

### Smolov Introductory Microcycle

Week 1	Mon		Wed		Fri	
	3x8	65%	3x8	65%	4x5	70%
	5x	70%	5x	70%	3x	75%
	2x2	75%	2x2	75%	2x2	80%
	1x	80%	1x	80%	1x	90%

Week 2	Mon		Wed		Fri	
	2x2	85%	3x	85%	5x	85%

3x8 is 3 sets of 8 reps

5x is 1 set of 5 reps

### Smolov Base Phase

1

Mon		Wed		Fri		Sat	
4x9	70%	5x7	75%	7x5	80%	10x3	85%

2

Mon		Wed		Fri		Sat	
4x9	70%+20lbs	5x7	75%+20lbs	7x5	80%+20lbs	10x3	85%+20lbs

3

Mon		Wed		Fri		Sat	
4x9	70%+30lbs	5x7	75%+30lbs	7x5	80%+30lbs	10x3	85%+30lbs

4

Sat
100

TEST 1RM - Aim for 25-45lbs more weight

3x8 is 3 sets of 8 reps

5x is 1 set of 5 reps

## Smolov Switching Phase

1	Mon		Wed		Fri	
	Squat Negative		Power Clean		Box Squat	
	1x	105%	8x3	60%	12x2	60%

2	Mon		Wed		Fri	
	Squat Negative		Power Clean		Box Squat	
	1x	110%	8x3	65%	12x2	65%

3x8 is 3 sets of 8 reps

5x is 1 set of 5 reps

## Smolov Intense Microcycle

Week 1	Mon		Wed		Fri	
	3x	65	3x	60	4x	65
	4x	75	3x	70	4x	70
	3x4	85	4x	80	5x4	80
	5x	85	3x	90		
			2x5	85		

Week 2	#VALUE!		#VALUE!		#VALUE!	
	4x	60	3x	65	3x	65
	4x	70	3x	75	3x	75
	4x	80	3x	85	4x	85
	3x	90	3x3	90	4x5	90
	2x4	90	3x	95		

Week 3	#VALUE!		#VALUE!		#VALUE!	
	3x	60	3x	60	3x	65
	3x	70	3x	70	3x	75
	3x	80	3x	80	3x	85
	5x5	90	2x3	95	4x3	95

Week 4	#VALUE!		#VALUE!		#VALUE!	
	3x	70	3x	70	3x	75
	4x	80	3x	80	4x	90
	5x5	90	4x3	95	3x4	95

Week 5	Tue		Sun	
	4x	75	TEST 1RM - Aim for 25-45lbs more weight	
	4x4	85		