

# BILL STARR - GLENN PENDLAY 5x5

## Periodized Version for Advanced Lifters Intro to Periodization

[Link to Main Website](#)

Version Beta 0.3

### Introduction:

[Link to Program Description](#)

This program is a template designed to match the program description linked above. It is not intended as a stand-alone, this is all just some raw estimation that would give a general trainee with a few years of experience a look at how the weights might be arranged. In reality he will be estimating and reestimating as he runs through the program to peak everything at the right time. Obviously, given that this is all very general, someone who does this program even once will be able to set themselves up much better in the future using even very limited experience, their brain, and a pencil rather than hoping all the assumptions I made here actually work for them. Hopefully that's clear.

### Instructions:

Only change yellow cells. Do not alter the Tonnage Calc worksheet.

Test Weight and Reps Achieved is to help you calculate your single rep max and 5 rep max. These estimates are more accurate with lower rep tests and lifters who train using lower reps i.e. testing with a set of 12 and a lifter who is typically used to 10-15 reps is going to decrease accuracy. The deload/intensification calculation is based on your Week 4 top set and recalcs a new 1RM

Week 1 Offset is how far back you start from your Week 3 goal. The first time you do this 80% is probably a good number. Keep in mind that it's the final 2 weeks that are the real core (i.e. you could start lighter and build over 6 weeks to the final 2). Once you are familiar with heavy loading periods 10-14 days is about right for most people.

Set Interval is the percent change between sets based on the top set of the day for a given exercise (only relevant for days building to a top set). The lower this value the less space between sets (i.e. higher workload and more density) the greater the possibility of fatiguing too soon and limiting progress (i.e. fewer weeks of progression or too weak for high performance on top sets). An easy way to increase load is by decreasing this increment. A more advanced version would be making Monday and Friday all 5x5 with straight sets. Note - this spreadsheet can't do that by setting it to 0% as cells are linked to 5RM and 5x5RM accordingly. But you can change it or make a new one yourself.

Week 3/8 PR Increase is the amount to exceed current personal records (PRs) by. First time through one should start with 0% and match current PRs in week 3 and then exceed in week 4 (same for week 8/9 respectively). Once you know what you are doing, feel comfortable and have relevant maxes try new PRs in weeks 3 and 4 and see how this is tolerated.

Tonnage is calculated based on core lifts, it is the combined sum of volume and intensity (%1RM). Basically a proxy for workload. i.e. Weight Used X Reps = Tonnage. The cutoff is to make the calculation more relevant and not count light sets towards the total since the impact from very light work is not going to be as significant (this is common in practice)

Obviously most people will need to round the weights. If you want to train by percents and be more precise with weight selection than 5lbs increments (i.e. two 2.5lbs plates), maybe look into microplates or even this really innovative/inexpensive microchain solution. Unfortunately, this is more a problem for weaker/newer lifters as a given % of a small lift is inherently smaller.

[Microloading and Fractional Plates](#)

### Inputs:

	Test Weight	Reps Achieved (<12)	Loading Phase			Deload/Intensification		
			1RM	5RM	5x5RM	New 1RM	3RM	3x3RM
Squat	265	1	265	236	218	287	271	257
Bench	165	1	165	147	136	178	169	160
Row	85	5	96	85	79	103	98	93
Dead	365	1	365	324	300	393	371	352
Incline	115	1	115	102	95	124	117	111

**Week 1 Offset** 90% Where you start in relation to Week 3, 80% is a good place to start for your first time.

**1x5/1x3 Set Interval** 6.0% For ramped days that build to a single heavy set of 5. Generally 6-12% is probably the range.

**Week 3/8 PR Increase** 3.0% Amount your Week 3 weight will be above current PR. Default is 0% where Wk 3 = Current PR and Wk 4 = 5% more.

**Tonnage Cutoff** 60% Given % of Single Rep Max for Inclusion in Relevant Tonnage

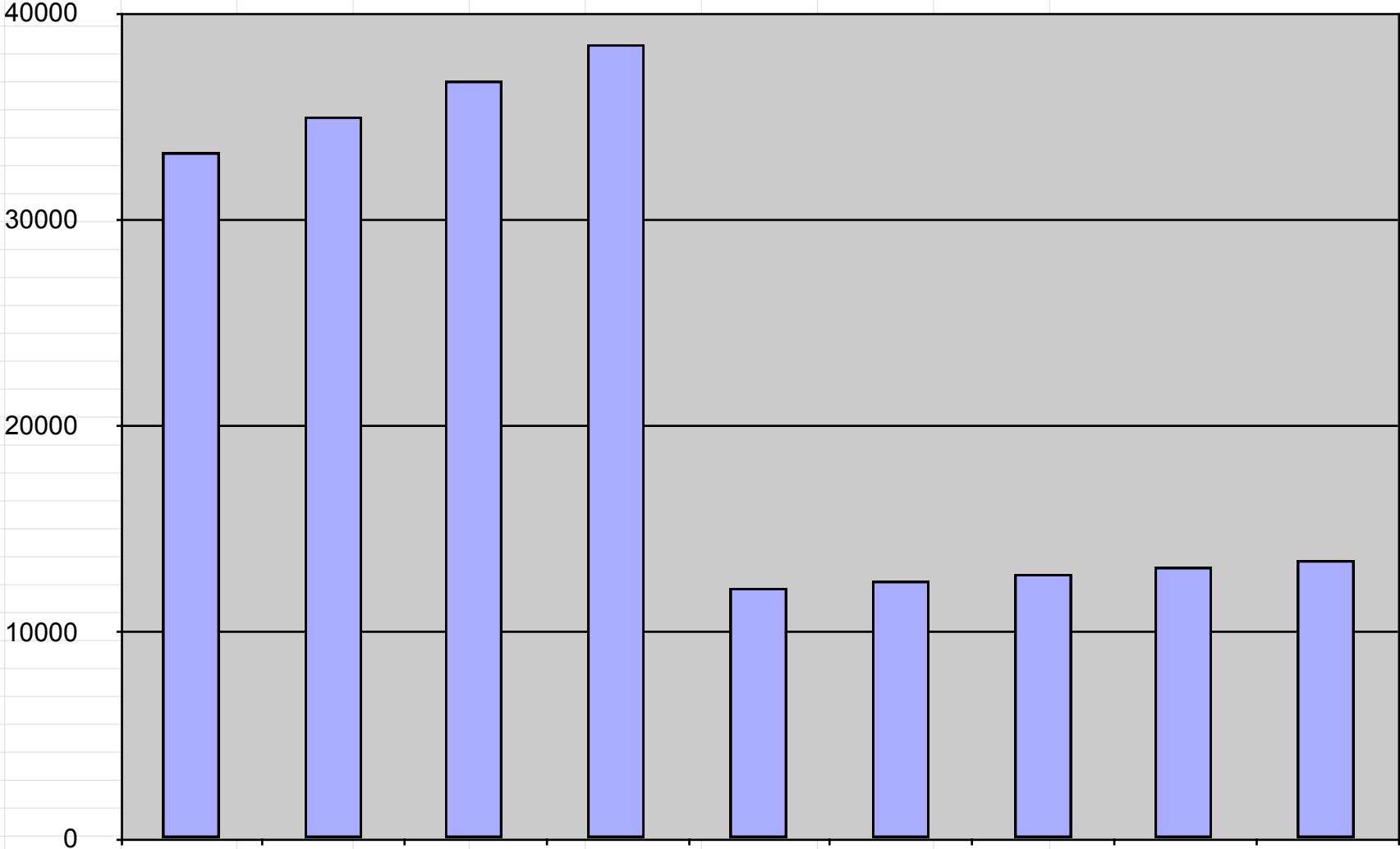
### Template:

Day	Exercise	Reps	Loading/Volume Phase				Deloading and Intensification Phase					
			Wk 1	Wk 2	Wk 3	Wk 4	Reps	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9
Monday	Squat	5	202	213	224	236	3	236	243	250	257	264
		5	202	213	224	236	3	236	243	250	257	264
		5	202	213	224	236	3	236	243	250	257	264
		5	202	213	224	236	3	236	243	250	257	264
	Bench	5	103	109	115	121	3	127	130	132	135	138
		5	111	118	124	130	3	143	146	149	152	155
		5	120	126	133	140	3	159	162	165	169	173
		5	128	135	142	149	3	159	162	165	169	173
	Row	5	136	143	151	159	3	74	75	77	78	80
		5	60	63	67	70	3	83	84	86	88	90
		5	65	68	72	75	3	83	84	86	88	90
		5	69	73	77	81	3	92	94	96	98	100
			5	74	78	82	86					
			5	79	83	88	92					
Assistance:												
2 Sets of Weighted Hypers												
4 Sets of Weighted Situps												
Wednesday	Squat	5	182	188	193	200						
		5	182	188	193	200						
		5	182	188	193	200						
		5	182	188	193	200						
	Deadlift	5	182	188	193	200	3	325	334	343	352	361
		5	278	294	309	325	3	325	334	343	352	361
		5	278	294	309	325	3	325	334	343	352	361
		5	278	294	309	325	3	325	334	343	352	361
	Incline Bench	5	278	294	309	325	3	102	105	108	111	114
		5	88	93	97	102	3	102	105	108	111	114
		5	88	93	97	102	3	102	105	108	111	114
		5	88	93	97	102	3	102	105	108	111	114
	Assistance:											
	5x5 or 3x8 of Pullups/Chins/Pulldowns (try to run in line with rest of program as able i.e. increase weekly to PR then lower volume and increase again)											
3 Sets of Situps												
Friday	Squat	5	166	175	184	194	3	204	208	212	217	222
		5	179	189	199	209	3	229	234	239	244	250
		5	192	203	213	224	3	255	260	265	271	277
		5	205	217	228	239						
	Bench	5	218	230	243	255						
		5	126	133	140	147	3	147	151	156	160	164
		5	126	133	140	147	3	147	151	156	160	164
		5	126	133	140	147	3	147	151	156	160	164
	Row	5	126	133	140	147						
		5	73	77	81	85	3	85	89	93	98	100
		5	73	77	81	85	3	85	89	93	98	100
		5	73	77	81	85	3	85	89	93	98	100
	Assistance											
	3 Sets of Barbell Curls x 8 reps											
3 Sets of Triceps Extensions x 8 reps												

### Tonnage:

<b>Core Exercise Tonnage</b>	Monday	9,773	10,316	10,859	11,402	4,150	4,257	4,364	4,470	4,582
	Wednesady	13,690	14,344	14,986	15,677	3,841	3,950	4,059	4,168	4,272
	Friday	9,769	10,312	10,855	11,398	4,149	4,270	4,391	4,512	4,625
	Weekly	33,232	34,972	36,700	38,477	12,140	12,477	12,814	13,151	13,480
<b>Tonnage w/Significance Cutoff</b>	Monday	9,773	10,316	10,859	11,402	4,150	4,257	4,364	4,470	4,582
	Wednesady	13,690	14,344	14,986	15,677	3,841	3,950	4,059	4,168	4,272
	Friday	9,769	10,312	10,855	11,398	4,149	4,270	4,391	4,512	4,625
	Weekly	33,232	34,972	36,700	38,477	12,140	12,477	12,814	13,151	13,480

**Core Tonnage by Week**



	<b>Wk 1</b>	<b>Wk 2</b>	<b>Wk 3</b>	<b>Wk 4</b>	<b>Wk 5</b>	<b>Wk 6</b>	<b>Wk 7</b>	<b>Wk 8</b>	<b>Wk 9</b>
Relevant	33232	34972	36700	38477	12140	12477	12814	13151	13480

**NOTE:** All this sheet does is calculate the tonnage incorporating the specified cutoff parameter on the first sheet (i.e. if <, then 0, otherwise X)  
 Don't Change or Touch Anything

0 Test Weigh Reps Achieve 1RM																5RM	5x5RM	New 1RM	3RM	3x3RM	0	0	0	0	0	0	0	0	0	0
Squat	265	1	265	236	218	287	271	257	0	0	0	0	0	0	0	0														
Bench	165	1	165	147	136	178	169	160	0	0	0	0	0	0	0	0														
Row	85	5	96	85	79	103	98	93	0	0	0	0	0	0	0	0														
Dead	365	1	365	324	300	393	371	352	0	0	0	0	0	0	0	0														
Incline	115	1	115	102	95	124	117	111	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
1x5/1x3 Set	6.0%	For ramped	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0.0%	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Week 3/8 P	3.0%	Amount you	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0.0%	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Tonnage Ci	60%	Given % of	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Template:	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Day	Exercise	Reps	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	0	0	0	0	0														
Monday	Squat	Reps	5	202	213	224	236	243	250	257	264	0	0	0	0	0														
0	0	0	5	202	213	224	236	243	250	257	264	0	0	0	0	0														
0	0	0	5	202	213	224	236	243	250	257	264	0	0	0	0	0														
0	0	0	5	202	213	224	236	0	0	0	0	0	0	0	0	0														
0	0	0	5	202	213	224	236	0	0	0	0	0	0	0	0	0														
0	Bench	Reps	5	103	109	115	121	130	132	135	138	0	0	0	0	0														
0	0	0	5	111	118	124	130	143	146	149	152	0	0	0	0	0														
0	0	0	5	120	126	133	140	159	162	165	169	0	0	0	0	0														
0	0	0	5	128	135	142	149	0	0	0	0	0	0	0	0	0														
0	0	0	5	136	143	151	159	0	0	0	0	0	0	0	0	0														
0	Row	Reps	5	60	63	67	70	74	75	77	78	80	0	0	0	0														
0	0	0	5	65	68	72	75	83	84	86	88	90	0	0	0	0														
0	0	0	5	69	73	77	81	92	94	96	98	100	0	0	0	0														
0	0	0	5	74	78	82	86	0	0	0	0	0	0	0	0	0														
0	0	0	5	79	83	88	92	0	0	0	0	0	0	0	0	0														
0	Assistance:	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	2 Sets of W	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	4 Sets of W	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Wednesday	Squat	Reps	5	182	188	193	200	0	0	0	0	0	0	0	0	0														
0	0	0	5	182	188	193	200	0	0	0	0	0	0	0	0	0														
0	0	0	5	182	188	193	200	0	0	0	0	0	0	0	0	0														
0	0	0	5	182	188	193	200	0	0	0	0	0	0	0	0	0														
0	0	0	5	182	188	193	200	0	0	0	0	0	0	0	0	0														
0	Deadlift	Reps	5	278	294	309	325	334	343	352	361	0	0	0	0	0														
0	0	0	5	278	294	309	325	334	343	352	361	0	0	0	0	0														
0	0	0	5	278	294	309	325	334	343	352	361	0	0	0	0	0														
0	0	0	5	278	294	309	325	0	0	0	0	0	0	0	0	0														
0	0	0	5	278	294	309	325	0	0	0	0	0	0	0	0	0														
0	Incline Bench	Reps	5	88	93	97	102	105	108	111	114	0	0	0	0	0														
0	0	0	5	88	93	97	102	105	108	111	114	0	0	0	0	0														
0	0	0	5	88	93	97	102	105	108	111	114	0	0	0	0	0														
0	0	0	5	88	93	97	102	0	0	0	0	0	0	0	0	0														
0	0	0	5	88	93	97	102	0	0	0	0	0	0	0	0	0														
0	Assistance:	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	5x5 or 3x8	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	3 Sets of Si	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Friday	Squat	Reps	5	166	175	184	194	204	212	217	222	0	0	0	0	0														
0	0	0	5	179	189	199	209	229	234	239	244	0	0	0	0	0														
0	0	0	5	192	203	213	224	255	260	265	271	0	0	0	0	0														
0	0	0	5	205	217	228	239	0	0	0	0	0	0	0	0	0														
0	0	0	5	218	230	243	255	0	0	0	0	0	0	0	0	0														
0	Bench	Reps	5	126	133	140	147	151	156	160	164	0	0	0	0	0														
0	0	0	5	126	133	140	147	151	156	160	164	0	0	0	0	0														
0	0	0	5	126	133	140	147	0	0	0	0	0	0	0	0	0														
0	0	0	5	126	133	140	147	0	0	0	0	0	0	0	0	0														
0	0	0	5	126	133	140	147	0	0	0	0	0	0	0	0	0														
0	Row	Reps	5	73	77	81	85	85	89	93	98	100	0	0	0	0														
0	0	0	5	73	77	81	85	85	89	93	98	100	0	0	0	0														
0	0	0	5	73	77	81	85	85	89	93	98	100	0	0	0	0														
0	0	0	5	73	77	81	85	0	0	0	0	0	0	0	0	0														
0	0	0	5	73	77	81	85	0	0	0	0	0	0	0	0	0														
0	Assistance:	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	3 Sets of B	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	3 Sets of Tr	Reps	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0														
Tonnage:	Monday	9773	10316	10859	11402	4150	4257	4364	4470	4582	0	0	0	0	0	0														
0	Wednesday	13690	14344	14986	15677	3841	3950	4059	4168	4272	0	0	0	0	0	0														
0	Friday	9769	10312	10855	11398	4149	4270	4391	4512	4625	0	0	0	0	0	0														