9 Week Cycle Partial Periodization and Sectional Loading									
Section	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9
Warm up	Reps								
Set 1	10	10	10	10	10	10	10	10	10
Set 2	5	5	5	5	5	5	5	5	5
Set 3	5	5	5	5	5	5	5	5	5
Single reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Set 4	1	1	1	1	1	1	1	1	1
Set 5	1	1	1	1	1	1	1	1	1
Set 6	1	1	1	1	1	1	1	1	1
							90%	95%	100%
4 to 6 reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Set 7	5	5	5	6	5	4	4	4	4
12 to 15 reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps

10

10

10

10

10

10

15

Set 8

12

10