2026 OCTOBER/NOVEMBER TRAINING CYCLE — REFERENCE

Athlete: Josh Sanders | Sport: Powerlifting | Coach: Alex Briggs, CSCS

SCAN TO LOG

UPCOMING SCHEDULE EVENTS

DATE	EVENT	NOTES
2026-11-08	Contemporary Dance Showcase	-
2026-12-05	Powerlifting Meet	State Championships

1RM / E1RM TRAINING INTENSITY REFERENCE

EXERCISE	1RM	95%	93%	87%	85%	80%	75%	67%	50%	30%
Back Squat 1RM	**315**	299	293	274	268	252	236	211	158	94
Bench 1RM	**275**	261	256	239	234	220	206	184	138	82
Deadlift 1RM	**455**	432	423	396	387	364	341	305	228	136
Overhead Press 1RM	**175**	166	163	152	149	140	131	117	88	52

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PHASE 1: OCTOBER/NOVEMBER STRENGTH/POWER

SUNDAY — STRENGTH DAY

• Do Sunday (11/8) on 11/7 if possible. Or consider cancelling.
Squat: Add 5 lbs each week
Bench: add 5 lbs each week.

EXERCISE	TARGET	10/18	10/25	11/1	11/8	11/15
CORE EXERCISES						
Squat	3x5	X				
Bench	3x5	X				
Row	3x8	X				
ASSISTANCE						
Spanish Squats (Optional)	2x6	X				
Single Leg Calf Raises	3 sets	X				
Triceps Pulldown	2-3x10-12	X				
Biceps Curl	2-3x10-12	X				
Hanging Leg Raises	1 set	X				

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WEDNESDAY — VOLUME DAY

Squat: Add 5lbs each week
Bench: Add 5 lbs each week if you can cleanly complete 2 more reps in the last set.

EXERCISE	TARGET	10/21	10/28	11/4	11/11	11/18
POWER						
Speed Deadlift	5x3 @ 275 (60%)					
CORE EXERCISES						
Squat	3x8	225				
Bench	3x8	225				
Row	3x8	160				
ASSISTANCE						
Triceps Pulldown	2-3x10-12	85				
Biceps Curl	2-3x10-12	60				
Hanging Leg Raise	3 sets					
Shoulder Stands	2/side					

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FRIDAY — DEADLIFT DAY

Deadlift: add 10lbs to deadlift each week

EXERCISE	TARGET	10/23	10/30	11/6	11/13	11/20
POWER						
Speed Bench	6x3 @ 175 (60%)	175				
CORE						
Deadlift	3x4	340				
Overhead Press	3x8	135				
Pull up + Lat Pull down	3x4 + 2x8					
ASSISTANCE						
Bulgarian Split Squats	2x5					
Back Extensions or Single Leg RDLs	2-3 sets					

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PHASE 2: DECEMBER PEAKING

SUNDAY — START CUTTING VOLUME

• Cut assistance volume to 1 set each exercise week 2

EXERCISE	TARGET	11/22	11/29
POWER			
Speed Deadlift	5x3 @ 275 (60%)		
CORE EXERCISES			
Squat	Wk 1: 5x3 Wk 2: 3x3 @ 80%		
Bench	Wk 1: 5x3 Wk 2: 3x3 @ 235 (80%)		
Row	2x8		
ASSISTANCE			
Triceps Pulldown	2-3x10-12		
Biceps Curl	2-3x10-12		
Hanging Leg Raise	3 sets		
Shoulder Stands	2/side		

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WEDNESDAY — TEST OPENERS

EXERCISE	TARGET	11/25	12/2
CORE EXERCISES			
Back Squat	1x1 @ 285 (90%) Wk 2 1x3 @ 250 (80%)	295	
Bench	1x1 @ 265 (90%) Wk 2 1x3 @ 235 (80%)	275	
Row	2x8		

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FRIDAY — MEET PREP			
EXERCISE	**TARGET**	**11/27**	**12/4**
POWER			
Speed Bench	6x3 @ 175 (60%)		
CORE			
Deadlift Opener	1x1	415	
Overhead Press	2x8		
Pull up + Lat Pull down	1x5 + 2x8		
CORE PRIOR TO MEET (EXPLOSIVE)			
Squat	2x3 @ 50%	X	
Bench	2x3 @ 145 (50%)	X	
Deadlift	2x3 @ 230 (50%)	X	

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POWERLIFTING MEET

SATURDAY		
EXERCISE	**TARGET**	**12/5**
SQUAT ATTEMPTS		
Back Squat	1x1	295
Back Squat	1x1	320
Back Squat	1x1	335
BENCH ATTEMPTS		
Bench	1x1	275
Bench	1x1	285
Bench	1x1	295
DEADLIFT ATTEMPTS		
Deadlift	1x1	415
Deadlift	1x1	455
Deadlift	1x1	485-500 (based on bar speed)

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COACHING & ATHLETE REFERENCE GUIDES

Athlete: Josh Sanders | 2026 October/November Training Cycle

SCAN TO LOG

SUGGESTED LOGGING GUIDELINES

MesoMicro accepts any shorthand format. Supported logging patterns:

PATTERN	LOGGED VOLUME / LOAD	REAL-WORLD EXAMPLE
Sets × Reps @ Load	Explicit volume & load	`3x5 @ 225` → 3 sets of 5 @ 225 lb
Weight-First Sets	Load followed by volume	`160 3x8` or `(225) 3x5`
Weight-First Reps	Load followed by rep counts	`405x3, 3, 3, 3, 3` or `160 8, 8, 8`
3-Number Triplets	Magnitude detection (load/sets/reps)	`225x5x3`, `3x225x5`, `3x5x225`
Varying Sets	Ascending / pyramid loads	`225x5, 245x4, 265x3` (or `315x3 + 2x275x5`)
Number Sequences	Inherits target load or reps	`8, 8, 8, 8` (reps) or `185, 195, 205` (loads)
Explicit Sets / Reps	Direct label (inherits context)	`5 sets` or `5 reps` (or `5 sets of 8`)
Substitutions	Swapped movements (isolated PR)	`Cable 160 3x8` or `sub: DB Bench 70s 3x10`
Inline Comments & Cues	Notes alongside load	`225x5 felt fast` or `beltless 3x5 @ 315`
Bodyweight Adjust	Weighted / assisted / BW	`3x5 +25`, `3x8 -40`, `3x12`, `bw`
Unilateral	Both limbs credited (×2)	`50 3x8 per side` or `50x8 each side`
RPE / Autoreg	Effort rating preserved	`3x5 @ 225 @ 8.5` or `225x5 @ RPE 8`
Bare Load / Missed	Target sets @ load; skip/x = 0	`225`; `Skipped`, `skip`, or `x` = 0