

2 Mesocycle Format

Cluster of Microcycles

Mesocycle

Accumulation

Strength Endurance
Hypertrophy

Intensification

Functional Hypertrophy
Relative Strength

Mesocycle

Strength Endurance 55-70% 1RM

Total Rep: 60-80

Total TUT: 120-320 sec

Hypertrophy 65-80% 1RM

Total Rep: 40-60

Total TUT: 80-300 sec

Functional Hypertrophy 70-85% 1RM

Total Rep: 20-60

Total TUT: 60-300 sec

Relative Strength 85-95%

Total Rep: 20-40

Total TUT: 40-200 sec

Mesocycle

LEVEL III

Week #	ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT
100%								
95%								
90%								
85%								
80%								
75%								
70%								
65%								
60%								
Emphasis	LOAD	PERFORM	LOAD	PERFORM	RELOAD	Load	Load	Perform
Weekly %	75.0%	85.0%	80.0%	90.0%	85.0%	95.0%	90.0%	100.0%
WORK SETS	4	4	6	6	8	8	10	10
TOP SETS	4	4	6	6	8	8	10	10