

Spring 2006
Beginning 3/20/2006

Competition Training Cycle
Contest date: 5/13/2006

8 weeks

Stephanie Bennett

Raw 1RM 330

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	115.5	1	8
	148.5	1	6
	181.5	1	4
add belt	222.75	1	2
add belt	264	5	3
Week Two	115.5	1	8
	148.5	1	6
	189.75	1	4
add belt	227.7	1	2
add belt	264	5	4
Week Three	115.5	1	8
	156.75	1	6
	198	1	4
add belt	231	1	2
add belt	264	5	5
Week Four	132	2	6
deload week	156.75	2	5
(high intensity DL)	181.5	2	4
	206.25	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	132	1	8
	181.5	1	6
belt	222.75	1	4
SD+belt	264	1	3
SD+belt	287.1	1	3
SD+belt	306.9	2	3
Week Six	140.25	1	8
	189.75	1	6
belt	222.75	1	4
SD+belt	239.25	1	2
SD+belt	272.25	1	3
SD+belt+KW	305.25	1	3
SD+belt+KW	330	1	3
Week Seven	148.5	1	8
belt	198	1	6
SD+belt	244.2	1	3
SD+belt	280.5	1	3
SD+belt+KW	303.6	1	2
FULL	323.4	1	2
FULL	349.8	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	158.4	1	8
	206.25	1	6
belt	231	1	4
SD+belt	272.25	1	3
SD+belt	297	1	2
FULL	330	1	1
FULL	363	1	1
Competition Opener	354.75		
2nd	379.5		
3rd	396		

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Eric Buchanan

Raw 1RM 325

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	113.75	1	8
	146.25	1	6
	178.75	1	4
add belt	219.375	1	2
add belt	260	5	3
Week Two	113.75	1	8
	146.25	1	6
	186.875	1	4
add belt	224.25	1	2
add belt	260	5	4
Week Three	113.75	1	8
	154.375	1	6
	195	1	4
add belt	227.5	1	2
add belt	260	5	5
Week Four	130	2	6
deload week	154.375	2	5
(high intensity DL)	178.75	2	4
	203.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	130	1	8
	178.75	1	6
belt	219.375	1	4
SD+belt	260	1	3
SD+belt	282.75	1	3
SD+belt	302.25	2	3
Week Six	138.125	1	8
	186.875	1	6
belt	219.375	1	4
SD+belt	235.625	1	2
SD+belt	268.125	1	3
SD+belt+KW	300.625	1	3
SD+belt+KW	325	1	3
Week Seven	146.25	1	8
belt	195	1	6
SD+belt	240.5	1	3
SD+belt	276.25	1	3
SD+belt+KW	299	1	2
FULL	318.5	1	2
FULL	344.5	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	156	1	8
	203.125	1	6
belt	227.5	1	4
SD+belt	268.125	1	3
SD+belt	292.5	1	2
FULL	325	1	1
FULL	357.5	1	1
Competition Opener	349.375		
2nd	373.75		
3rd	390		

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Derek Dollahite

Raw 1RM 285

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	99.75	1	8
	128.25	1	6
	156.75	1	4
add belt	192.375	1	2
add belt	228	5	3
Week Two	99.75	1	8
	128.25	1	6
	163.875	1	4
add belt	196.65	1	2
add belt	228	5	4
Week Three	99.75	1	8
	135.375	1	6
	171	1	4
add belt	199.5	1	2
add belt	228	5	5
Week Four	114	2	6
deload week	135.375	2	5
(high intensity DL)	156.75	2	4
	178.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	114	1	8
	156.75	1	6
belt	192.375	1	4
SD+belt	228	1	3
SD+belt	247.95	1	3
SD+belt	265.05	2	3
Week Six	121.125	1	8
	163.875	1	6
belt	192.375	1	4
SD+belt	206.625	1	2
SD+belt	235.125	1	3
SD+belt+KW	263.625	1	3
SD+belt+KW	285	1	3
Week Seven	128.25	1	8
belt	171	1	6
SD+belt	210.9	1	3
SD+belt	242.25	1	3
SD+belt+KW	262.2	1	2
FULL	279.3	1	2
FULL	302.1	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	136.8	1	8
	178.125	1	6
belt	199.5	1	4
SD+belt	235.125	1	3
SD+belt	256.5	1	2
FULL	285	1	1
FULL	313.5	1	1
Competition Opener	306.375		
2nd	327.75		
3rd	342		

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Chris Garcia

Raw 1RM 500

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	175	1	8
	225	1	6
	275	1	4
add belt	337.5	1	2
add belt	400	5	3
Week Two	175	1	8
	225	1	6
	287.5	1	4
add belt	345	1	2
add belt	400	5	4
Week Three	175	1	8
	237.5	1	6
	300	1	4
add belt	350	1	2
add belt	400	5	5
Week Four	200	2	6
deload week	237.5	2	5
(high intensity DL)	275	2	4
	312.5	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	200	1	8
	275	1	6
belt	337.5	1	4
SD+belt	400	1	3
SD+belt	435	1	3
SD+belt	465	2	3
Week Six	212.5	1	8
	287.5	1	6
belt	337.5	1	4
SD+belt	362.5	1	2
SD+belt	412.5	1	3
SD+belt+KW	462.5	1	3
SD+belt+KW	500	1	3
Week Seven	225	1	8
belt	300	1	6
SD+belt	370	1	3
SD+belt	425	1	3
SD+belt+KW	460	1	2
FULL	490	1	2
FULL	530	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	240	1	8
	312.5	1	6
belt	350	1	4
SD+belt	412.5	1	3
SD+belt	450	1	2
FULL	500	1	1
FULL	550	1	1
Competition Opener		537.5	
2nd		575	
3rd		600	

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Griffin Ice

Raw 1RM 365

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	127.75	1	8
	164.25	1	6
	200.75	1	4
add belt	246.375	1	2
add belt	292	5	3
Week Two	127.75	1	8
	164.25	1	6
	209.875	1	4
add belt	251.85	1	2
add belt	292	5	4
Week Three	127.75	1	8
	173.375	1	6
	219	1	4
add belt	255.5	1	2
add belt	292	5	5
Week Four	146	2	6
deload week	173.375	2	5
(high intensity DL)	200.75	2	4
	228.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	146	1	8
	200.75	1	6
belt	246.375	1	4
SD+belt	292	1	3
SD+belt	317.55	1	3
SD+belt	339.45	2	3
Week Six	155.125	1	8
	209.875	1	6
belt	246.375	1	4
SD+belt	264.625	1	2
SD+belt	301.125	1	3
SD+belt+KW	337.625	1	3
SD+belt+KW	365	1	3
Week Seven	164.25	1	8
belt	219	1	6
SD+belt	270.1	1	3
SD+belt	310.25	1	3
SD+belt+KW	335.8	1	2
FULL	357.7	1	2
FULL	386.9	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	175.2	1	8
	228.125	1	6
belt	255.5	1	4
SD+belt	301.125	1	3
SD+belt	328.5	1	2
FULL	365	1	1
FULL	401.5	1	1
Competition Opener	392.375		
2nd	419.75		
3rd	438		

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Herb Johnson

Raw 1RM 405

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	141.75	1	8
	182.25	1	6
	222.75	1	4
add belt	273.375	1	2
add belt	324	5	3
Week Two	141.75	1	8
	182.25	1	6
	232.875	1	4
add belt	279.45	1	2
add belt	324	5	4
Week Three	141.75	1	8
	192.375	1	6
	243	1	4
add belt	283.5	1	2
add belt	324	5	5
Week Four	162	2	6
deload week	192.375	2	5
(high intensity DL)	222.75	2	4
	253.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	162	1	8
	222.75	1	6
belt	273.375	1	4
SD+belt	324	1	3
SD+belt	352.35	1	3
SD+belt	376.65	2	3
Week Six	172.125	1	8
	232.875	1	6
belt	273.375	1	4
SD+belt	293.625	1	2
SD+belt	334.125	1	3
SD+belt+KW	374.625	1	3
SD+belt+KW	405	1	3
Week Seven	182.25	1	8
belt	243	1	6
SD+belt	299.7	1	3
SD+belt	344.25	1	3
SD+belt+KW	372.6	1	2
FULL	396.9	1	2
FULL	429.3	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	194.4	1	8
	253.125	1	6
belt	283.5	1	4
SD+belt	334.125	1	3
SD+belt	364.5	1	2
FULL	405	1	1
FULL	445.5	1	1
Competition Opener	435.375		
2nd	465.75		
3rd	486		

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Dustin Lancaster

Raw 1RM 325

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	113.75	1	8
	146.25	1	6
	178.75	1	4
add belt	219.375	1	2
add belt	260	5	3
Week Two	113.75	1	8
	146.25	1	6
	186.875	1	4
add belt	224.25	1	2
add belt	260	5	4
Week Three	113.75	1	8
	154.375	1	6
	195	1	4
add belt	227.5	1	2
add belt	260	5	5
Week Four	130	2	6
deload week	154.375	2	5
(high intensity DL)	178.75	2	4
	203.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	130	1	8
	178.75	1	6
belt	219.375	1	4
SD+belt	260	1	3
SD+belt	282.75	1	3
SD+belt	302.25	2	3
Week Six	138.125	1	8
	186.875	1	6
belt	219.375	1	4
SD+belt	235.625	1	2
SD+belt	268.125	1	3
SD+belt+KW	300.625	1	3
SD+belt+KW	325	1	3
Week Seven	146.25	1	8
belt	195	1	6
SD+belt	240.5	1	3
SD+belt	276.25	1	3
SD+belt+KW	299	1	2
FULL	318.5	1	2
FULL	344.5	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	156	1	8
	203.125	1	6
belt	227.5	1	4
SD+belt	268.125	1	3
SD+belt	292.5	1	2
FULL	325	1	1
FULL	357.5	1	1
Competition Opener	349.375		
2nd	373.75		
3rd	390		

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8 weeks

Daniel Montz

Raw 1RM 265

Squat

	Weight	Sets	Reps
Week One	92.75	1	8
	119.25	1	6
	145.75	1	4
add belt	178.875	1	2
add belt	212	5	3
Week Two	92.75	1	8
	119.25	1	6
	152.375	1	4
add belt	182.85	1	2
add belt	212	5	4
Week Three	92.75	1	8
	125.875	1	6
	159	1	4
add belt	185.5	1	2
add belt	212	5	5
Week Four	106	2	6
deload week	125.875	2	5
(high intensity DL)	145.75	2	4
	165.625	2	3

	Weight	Sets	Reps
Week Five	106	1	8
	145.75	1	6
belt	178.875	1	4
SD+belt	212	1	3
SD+belt	230.55	1	3
SD+belt	246.45	2	3
Week Six	112.625	1	8
	152.375	1	6
belt	178.875	1	4
SD+belt	192.125	1	2
SD+belt	218.625	1	3
SD+belt+KW	245.125	1	3
SD+belt+KW	265	1	3
Week Seven	119.25	1	8
belt	159	1	6
SD+belt	196.1	1	3
SD+belt	225.25	1	3
SD+belt+KW	243.8	1	2
FULL	259.7	1	2
FULL	280.9	1	2

	Weight	Sets	Reps
Week Eight	127.2	1	8
	165.625	1	6
belt	185.5	1	4
SD+belt	218.625	1	3
SD+belt	238.5	1	2
FULL	265	1	1
FULL	291.5	1	1
Competition Opener	284.875		
2nd	304.75		
3rd	318		

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Charlie Moore

Raw 1RM 245

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	85.75	1	8
	110.25	1	6
	134.75	1	4
add belt	165.375	1	2
add belt	196	5	3
Week Two	85.75	1	8
	110.25	1	6
	140.875	1	4
add belt	169.05	1	2
add belt	196	5	4
Week Three	85.75	1	8
	116.375	1	6
	147	1	4
add belt	171.5	1	2
add belt	196	5	5
Week Four	98	2	6
deload week	116.375	2	5
(high intensity DL)	134.75	2	4
	153.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	98	1	8
	134.75	1	6
belt	165.375	1	4
SD+belt	196	1	3
SD+belt	213.15	1	3
SD+belt	227.85	2	3
Week Six	104.125	1	8
	140.875	1	6
belt	165.375	1	4
SD+belt	177.625	1	2
SD+belt	202.125	1	3
SD+belt+KW	226.625	1	3
SD+belt+KW	245	1	3
Week Seven	110.25	1	8
belt	147	1	6
SD+belt	181.3	1	3
SD+belt	208.25	1	3
SD+belt+KW	225.4	1	2
FULL	240.1	1	2
FULL	259.7	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	117.6	1	8
	153.125	1	6
belt	171.5	1	4
SD+belt	202.125	1	3
SD+belt	220.5	1	2
FULL	245	1	1
FULL	269.5	1	1
Competition Opener	263.375		
2nd	281.75		
3rd	294		

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8 weeks

Scott Smith

Raw 1RM 485

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	169.75	1	8
	218.25	1	6
	266.75	1	4
add belt	327.375	1	2
add belt	388	5	3
Week Two	169.75	1	8
	218.25	1	6
	278.875	1	4
add belt	334.65	1	2
add belt	388	5	4
Week Three	169.75	1	8
	230.375	1	6
	291	1	4
add belt	339.5	1	2
add belt	388	5	5
Week Four	194	2	6
deload week	230.375	2	5
(high intensity DL)	266.75	2	4
	303.125	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	194	1	8
	266.75	1	6
belt	327.375	1	4
SD+belt	388	1	3
SD+belt	421.95	1	3
SD+belt	451.05	2	3
Week Six	206.125	1	8
	278.875	1	6
belt	327.375	1	4
SD+belt	351.625	1	2
SD+belt	400.125	1	3
SD+belt+KW	448.625	1	3
SD+belt+KW	485	1	3
Week Seven	218.25	1	8
belt	291	1	6
SD+belt	358.9	1	3
SD+belt	412.25	1	3
SD+belt+KW	446.2	1	2
FULL	475.3	1	2
FULL	514.1	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	232.8	1	8
	303.125	1	6
belt	339.5	1	4
SD+belt	400.125	1	3
SD+belt	436.5	1	2
FULL	485	1	1
FULL	533.5	1	1
Competition Opener	521.375		
2nd	557.75		
3rd	582		

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Meagan Pollock

Raw 1RM 250

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	87.5	1	8
	112.5	1	6
	137.5	1	4
add belt	168.75	1	2
add belt	200	5	3
Week Two	87.5	1	8
	112.5	1	6
	143.75	1	4
add belt	172.5	1	2
add belt	200	5	4
Week Three	87.5	1	8
	118.75	1	6
	150	1	4
add belt	175	1	2
add belt	200	5	5
Week Four	100	2	6
deload week	118.75	2	5
(high intensity DL)	137.5	2	4
	156.25	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	100	1	8
	137.5	1	6
belt	168.75	1	4
SD+belt	200	1	3
SD+belt	217.5	1	3
SD+belt	232.5	2	3
Week Six	106.25	1	8
	143.75	1	6
belt	168.75	1	4
SD+belt	181.25	1	2
SD+belt	206.25	1	3
SD+belt+KW	231.25	1	3
SD+belt+KW	250	1	3
Week Seven	112.5	1	8
belt	150	1	6
SD+belt	185	1	3
SD+belt	212.5	1	3
SD+belt+KW	230	1	2
FULL	245	1	2
FULL	265	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	120	1	8
	156.25	1	6
belt	175	1	4
SD+belt	206.25	1	3
SD+belt	225	1	2
FULL	250	1	1
FULL	275	1	1
Competition Opener	268.75		
2nd	287.5		
3rd	300		

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8 weeks

Brian Warren

Raw 1RM 395

Squat

	Weight	Sets	Reps
Week One	138.25	1	8
	177.75	1	6
	217.25	1	4
add belt	266.625	1	2
add belt	316	5	3
Week Two	138.25	1	8
	177.75	1	6
	227.125	1	4
add belt	272.55	1	2
add belt	316	5	4
Week Three	138.25	1	8
	187.625	1	6
	237	1	4
add belt	276.5	1	2
add belt	316	5	5
Week Four	158	2	6
deload week	187.625	2	5
(high intensity DL)	217.25	2	4
	246.875	2	3

	Weight	Sets	Reps
Week Five	158	1	8
	217.25	1	6
belt	266.625	1	4
SD+belt	316	1	3
SD+belt	343.65	1	3
SD+belt	367.35	2	3
Week Six	167.875	1	8
	227.125	1	6
belt	266.625	1	4
SD+belt	286.375	1	2
SD+belt	325.875	1	3
SD+belt+KW	365.375	1	3
SD+belt+KW	395	1	3
Week Seven	177.75	1	8
belt	237	1	6
SD+belt	292.3	1	3
SD+belt	335.75	1	3
SD+belt+KW	363.4	1	2
FULL	387.1	1	2
FULL	418.7	1	2

	Weight	Sets	Reps
Week Eight	189.6	1	8
	246.875	1	6
belt	276.5	1	4
SD+belt	325.875	1	3
SD+belt	355.5	1	2
FULL	395	1	1
FULL	434.5	1	1
Competition Opener	424.625		
2nd	454.25		
3rd	474		

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David Wossum

Raw 1RM 390

Squat

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week One	136.5	1	8
	175.5	1	6
	214.5	1	4
add belt	263.25	1	2
add belt	312	5	3
Week Two	136.5	1	8
	175.5	1	6
	224.25	1	4
add belt	269.1	1	2
add belt	312	5	4
Week Three	136.5	1	8
	185.25	1	6
	234	1	4
add belt	273	1	2
add belt	312	5	5
Week Four	156	2	6
deload week	185.25	2	5
(high intensity DL)	214.5	2	4
	243.75	2	3

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Five	156	1	8
	214.5	1	6
belt	263.25	1	4
SD+belt	312	1	3
SD+belt	339.3	1	3
SD+belt	362.7	2	3
Week Six	165.75	1	8
	224.25	1	6
belt	263.25	1	4
SD+belt	282.75	1	2
SD+belt	321.75	1	3
SD+belt+KW	360.75	1	3
SD+belt+KW	390	1	3
Week Seven	175.5	1	8
belt	234	1	6
SD+belt	288.6	1	3
SD+belt	331.5	1	3
SD+belt+KW	358.8	1	2
FULL	382.2	1	2
FULL	413.4	1	2

	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>
Week Eight	187.2	1	8
	243.75	1	6
belt	273	1	4
SD+belt	321.75	1	3
SD+belt	351	1	2
FULL	390	1	1
FULL	429	1	1
Competition Opener	419.25		
2nd	448.5		
3rd	468		

High Intensity Day