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September 07, 2011 How to start 5/3/1 Program In general, I tell everyone to just do the 5/3/1 program as is, regardless of the age of study. Of course, if you're a coach and use a program with a novice athlete or someone new to training, just use your experience to make all the changes needed - although there shouldn't be much. Now, if you're a beginner and are working without any guidance what it may be, it's probably best to just stick to the basic program. One of the worst things a young lift can do is take advice from other beginners on message boards - they usually have all the tips and none of the experience. Below is one beginner modification that is acceptable and effective. It's a subtle, easy way to add in some extra work on the main elevators without sacrificing the program or philosophy it was built on. Body protocol 5/3/1 You perform a full body regimen, three days a week. Full body strength treatments are the best way for beginner lifts to quickly get strong, provided the program is not idiotic (i.e. adheres to an intelligent progression system). Instead of one main lift per workout (using a 5/3/1 setting), the two main elevators are used for additional weekly exposures. Remember that learning the max should be the right thing to do, and if in doubt, err on the side is too easy. Principles guide life and learning. 5/3/1 Monday squat training schedule - 5/3/1 sets/rep, 5x5 - First set Last (or FSL) Bench - 5/3/1 sets/rees, 5x5 - FSL Help work Wednesday Deadlift - 5/3/1 sets/repsets, 5x5 - FSL Press - 5/3/1 sets/turns, 5x5 - FSL Help Work Friday bench - 5/3/1 sets/turns, 5x5 - FSL squats - 5/3/1 sets/rep, 5x5 - FSL Help Work Program tuned in the same way - taking 90% of your maximum and slow running. All percentages are based on that training max. Help Work Every day to perform one exercise from each category listed below. Perform 50-100 total repetitions (do all the sets you want to perform - it doesn't matter) each exercise. If you're too weak to get all the reps (chin ups/pull-ups, for example), then just choose SECOND movements to complete the overall reps. It's incredibly easy to do. Three categories to choose from: push, pull and one foot/core. Click: dips, push-ups, SCAMEICA DB/lift/press, triceps extensions/pushdowns Pull: chin-ups/pull-ups, inverted strings, strings (DB/machine/BB), face pulls, stripe retractable, lat retractable, curls One foot/core: any abdominal work, spin lifts, reverse hyperextrests, lunges, step-ups, Bulgarian one-legged squats, KB scraps, swing Others Perform 10-15 of the entire box jumping or honey ball throws PRIOR. W (Thu /Sat/Sun some kind of work or must be done. This will be largely based on your own goals, your current fitness level and what you have access to. Follow the 5/3/1 50% rule when if you don't understand some, most or any of this it's probably because you haven't read the book yet and don't have a reason to understand the variation. You can find the full 5/3/1 program here. Read more: Training 2 Days /Week-Football - Basketball: Coach 5/3/1 ExperienceThese Keep Me GoingBlood, Sweat and Football: 5/3/1 Family Share on Facebook Tweet on Twitter Share on Google Pin on Pinterest In today's Review Program, we'll tackle Jim Wendler's iconic 5/3/1 system. Now before I start, it's extremely important to note that 5/3/1 is not a generic, cookie cutter program that you can easily analyze. Through his various book publications, including the original 5/3/1, 5/3/1 for powerlifting, and over 5/3/1, Jim Wendler has released over 500 pages of content regarding the 5/3/1 system. In these books, Wendler offers, literally, several dozen different versions of 5/3/1 that address different goals from improving conditioning, getting faster and jumping higher, increasing overall strength, and, yes, installing PRs on the big three for powerlifting purposes. Please understand that it would be virtually impossible to offer a comprehensive overview of each 5/3/1 option in a single review. If you guys want to read a 100,000-word article, or watch a four hour video, I'll have to stick with the basic, popular versions of 5/3/1 that float around the internet. Whenever possible, as I refer to the original 5/3/1 program, I'm going to do a notation about the revision Jim made in the more current book Over 5/3/1. Keep in mind that the original 5/3/1 was published five years ago, in 2009. Wendler has made significant changes and, in my opinion, improvements in this original template. However, most people still use the original changes, and our review will be at the center of this particular 5/3/1 version. However, I strongly recommend that you consider collecting a copy of Beyond 5/3/1 if you are interested in doing any version of the program. The book contains Wendler's latest and greatest ideas regarding 5/3/1. If you're not familiar with First Set Last or Joker Sets, your 5/3/1 knowledge base is out of date. Without understanding these concepts that are discussed in Beyond 5/3/1, you don't really do the current Wendler program. If you'd rather watch than read: 5/3/1 History and context as always, we're going to start with a bit of context about the origins of the 5/3/1 program. Ironically, given his popularity in the powerlifting community, 5/3/1 was the program Jim Wendler invented when he decided to retire from the sport. That's right, Jim Wendler invented 5/3/1 when he quit powerlifting. In his own words, more or less, Wendler is tired of being a fatas who wasn't good for anything other than waddling up to monlift and squatting. He claims he was so out of shape that he actually lost his breath just walking around the block. So he Develop a program that has taken a more holistic approach to power; he wanted to incorporate air conditioning and mobility into his overall attack plan. Wendler decided to strip the complexity of the Westside style of learning that he used, and he went back to a simple percentage-based program. In all likelihood, 5/3/1 is probably influenced by the larger, stronger, faster lifting program that Wendler is almost certainly exposed to as a young footballer. This program, developed with a competitive athlete in mind, served as a fantastic work frame for those who want to improve their overall condition rather than focus explicitly on powerlifting performance. To make my point clear, Wendler's original program was specifically designed as an alternative to powerlifting training. 5/3/1 was never intended as a powerlifting program. You have to keep that in mind. 5/3/1: Actual program Let's look at dice 5/3/1. As you can see, 5/3/1 is a program with a monthly mesocycle. There are four different micro-cells: 3x5 week, 3x3 week, 5/3/1 week, and reboot. The key point is that the sets I mean you are doing as many reps as possible (AMRAP). You don't have to go to failure on amRAP sets, but you have to come in a rep or so of failure. The whole program is centered around the concept of training max. Essentially, using the rep max calculator, you estimate your true one rep max. Using this maximum training, all your job gain weights are calculated based on the percentages shown above. If you don't want to do all that math, you can have your 5/3/1 workouts calculated here. 5/3/1 Progression At the end of each month, you increase your maximum exercise weight on lower body movements, squats and deadlift. 10lbs; You increase your maximum workout on upper body movements, bench and press, by 5lbs. From there, you repeat exactly the same workout that you did a month ago with a little heavier weights. In addition to the monthly gradual increase, the program also allows for rap max. So even if weight gain is only monthly, you can still theoretically make progress from week to week by adding repetitions of Planning Although the original 5/3/1 program was never intended for powerlifters, Wendler has since addressed the issue in both 5/3/1 for powerlifting and for 5/3/1. In Beyond 5/3/1, Wendler offers 11-12 weeks to meet the peak cycle. Here's what it looks like: As you can see, the peak plan is relatively simple and effective. In the first month, the lift increases the specificity by adding some heavy singles, using its training maximum weight after he makes his AMRAP kits. In the second month, the lift begins to use its training maximum weight as a set of AMRAP. In the third month, you cut out all the sets and add an extra super heavy single. During the time month by eliminating AMRAP kits, you allow for a long recovery period when fatigue dissipates. Still including ultra heavy single, you prevent detraining and encourage further acclimatization to heavy weights. In Week 11, where even all the help is cut out, you provide a full recovery going into Meet Week. Overall, it is a solid peak option for a lift that uses 5/3/1. Periodization in Beyond 5/3/1, Wendler offers 26-28 weeks of training plans that include periodic focuses on hypertrophy, conditioning and strength. However, the original 5/3/1 pattern is not what you think is periodized. Programming Unlike other programs that we've looked at so far, the 5/3/1 program has a monthly mesocycle with once-a-month weight gain. In fact, this makes the program the most suitable for advanced intermediate athletes. Early intermediates can make progress much faster than once a month. And while 5/3/1 allows you to rep max, it's much harder to add one rep a week than it does to add 2-5lbs/1-2kg per week. One of the biggest criticisms of 5/3/1 is the lack of a total frequency for powerlifts. You only perform each elevator once a week. For the vast majority of listeners, this is simply not optimal in terms of technical development. You will need more weekly elevator exposures to master your technique. Now, there are a number of 5/3/1 patterns that function to increase frequency. For powerlifting, where technique is paramount, I think it is necessary to choose one of them. You can find many such examples in Beyond 5/3/1. In my opinion, getting squat and bench frequency at least twice a week would be the minimum acceptable level. I personally prefer to see benches going at least three times a week, and even twice a week pulling, but many people only do fine off the bench twice a week and pulling only once. If you're going to do 5/3/1 for powerlifting, be sure to use variations where the frequency increases. Specifics in terms of specificity, I think you know what I'm going to say. The program is not specific enough because it was not explicitly designed for powerlifting. The whole idea of 5/3/1 is to move away from powerlifting-oriented training and focus on a more holistic approach to strength. The entire program is designed to provide more air conditioning, more overall recovery, and a better overall sense of well-being. These goals and objectives are good, but many work contrary to maximizing powerlifting performance. Like many other programs that we have seen, the emphasis on the 1:1 bench push ratio is simply unnecessary and suboptimal for powerlifters. Much of the top of the training should be focused on the bench press. Biggest failure in terms of specificity, percentages used by the program. Let's sweat. If we take 90% of our true maximum as the basis for our program, then take 85% 85% number in week 1, 90% of that number in week two, and 95% of that number in week three, our actual percentages are: 76.5%, 81%, and 85.5%. In other words, during the vast majority of months that you spend doing 5/3/1, you spend exactly one week above 85% of your true maximum. For a powerlifter, this is a completely suboptimal approach. Now I'm not saying that you don't get any stronger from working on lighter interest rates, but I'm saying that spending so little time in the powerlifter money range, 80-90%, is a recipe for suboptimal progress. Lighter percentages, while great for long-term, sustainable progress, completely offset the program to hypertrophy and away from strength. It's not that uncommon for people to get 5-8 reps on their 5/3/1 week, which should be a tough week. Look, if you want to lift heavy things, you have to lift heavy things. It's really that simple. In fact, if we're honest, even Wendler acknowledged that it was a weakness of his powerlifting program. It addresses this weakness in 5/3/1 for powerlifting through the following program adjustment: As you can see, weeks one and two are switching. The AMRAP kit is removed from 3x5 weeks and heavy singles at your maximum preparation are added to Weeks 1 and 3. Now, this is a good start to improving the specifics. But let's be honest here, do you really think doing a couple of singles that still represents a relatively small amount of volume, enough to override the fact that the vast majority of the work you do on the program is below 85%? Well, it's not. In Beyond 5/3/1, Wendler further eliminates this flaw with the addition of Joker sets. With Joker kits, you can continue to work up heavy and heavy work kits after your AMRAP. For example, once you go to your representative max at 3x3 Week, you can continue to make heavier threes. You have to listen to your body and stop before you go to the weight where you wouldn't. In other words, you should include automatic regulation, but you are not given any real guidelines on how to actually do it. Aside from this oversight, The Joker kits at least allow you to get some work done in that 85% range. This is a key addition for all powerlifters. You can read more about The Joker's sets in Beyond 5/3/1. 5/3/1 overload uses a combination of major progressive overloads and tries to add more repetitions. On the one hand, you increase your maximum training by a fixed linear increase each month. This leads to heavier pounds used over time - also known as progressive overload. However, you also push yourself to new restrictions with rep max sets. By going for new rep PRs, you enter another element of progression. This unique combination is one of the most and the useful aspects of 5/3/1, in my opinion. Management fatigue Although there are certainly programs out there that go too far with how much volume and frequency they prescribe, the original 5/3/1 program actually too far in the opposite direction, in my opinion. The original 5/3/1 contains too little total and has unnecessarily frequent downloads. In terms of volume, you only do three sets of work per week on each elevator. The rest of the volume comes from the aid movement. Now, I already hear many of you say: But I'm bored, but a great pattern! The Boring But Big 5/3/1 pattern features help work where you take 50% of your learning max on one of the big moves and then perform 5 sets of 10 reps (5x10). It really increases the volume. For powerlifting purposes, do you think it's helpful to do 5x10 at less than 50% of your real max training? It's not as helpful at all. Remember, boring but big - the pattern is clearly aimed at hypertrophy. Even Wendler seems to agree with this idea. In Beyond 5/3/1, Wendler introduced a new concept called the first set of the last, where you repeat your first set of work of the day for another set of AMRAP. Wendler now recommends this as a standard supplement to the 5/3/1 program. I think that speaks for itself. Wendler himself found that adding more volume to the original 5/3/1 program is a good idea. Even so, for powerlifting purposes, we would like to see more volume come in at 80-85%, rather than doing additional sets at 70-75%. Similarly, downloading every fourth week means that you spend 25% of your school year not really learning. If you are absolutely killing yourself in these three working weeks, loading that is often completely unnecessary. And as we've already established, that original program is 5/3/1 light on volume, if anything, the download is even more wasteful. Again, Wendler seems to have come to this conclusion himself. In Beyond 5/3/1, it now recommends you do two full cycles before downloading. So now you train six weeks in a row before you unload. It looks like this: As you can see, you just run two 5/3/1 cycles before each download. Training highs have been increased since week 4 after the first full 5/3/1 cycle in accordance with normal. Combined with the Joker and First Set Last add-on sets, this makes a ton of sense and dramatically improves the overall quality of the program. If you are interested in 5/3/1 and you are not consulting for 5/3/1 for ideas on how to improve the template, I just personally do not personally believe that you are going to make the same level of profit that you otherwise would. Individual differences compared to other programs we have looked at so far, Wendler is extremely progressive in its use of authorization. In the original program, AMRAP kits allow you to make progress at your own pace. AMRAP kits allow you to take advantage of good days and bad days. On good days, you'll smash some rep PRs. On bad days, you won't. It doesn't matter anyway because, as long as you get reps, you haven't stalled. You can move on to fight again next week. Wendler takes it even further with the Joker Joker idea The Joker kits are essentially the same as installing the initial in RTS. Instead of pre-empting your top set of the day, you just work up the top set. Again, this allows the lift to automatically adjust its heavy day training loads. Now, the original 5/3/1 program is not an off-the-post volume outside of the AMRAP set, which is a serious mistake given that it is an advanced intermediate program. However, in Beyond 5/3/1, Wendler provides several templates where advanced lifts are encouraged to authorize the amount of assistance and gave a few ideas on how to do it. Again, compared to other programs, Wendler is way ahead of the curve here. However, unlike Tuchscherer jet training systems, Wendler has not yet figured out how to organize automatic regulation so that everyone can use it. Throughout 5/3/1, he just mentions that he can't teach you to listen to your body. You should find out on your own. The Tuchscherer system proves that this is not necessarily the case; you can be taught to listen to your body. However, you can't criticize the latest version of Wendler's 5/3/1 for ignoring individual differences. Anyway, I haven't come across a resource that solves so many different and diverse goals and demographics. In Beyond 5/3/1, you're likely to find a program that's specifically tailored to your level of promotion and goals. The only problem is that there are so many patterns and variations that it's all a kind of jumbled mess that you'll have to sort out for yourself. Final Thoughts True, I'm not a fan of the original 5/3/1 program. I don't think it contains enough frequency, enough volume. I don't think you're handling enough heavy weights often enough. I think it requires a reboot too often, and it's just generally not specific to powerlifting. However, with Beyond 5/3/1, Wendler does a good job of giving the lift various tools to address virtually all of these flaws. The main criticism that remains, at least for me, is that it does not provide a way to organize the authorization provided by Joker kits and the total amount done to help the work. If you want the perfect 5/3/1 program for powerlifting, you have to do a lot of thinking for yourself. You will have to combine all its principles and create something consistent. Now, while I still don't find the following template optimal, because I prefer at least three top sessions per week, and because that's still not automatically adjusted, I want to give you guys a starting point for doing 5/3/1 for a powerlifting template. I would combine the new Beyond 5/3/1 method and heavier boring but large variations. Here's how it looks: Let's take a moment here. First of all, you do two cycles before each 5/3/1. This means you get into a solid six weeks of training before taking that from week to week. You also use sets of jokers, which means your best sets are sets The day will be automatically adjustable and they will be much heavier than the original 5/3/1 top sets. This increases the specificity of powerlifting. In addition, 5 weeks and 3 weeks are exchanged. This means that you will never have two difficult weeks in a row. In weeks one and three, you use boring but large variations where you make 5x3 to 90% of your training max. This allows more volume at heavier weights and thus makes the program more specific to powerlifting. At 3x5 Week, you don't do AMRAPs and you use 5x5 Boring But Big Option. This week serves as a break from heavy loads, a bit of periodization, and a great way to keep the volume high without resorting to extremely light, and virtually pointless, 5x10 Boring but great variation. Again, I don't think it's the optimal routine or necessarily 100% the best way to use for 5/3/1 for powerlifting. I just wanted to give you all a starting point for designing a more specific 5/3/1 pattern if you are just really in love with 5/3/1 for any reason. Conclusion In general, 5/3/1 is a solid choice for those of you who can no longer make progress on simpler intermediate programs such as the Texas method. By making some of the changes we talked about in this article, you'll be well on your way to a 5/3/1 option that is more specific to powerlifting and therefore more conducive to improving maximum strength. Moving Forward Next in the cue program will be Brandon Lilly Cube Method. I'm happy to take a deeper look at this and analyze it for Powerlifting ToWin. If you are seriously considering using 5/3/1, I truly believe that you are doing yourself a disservice if you don't pick up a copy of Beyond 5/3/1. The material in Beyond 5/3/1 will help you improve the original 5/3/1 program by leaps and forth. The current version of Wendler is just much better than the original! While I don't believe for 5/3/1 should read the material for the average powerlifter, if 5/3/1 really appeals to you personally, you need to grab a copy and give it a read. Did you like the Programming ToWin series? If so, you'll absolutely love our e-book Programming ToWin! The book contains more than 100 pages of content, discusses in detail each scientific programming principle and provides six different complete programs for beginners and intermediate lifts. Get your copy now! Like this article? Sign up for our newsletter! If you liked this article and you want instant updates whenever we put out new content, including exclusive subscriber articles and videos, sign up for our newsletter! Questions? Comments? 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