



TORIAN STRONG

STRENGTH & POWER PROGRAM | 9 WEEKS

STRENGTH/POWER WENDLER WAVE

This program incorporates 2 Wendler cycles with additional accessories each day. The Program runs for 8 weeks with an additional testing week at the end. Key with this program is to follow the percentages accurately and not to over inflate your numbers in an attempt to progress to quickly. The program is designed with a certain amount of volume in mind and going heavier than is intended will reduce volume and intern gains.



OBJECTIVE:

A Wendler cycle uses percentage work and progressive overload to lead the athlete to increase in 1RM's of the "Big 3 Lifts".

Followed with accuracy and consistency the athlete should experience measurable gains come testing week.

DURATION

3 days per week for 9 weeks.

REST PERIODS

Rest periods should be strictly monitored. Actively take note of the clock or a stopwatch to monitor your rest periods in between sets.

PERCENTAGES

The lifter will calculate all percentages off 90% of their 1RM.

Eg. If my 1RM is 100kg I will calculate all percentages off 90kg.

This is important to ensure both quality of movement and necessary volume on the AMRAP sets.

REP SCHEME

Week 1 - 5, 5, 5+, then AMRAP set
Week 2 - 3, 3, 3+, then AMRAP set
Week 3 - 5, 3, 1+, then AMRAP set
Week 4 - 5, 5, 5 (reload week)

PLUS & AMRAP SET

When you see "5+" it just means you perform as many quality reps as you can at that weight.

Similarly to plus sets AMRAP set are simply a max out sets whereby you'll perform as many reps as possible.

PROGRESSION

On completion of the first 4 cycle you will increase your theoretical max (90% of true max).

For Bench & Press you will add 2.5kg to your 90% figure, while for Squat and Bench you will add 5kg.

These new figures will be used to calculate percentages for the last 4 weeks of the program.

EXECUTION OF MOVEMENT

It is critical to hit full range of motion and perform quality reps in order to stay safe and gain strength throughout the program.

That being said you must lean to push yourself on the Plus and AMRAP sets. Significant gains are made here.

ACCESSORY LIFTS

Accessory lifts will be performed as supersets.

Start light and focus on quality.

Once you can perform 10 perfect reps increase the weight for the following week.

WEEK 1

DAY 1

A1. Back Squat

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Bulgarian Split Squat

3 X 10

B2. Bent Over BB Row

3 X 10

C1. RDL

3 X 10

C2. Close Grip Bench Press

3 X 10

DAY 2

A1. Deadlift

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Press

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

C1. Arnold Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Incline Bench Press

3 X 10

B2. Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Skull Crusher

3 X 10

WEEK 2

DAY 1

A1. Back Squat

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Bulgarian Split Squat

3 X 10

B2. T-Bar Row

3 X 10

C1. RDL

3 X 10

C2. Flat Bench Hammer Press

3 X 10

DAY 2

A1. Deadlift

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Press

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

C1. Seated DB Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Incline Bench Press

3 X 10

B2. Weighted Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Weighted Dip

3 X 10

WEEK 3

DAY 1

A1. Back Squat

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Bulgarian Split Squat

3 X 10

B2. Bent Over BB Row

3 X 10

C1. RDL

3 X 10

C2. Close Grip Bench Press

3 X 10

DAY 2

A1. Deadlift

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Press

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

C1. Arnold Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Incline Bench Press

3 X 10

B2. Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Skull Crusher

3 X 10

WEEK 4

DAY 1

A1. Back Squat

5 @ 40%
5 @ 50%
5 @ 60%

B1. Bulgarian Split Squat

3 X 10

B2. T-Bar Row

3 X 10

C1. RDL

3 X 10

C2. Flat Bench Hammer Press

3 X 10

DAY 2

A1. Deadlift

5 @ 40%
5 @ 50%
5 @ 60%

B1. Press

5 @ 40%
5 @ 50%
5 @ 60%

C1. Seated DB Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 40%
5 @ 50%
5 @ 60%

B1. Incline Bench Press

3 X 10

B2. Weighted Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Weighted Dip

3 X 10

WEEK 5

DAY 1

A1. Back Squat

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Bulgarian Split Squat

3 X 10

B2. Bent Over BB Row

3 X 10

C1. RDL

3 X 10

C2. Close Grip Bench Press

3 X 10

DAY 2

A1. Deadlift

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Press

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

C1. Arnold Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 65%
5 @ 75%
5+ @ 85%
AMRAP @ 65%

B1. Incline Bench Press

3 X 10

B2. Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Skull Crusher

3 X 10

WEEK 6

DAY 1

A1. Back Squat

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Bulgarian Split Squat

3 X 10

B2. T-Bar Row

3 X 10

C1. RDL

3 X 10

C2. Flat Bench Hammer Press

3 X 10

DAY 2

A1. Deadlift

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Press

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

C1. Seated DB Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

3 @ 70%
3 @ 80%
3+ @ 90%
AMRAP @ 70%

B1. Incline Bench Press

3 X 10

B2. Weighted Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Weighted Dip

3 X 10

WEEK 7

DAY 1

A1. Back Squat

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Bulgarian Split Squat

3 X 10

B2. Bent Over BB Row

3 X 10

C1. RDL

3 X 10

C2. Close Grip Bench Press

3 X 10

DAY 2

A1. Deadlift

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Press

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

C1. Arnold Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 75%
3 @ 85%
1+ @ 95%
AMRAP @ 75%

B1. Incline Bench Press

3 X 10

B2. Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Skull Crusher

3 X 10

WEEK 8

DAY 1

A1. Back Squat

5 @ 40%
5 @ 50%
5 @ 60%

B1. Bulgarian Split Squat

3 X 10

B2. T-Bar Row

3 X 10

C1. RDL

3 X 10

C2. Flat Bench Hammer Press

3 X 10

DAY 2

A1. Deadlift

5 @ 40%
5 @ 50%
5 @ 60%

B1. Press

5 @ 40%
5 @ 50%
5 @ 60%

C1. Seated DB Press

3 X 10

C2. Good Morning

3 X 10

DAY 3

A1. Bench Press

5 @ 40%
5 @ 50%
5 @ 60%

B1. Incline Bench Press

3 X 10

B2. Weighted Pull-up

3 X 10

C1. Barbell Curl

3 X 10

C2. Weighted Dip

3 X 10

WEEK 9

DAY 1

1RM Back Squat

DAY 2

1RM Deadlift

1RM Press

DAY 3

1RM Bench Press