60% 4X2, 70% 3X2, 80% 2X5. (29)
 2. Bench press 50% 5X1, 60% 4X1, 70% 3X2, 80% 2X6. (27)
 3. Flat dumbbells “flies” 10X5.
 4. Push ups on the floor with weight (hands shoulders wider) 10X5
 5. Squat 55% 3X1, 65% 3X1, 75% 3X4. (18)
 6. “Good mornings” (standing) 5X5.
- Total: 74 lifts

3 day (Wednesday)

1. Deadlift till knees 50% 4X1, 60% 4X2, 70% 4X4. (28)
 2. Bench press 50% 5X1, 60% 5X2, 70% 4X5. (35)
 3. Flat dumbbells "flies" 10X5.
 4. Deadlift 50% 4X1, 60% 4X1, 70% 3X2, 75% 3X5. (29)
 5. Squat "scissors" 5+5X5.
- Total: 92 lifts

5 day (Friday)

1. Squat 50% 4X1, 60% 4X1, 70% 3X2, 75% 3X6. (29)
 2. Bench press 50% 6X1, 60% 5X1, 70% 4X2, 75% 3X2, 80% 2X2, 75% 4X1, 70% 5X1, 60% 6X1, 50% 7X1. (51)
 3. Flat dumbbells "flies" 10X5.
 4. Triceps 10X5.
 5. Squat 55% 3X1, 65% 3X1, 75% 2X4. (14)
 6. "Good mornings" (seated) 6X5.
- Total: 80 lifts

Total in a week: 246 lifts

3 WEEK

1 day (Monday)

1. Squat 50% 5X1, 60% 4X2, 70% 3X2, 80% 3X5. (34)
 2. Bench press 50% 5X1, 60% 4X1, 70% 3X2, 80% 3X5. (30)
 3. Flat dumbbells "flies" 10X5.
 4. Push ups with weight 10X5.
 5. Squat 50% 5X1, 60% 5X1, 70% 5X5. (35)
 6. "Good mornings" (standing) 5X5.
- Total: 99 lifts

3 day (Wednesday)

1. Deadlift till knees 50% 4X1, 60% 4X1, 70% 4X2, 75% 4X4. (32)
 2. Bench press 50% 6X1, 60% 5X1, 70% 4X2, 75% 3X2, 80% 2X2, 75% 3X2, 70% 4X1, 65% 5X1, 60% 6X1, 55% 7X1, 50% 8X1. (65)
 3. Flat dumbbells "flies" 10X5.
 4. Deadlift from boxes 60% 5X1, 70% 5X2, 80% 4X4. (31)
 5. Squat "Scissors" 5+5X5.
 6. Abs 10X3.
- Total: 123 lifts

5 day (Friday)

1. Bench press 50% 5X1, 60% 4X1, 70% 3X2, 80% 2X5. (25)
 2. Squat 50% 5X1, 60% 5X1, 70% 5X2, 75% 4X5. (40)
 3. Bench press 50% 6X1, 60% 6X2, 65% 6X4. (42)
 4. Flat dumbbells "flies" 10X5.
 5. "Good mornings" (standing) 5X5.
- Total: 107 lifts

Total in a week: 329 lifts

4 WEEK**1 day (Monday))**

- 1.Squat 50% 5X1,60% 4X1,70% 3X2,80% 3X2, 85% 2X3.(27)
 - 2.Bench press 50% 5X1,60% 4X1,70% 3X2,80% 3X5.(30)
 - 3.Flat dumbbells “flies”10X5.
 - 4.Dips 8X5.
 - 5.Squat 50% 5X1,60% 4X1,70% 3X2,80% 2X4.(23)
 - 6.”Good mornings” (standing) 5X5.
- Total: 80 lifts**

3 day (Wednesday)

- 1.Bench press 50% 5X1,60% 4X1,70% 3X2,80% 3X2, 85% 2X3.(27)
 - 2.Deadlift 50% 4X1,60% 4X1,70% 3X2,80% 3X2, 85% 2X3.(26)
 - 3.Bench press 55% 5X1,65% 5X1,75% 4X4.(26)
 - 4.Flat dumbbells “flies”10X5.
 - 5.Squats “Scissors” 5+5X5.
- Total: 79 lifts**

5 day (Friday)

- 1.Squat 50% 5X1,60% 4X1,70% 3X2,80% 3X6.(33)
 - 2.Bench press 50% 5X1,60% 5X1,70% 5X5.(40)
 - 3.Flat dumbbells “flies”10X5.
 - 4.Dips 8X5.
 - 5.”Good mornings” (seating) 5X5.
 - 6.Abs 10X3.
- Total: 73 lifts**

Total in a week: 232 lifts

Total in a month: 1093 lifts

Monthly volume in lifts (reps) by weekly cycles**Exercises**

1 week

2 week

3 week

4 week

Monthly

SQUATS

74

90

109

83

356

BENCH PRESS

142

113

162

123

540

DEADLIFTS

70

57

63

26

216

Total in a week

286

260

334

232

1112

GOOD MORNINGS

50

55

50

50

205

OTHER

254

275

255

285

1069

Total in a week

590

590

639

567

2386

Number of workouts

3

3

3

3

12

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