

Weeks 1-4 rep squats, highest volume recommended by Prilipin's table
Do non-rep sets without a belt when possible

Week 1

squats

65% 3x5, 1xreps (not failure or max reps)

Pause squats, 5x2. Start at 50%, work up to 65% or less if possible

Deads

Deficit speed pulls 60% 8x1, stiff leg rep set 1x8, use straps

Snatch grip deads off mats 3x12

Front squats, beltless. 3x8

Week 2

squats

70% 3x5, 1xreps (not failure or max reps)

Pause squats 5x2, add 5lbs to last weeks

Deads

Deadlifts off 4" mats work up to a heavy (not max) triple, do 3x3, hit one heavy but very submax single (85-90% of floor max)

Week 3

Squats

75% 4x3 1xreps (leave 1-2 in the tank)

Pause squats 5x2, add 5lbs to last weeks

Deads

Deficit speed pulls, Add 5-10lbs for everything from week 1

Week 4

Squats

70% 3x5, 1x reps (beat or match week 2, don't miss)

Pause squats 50% 5x2, try longer pauses than week 1

Deads

Pulls off mats, Add 5-10lbs for everything from week 2

Week 5-9 alternate heavy and rep days (intensity and volume)

Week 5 first "heavy" day

Squats

80% 2x3 85%x1, add 5-10lbs x1

Oly squats for me, safety bar for Duncan, 3x10 beltless

Deads

Deficit speed pulls, Add 5-10lbs from week 3 but hit front squats up to a heavy triple

Week 6 Reps

Squats

70% 3x8

pause squats 70% 5x1, hold longer on each set if needed

Deads

Heavy off mats, Add 5-10lbs from week 4

Week 7 heavy

Squats

85% 3x3, 90%x1 or more reps depending on difficulty. Not max reps, no failure, leave at least 1 rep in the tank.

Oly squats for me, safety bar for Duncan, 3x10 beltless, 5-10lbs more than week 5

Deads

Deficit speed pulls, add weight from week 5, hit heavy weight from heavier triple on front squats or same weight as week 5 for reps, hit heavier single or same weight for a double.

Week 8 reps

Squats

Add 5-10lbs to week 6, 3x8

Same weight for pause squats 5x1, hold longer on each set if needed

Deads

Deadlifts 85% 2x2, 1x2 or more reps (dead stop)

Snatch grip 2x12 light

Front squat 2x8 light

Week 9

Squats

Add 5-10 to week 7

Oly squats for me, safety bar for Duncan, 3x10 beltless, 5-10lbs more than week 7

Deadlifts

Speed pulls from floor 60% 5x1 70% 3x1

Front squats 2x10

Week 10

Squat

PR or Heavy Triple (opener or slightly heavier for me, like 615-620x3) Duncan, hit a PR Triple but this will be heavier than your opener since you'll open light for your first meet)

Deadlift, last heavy day

Deads from floor 80%x1, 85%x1, 90%x1 92.5-97%x1, 105-110% reverse band x1

Light front squat and snatch grip 2x12

Week 11 Last heavy squat day

85%x1 90%x1 95%x1 then possibly a second attempt weight or 5lb PR, 105-110% reverse band

Week 12

Possibly an opener or less for 1 rep, may scrap all together and do week 11 10 days out.