

WENDLER 5/3/1

SOURCE: T-NATION - Bryan Krahn (www.t-nation.com) — elitefts (<http://www.elitefts.net/>)

WENDLER 5/3/1 IN BRIEF —

- a strength training methodology developed by Jim Wendler

WHO IS JIM WENDLER —

- senior editor and sales manager with Elite Fitness Systems
- former college football player (University of Arizona)
- strength and conditioning coach (University of Kentucky)
- trained with Westside Barbell

WHY DEVELOP 5/3/1 —

- In Jim's own words, quoted by T-NATION:

"I want be able to do a bunch of different activities and still kick ass in the weight room. I want to be as mobile, flexible, strong, and in as good a condition as I possibly can. That's how I came up with 5/3/1."

WHAT IS WENDLER 5/3/1:

■ **strength training system** geared to develop strength gains with staple lifts → **bench press, squat, deadlift, press**

THREE TIPS —

- 1 start light
- 2 progress slowly
- 3 break personal records ('rep records' not 'one rep max')

- percentage of your one-rep max = 90% of 1RM
- next cycle, increase load
- on a 5+, 3+, 1+ set, do as many reps you can manage with that weight
 - goal of obtaining a rep record

TRAINING FREQUENCY / STRUCTURE —

- train three or four days per week
- each workout focused on one core lift
- each training cycle lasts four weeks, with the following set rep goals

week 1: 3 x 5

week 2: 3 x 3

week 3: 3 x 5, 3, 1

week 4: deloading

- add 5 lbs 1RM to upper body lifts and 10 lbs 1RM to lower body lifts after each 4 week cycle in your calculations
- a goal accomplished every workout

	week 1	week 2	week 3	week 4
set 1	65% x 5	70% x 3	75% x 5	40% x 5
set 2	75% x 5	80% x 3	85% x 3	50% x 5
set 3	85% x 5+	90% x 3+	95% x 1+	60% x 5

Wendler 531 Manual

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