

GUIDELINES TO DESIGNING A 4-WEEK CLEAN PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	2 Different Weights 3 Sets Each Weight Reps - 3 / 3 RI - 76% / 80%	1 Weight 6 Sets Reps - 2 RI - 75%	3 Different Weights 2 Sets Each Weight Reps - 3 / 2 / 1 RI - 79% / 79% / 80%
WEEK 2	2 Different Weights 3 Sets Each Weight Reps - 2 / 1 RI - 83% / 85%	1 Weight 6 Sets Reps - 3 RI - 76%	3 Different Weights 2 Sets Each Weight Reps - 2 / 1 / 1 RI - 83% / 83% / 86%
WEEK 3	3 Different Weights 2 Sets Each Weight Reps - 2 / 1 / 1 RI - 87% / 86% / 89%	1 Weight 6 Sets Reps - 2 RI - 74%	4 Different Weights 2 Sets 1 st / 2 nd sets 1 Set 3 rd / 4 th sets Reps - 2 / 1 / 1 / 1 RI - 84% / 85% / 89% / 92%
WEEK 4	2 Different Weights 3 Sets Each Weight Reps - 3 / 3 RI - 76% / 80%	1 Weight 6 Sets Reps - 2 RI - 72%	6 Different Weights 1 Set Each Weight Reps - 2 / 1 / 1 / 1 / 1 / 1 RI - 87% / 87% / 91% / 95% 98% / 100%

STANDARD 4-WEEK CLEAN PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	$3 \times 3 - 70\% = 76.3\% \text{ RI}$ $3 \times 3 - 73\% = 79.6\% \text{ RI}$	$6 \times 2 - 72\% = 75.4\% \text{ RI}$	$2 \times 3 - 73\% = 79.6\% \text{ RI}$ $2 \times 2 - 76\% = 79.6\% \text{ RI}$ $2 \times 1 - 80\% = 80\% \text{ RI}$
WEEK 2	$3 \times 2 - 79\% = 82.7\% \text{ RI}$ $3 \times 1 - 85\% = 85\% \text{ RI}$	$6 \times 3 - 70\% = 76.3\% \text{ RI}$	$2 \times 2 - 80\% = 83.8\% \text{ RI}$ $2 \times 1 - 83\% = 83\% \text{ RI}$ $2 \times 1 - 86\% = 86\% \text{ RI}$
WEEK 3	$2 \times 2 - 83\% = 86.9\% \text{ RI}$ $2 \times 1 - 86\% = 86\% \text{ RI}$ $2 \times 1 - 89\% = 89\% \text{ RI}$	$6 \times 2 - 68\% = 74.2\%$	$2 \times 2 - 80\% = 83.8\% \text{ RI}$ $2 \times 1 - 85\% = 85\% \text{ RI}$ $1 \times 1 - 89\% = 89\% \text{ RI}$ $1 \times 1 - 92\% = 92\% \text{ RI}$
WEEK 4	$2 \times 2 - 80\% = 83.8\% \text{ RI}$ $1 \times 1 - 84\% = 84\% \text{ RI}$ $1 \times 1 - 87\% = 87\% \text{ RI}$ $1 \times 1 - 90\% = 90\% \text{ RI}$ $1 \times 1 - 92\% = 92\% \text{ RI}$	$6 \times 2 - 66\% = 72\% \text{ RI}$	$1 \times 2 - 83\% = 86.9\% \text{ RI}$ $1 \times 1 - 87\% = 87\% \text{ RI}$ $1 \times 1 - 91\% = 91\% \text{ RI}$ $1 \times 1 - 95\% = 95\% \text{ RI}$ $1 \times 1 - 98\% = 98\% \text{ RI}$ $1 \times 1 - 100\% + 5\# = 100\%+ \text{ RI}$

DISTRIBUTION OF LOAD

60 - 69% - 24 reps - 18%
 70 - 79% - 54 reps - 40.3%
 80 - 89% - 35 reps - 26.3%
 90 + - 7 reps - 5.2%

WEEKLY DISTRIBUTION OF LOAD (BASED ON RI%)

Week 1 - 3264 = 31.8%
 Week 2 - 2761.8 = 26.9%
 Week 3 - 3374.2 = 22.2%
 Week 4 - 1957.4 = 19.1%
 Monthly Total - 10257.4

GUIDELINES TO DESIGNING A 4-WEEK BENCH PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	1 Weight 5 Sets Reps - 8 RI - 85%	1 Weight 5 Sets Reps - 5 RI - 93%	1 Weight 5 Sets Reps - 8 RI - 87%
WEEK 2	1 Weight 5 Sets Reps - 6 RI - 91%	1 Weight 5 Sets Reps - 5 RI - 91%	1 Weight 5 Sets Reps - 6 RI - 93%
WEEK 3	1 Weight 5 Sets Reps - 5 RI - 94%	1 Weight 5 Sets Reps - 5 RI - 88%	1 Weight 5 Sets Reps - 5 RI - 96%
WEEK 4	3 Weights 2 Sets Each Weight Reps - 4 / 3 / 2 RI - 97%	1 Weight 5 Sets Reps - 5 RI - 86%	6 Different Weights 1 Set Each Weight Reps - 3 / 2 / 1 / 1 / 1 / 1 RI - 87% / 89% / 91% / 94% 97% / 100%

STANDARD 4-WEEK BENCH PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	5 x 8 - 67% = 85% RI	5 x 5 - 80% = 93% RI	5 x 8 - 69% = 87% RI
WEEK 2	5 x 6 - 76% = 91.3% RI	5 x 5 - 78% = 91% RI	5 x 6 - 78% = 94% RI
WEEK 3	5 x 5 - 81% = 94.5% RI	5 x 5 - 76% = 88.7% RI	5 x 5 - 83% = 96.8% RI
WEEK 4	2 x 4 - 86% = 97% RI 2 x 3 - 90% = 98%% RI 2 x 2 - 94% = 98.4% RI	5 x 5 - 74% = 86.3% RI	1 x 3 - 80% = 87.2% RI 1 x 2 - 85% = 89% RI 1 x 1 - 91% = 91% RI 1 x 1 - 94% = 94% RI 1 x 1 - 97% = 97% RI 1 x 1 - 100%+5# = 100%+ RI

DISTRIBUTION OF LOAD

60 - 69% - 80 reps - 27.1%
70 - 79% - 110 reps - 37.3%
80 - 89% - 89 reps - 30 %
90 + - 14 reps - 4.75%

WEEKLY DISTRIBUTION OF LOAD (BASED ON RI%)

Week 1 - 7440 = 30.7%
Week 2 - 6570 = 27.1%
Week 3 - 6000 = 24.7%
Week 4 - 4246 = 17.5
Monthly Total - 24256

GUIDELINES TO DESIGNING A 4-WEEK SQUAT PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	1 Weight 4 Sets Reps - 6 RI - 80%	1 Weight 4 Sets Reps - 5 RI - 93%	1 Weight 4 Sets Reps - 6 RI - 83%
WEEK 2	1 Weight 4 Sets Reps - 4 RI - 86%	1 Weight 4 Sets Reps - 5 RI - 90%	1 Weight 4 Sets Reps - 4 RI - 88%
WEEK 3	1 Weight 4 Sets Reps - 4 RI - 91%	1 Weight 3 Sets Reps - 5 RI - 86%	1 Weight 4 Sets Reps - 3 RI - 92%
WEEK 4	3 Weights 2 Sets Each Weight Reps - 3 / 2 / 1 RI - 94%	1 Weight 3 Sets Reps - 4 RI - 80%	6 Different Weights 1 Set Each Weight Reps - 3 / 2 / 1 / 1 / 1 / 1 RI - 87% / 89% / 91% / 94% 97% / 100%

STANDARD 4-WEEK SQUAT PROGRAM - BILL GILLESPIE

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1	4 x 6 - 67% = 80% RI	4 x 5 - 80% = 93% RI	4 x 6 - 69% = 83% RI
WEEK 2	4 x 4 - 76% = 85.9%	4 x 5 - 77% = 90% RI	4 x 4 - 78% = 88% RI
WEEK 3	4 x 4 - 81% = 91.5%	3 x 5 - 74% = 86.3% RI	4 x 3 - 84% = 92% RI
WEEK 4	2 x 3 - 86% = 94% RI 2 x 2 - 90% = 94% RI 2 x 1 - 94% = 94% RI	3 x 4 - 71% = 80% RI	1 x 3 - 80% = 87% RI 1 x 2 - 85% = 89% RI 1 x 1 - 91% = 91% RI 1 x 1 - 94% = 94% RI 1 x 1 - 97% = 97% RI 1 x 1 - 100%+5# = 100%+ RI

DISTRIBUTION OF LOAD

60 - 69% - 48 reps - 22%
70 - 79% - 79 reps - 36%
80 - 89% - 59 reps - 27%
90 + - 10 reps - 4.6%

WEEKLY DISTRIBUTION OF LOAD (BASED ON RI%)

Week 1 - 5780 = 34%
Week 2 - 4579 = 26.9%
Week 3 - 3862 = 22.7%
Week 4 - 2784 = 16.4
Monthly Total - 17005