TRAINING LOAD CHART

Max reps (RM)	1	2	3	4	5	6	7	8	9	10	12
% 1RM	100%	95%	93%	90%	87%	85%	83%	80%	77%	75%	70%
Load											
10	10	9.5	9.3	9	8.7	8.5	8.3	8	7.7	7.5	7
	20	19	18.6	18	17.4	17	16.6	16	15.4	15	14
	30	28.5	27.9	27	26.1	25.5	24.9	24	23.1	22.5	21
	40	38	37.2	36	34.8	34	33.2	32	30.8	30	28
	50	47.5	46.5	45	43.5	42.5	41.5	40	38.5	37.5	35
	60	57	55.8	54	52.2	51	49.8	48	46.2	45	42
	70	66.5	65.1	63	60.9	59.5	58.1	56	53.9	52.5	49
	80	76	74.4	72	69.6	68	66.4	64	61.6	60	56
	90	85.5	83.7	81	78.3	76.5	74.7	72	69.3	67.5	63
	100	95	93	90	87	85	83	80	77	75	70
	110	104.5	102.3	99	95.7	93.5	91.3	88	84.7	82.5	77
	120	114	111.6	108	104.4	102	99.6	96	92.4	90	84
	130	123.5	120.9	117	113.1	110.5	107.9	104	100.1	97.5	91
	140	133	130.2	126	121.8	119	116.2	112	107.8	105	98
	150	142.5	139.5	135	130.5	127.5	124.5	120	115.5	112.5	105
	160	152	148.8	144	139.2	136	132.8	128	123.2	120	112
	170	161.5	158.1	153	147.9	144.5	141.1	136	130.9	127.5	119
	180	171	167.4	162	156.6	153	149.4	144	138.6	135	126
	190	180.5	176.7	171	165.3	161.5	157.7	152	146.3	142.5	133
	200	190	186	180	174	170	166	160	154	150	140
	210	199.5	195.3	189	182.7	178.5	174.3	168	161.7	157.5	147
	220	209	204.6	198	191.4	187	182.6	176	169.4	165	154
	230	218.5	213.9	207	200.1	195.5	190.9	184	177.1	172.5	161
	240	228	223.2	216	208.8	204	199.2	192	184.8	180	168
	250	237.5	232.5	225	217.5	212.5	207.5	200	192.5	187.5	175
	260	247	241.8	234	226.2	221	215.8	208	200.2	195	182
	270	256.5	251.1	243	234.9	229.5	224.1	216	207.9	202.5	189
	280	266	260.4	252	243.6	238	232.4	224	215.6	210	196
	290	275.5	269.7	261	252.3	246.5	240.7	232	223.3	217.5	203
	300	285	279	270	261	255	249	240	231	225	210
	310	294.5	288.3	279	269.7	263.5	257.3	248	238.7	232.5	217
	320	304	297.6	288	278.4	272	265.6	256	246.4	240	224
	330	313.5	306.9	297	287.1	280.5	273.9	264	254.1	247.5	231
	340	323	316.2	306	295.8	289	282.2	272	261.8	255	238
	350	332.5	325.5	315	304.5	297.5	290.5	280	269.5	262.5	245
	360	342	334.8	324	313.2	306	298.8	288	277.2	270	252
	370	351.5	344.1	333	321.9	314.5	307.1	296	284.9	277.5	259
	380	361	353.4	342	330.6	323	315.4	304	292.6	285	266
	390	370.5	362.7	351	339.3	331.5	323.7	312	300.3	292.5	273
	400	380	372	360	348	340	332	320	308	300	280
	410	389.5	381.3	369	356.7	348.5	340.3	328	315.7	307.5	287
	420	399	390.6	378	365.4	357	348.6	336	323.4	315	294
	430	408.5	399.9	387	374.1	365.5	356.9	344	331.1	322.5	301
	440	418	409.2	396	382.8	374	365.2	352	338.8	330	308
	450	427.5	418.5	405	391.5	382.5	373.5	360	346.5	337.5	315
	460	437	427.8	414	400.2	391	381.8	368	354.2	345	322
	470	446.5	437.1	423	408.9	399.5	390.1	376	361.9	352.5	329
	480	456	446.4	432	417.6	408	398.4	384	369.6	360	336
	490	465.5	455.7	441	426.3	416.5	406.7	392	377.3	367.5	343
	500	475	465	450	435	425	415	400	385	375	350

- Training load chart can be used to calculate estimated 1-repetion maximum (1RM) values from multiple repetitions completed
  - For example, if an athlete completes 8 repetitions of the squat at 160 lbs, the estimated 1RM would be 200 lbs.
- Training load chart can also be used to assign intensity percentages for program design
  - For exIamaple, if an athlete's 1RM for the squat is 200 lbs, he/she should be able to successfully complete 10 repetitions of 150 lbs, or 75% max intensity.

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