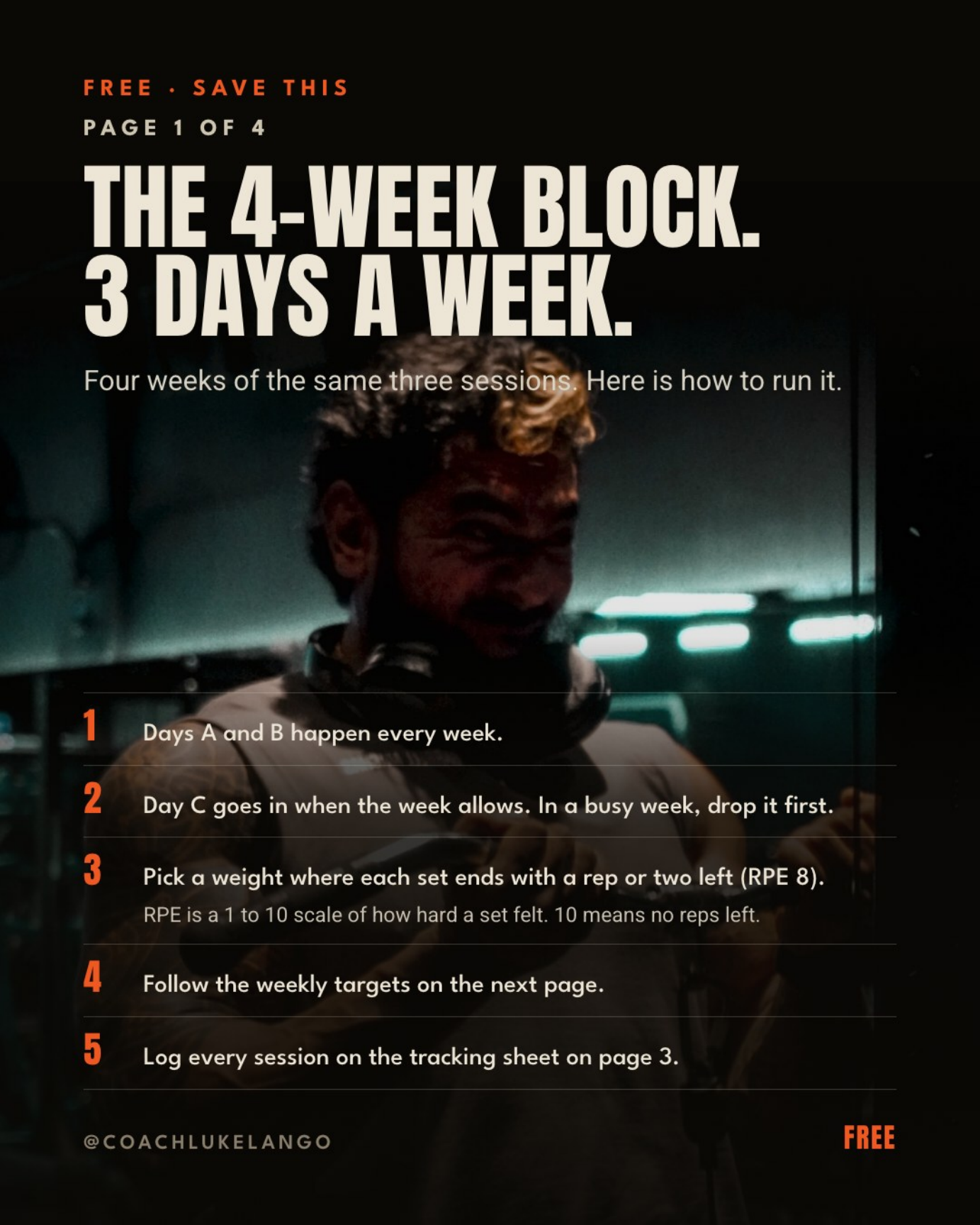
THE 4-WEEK BLOCK. 3 DAYS A WEEK.

Four weeks of the same three sessions. Here is how to run it.



1. Days A and B happen every week.
2. Day C goes in when the week allows. In a busy week, drop it first.
3. Pick a weight where each set ends with a rep or two left (RPE 8).
   RPE is a 1 to 10 scale of how hard a set felt. 10 means no reps left.
4. Follow the weekly targets on the next page.
5. Log every session on the tracking sheet on page 3.

THE THREE SESSIONS.

DAY A · EVERY WEEK

Squat or hinge	4 x 5-8, rest 3 to 5 min
Push	3 x 8-10, rest 2 to 3 min
Pull	3 x 8-10, rest 2 to 3 min
Accessory or core	2 x 12-15, rest 60 to 90 sec

DAY B · EVERY WEEK

Hinge or squat (swap order)	4 x 5-8, rest 3 to 5 min
Push (different angle)	3 x 8-10, rest 2 to 3 min
Pull (different angle)	3 x 8-10, rest 2 to 3 min
Accessory or core	2 x 12-15, rest 60 to 90 sec

DAY C · WHEN THE WEEK ALLOWS

Squat or hinge, lighter	3 x 10-12, rest 2 to 3 min
Push	3 x 10-12, rest 90 sec to 2 min
Pull	3 x 10-12, rest 90 sec to 2 min
Accessory or core	2 x 15, rest 60 sec

WEEK BY WEEK TARGETS (REPS PER SET)

LIFT	WK 1	WK 2	WK 3	WK 4
Squat or hinge, Day A and B range 5-8	5	6	7	8
Push and pull, Day A and B range 8-10	8	9	10	Add weight, back to 8
Accessory, Day A and B range 12-15	12	13	14	15
Squat or hinge, push, pull, Day C range 10-12	10	11	12	Add weight, back to 10
Accessory, Day C stays at 15, add a little weight when all sets feel easy	15	15	15	15

AFTER WEEK 4

Any lift that hit the top of its range on every set gets more weight in the next block.

TRAINING LOG.

Write weight x reps for each lift, then a note on how the session went.

DAY	SQUAT OR HINGE	PUSH	PULL	ACCESSORY	NOTES
WEEK 1					
A					
B					
C					
WEEK 2					
A					
B					
C					
WEEK 3					
A					
B					
C					
WEEK 4					
A					
B					
C					

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

18	Years of coaching
5.0	Rating across 35 Google reviews
BANGSAR	In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

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You can also DM CONSULT to **@coachlukelango**