END-OF-MESOCYCLE PROGRESS REPORT

JOSH SANDERS

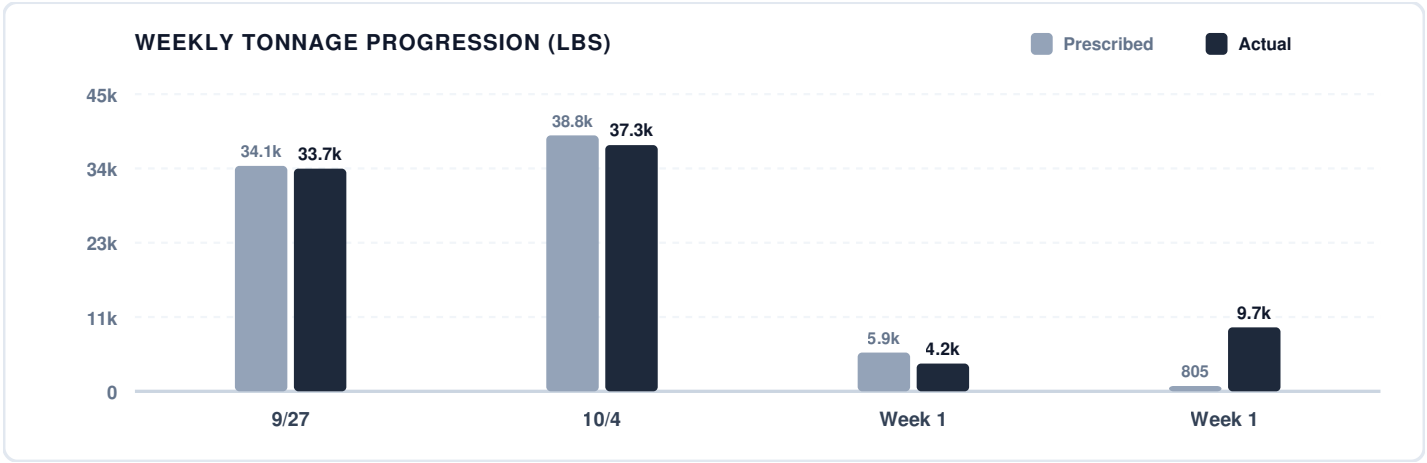
Program: **2026 October Peaking Block** Cycle Dates: **9/27/2026 – 2027-01-29** Coach: **Alex Briggs, CSCS**

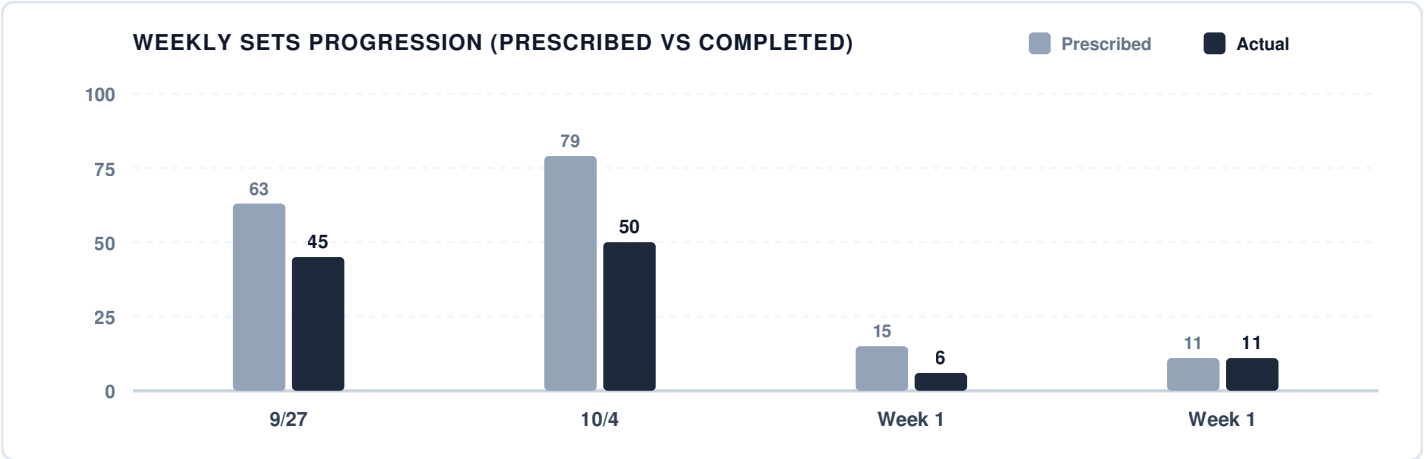
Josh's 2026 October Peaking Block culminated in an exceptional competition performance, demonstrating disciplined execution and deliberate fatigue management across all training phases. Overall active prescription adherence closed at **76%** across **53 of 70 completed items**, achieving a **90% cycle completion rate** across scheduled sessions. Total volume load surpassed baseline projections at **84,892 lbs** (**107% of the planned 79,565 lbs**) across **112 completed sets**, reflecting calculated overload during the transmutation phase. Adherence distribution revealed a strategic prioritization of neurological output: Josh achieved a **96% completion rate in primary Strength work (25 of 26 prescriptions, generating 62,095 lbs)**, while intentionally auto-regulating non-essential assistance exercises (such as 4-way neck drills, Bulgarian split squats, and floorwork rolls) down to **53% adherence (16 of 30 items)**. This tactical triage protected his left hamstring and ankle while preserving high-threshold motor unit recruitment for the platform.

ACTIVE ADHERENCE	TOTAL VOLUME LOAD	COMPLETED SETS	CYCLE COMPLETION
76%	84,892 lbs	112	90%
53 of 70 items logged	107% of planned (79,565)	Across 9 logged sessions	9 of 10 sessions

WEEKLY COMPLIANCE & VOLUME TRAJECTORY

WEEK SCHEDULE	STATUS	PRESCRIPTION ADHERENCE	COMPLETED SETS	VOLUME LOAD
Peaking & Taper – 9/27	Started	76% (19/25)	**45 sets**	33,719 lbs
Peaking & Taper – 10/4	Started	72% (18/25)	**50 sets**	37,283 lbs
Week Before Lift – Week 1	Started	56% (5/9)	**6 sets**	4,205 lbs
Powerlifting Meet – Week 1	Started	100% (11/11)	**11 sets**	9,685 lbs





TRAINING SECTION ADHERENCE

SECTION CATEGORY	ADHERENCE	PRESCRIPTIONS	VOLUME SETS	TOTAL LOAD
Power & Technique	33%	1 of 3	**1 sets**	0 lbs
Strength	96%	25 of 26	**70 sets**	62,095 lbs
Assistance	53%	16 of 30	**30 sets**	13,112 lbs
General	100%	11 of 11	**11 sets**	9,685 lbs

PRESCRIPTION COMPLIANCE AUDIT SUMMARY

10 MOVEMENTS WITH SKIPPED WORK

EXERCISE MOVEMENT	SKIPPED SUMMARY	MISSED SESSIONS / WEEKS	PRESCRIBED TARGET
Shoulder Stands	4/5 days skipped (80%)	10/4 Sunday, 9/27 Wednesday, 10/4 Wednesday (+1 more)	2/side
4-Way Neck Drill	3/3 days skipped (100%)	9/27 Sunday, 10/4 Sunday, 10/11 Sunday (10/11)	3 x 8-10
Bulgarian Split Squats (BW)	2/2 days skipped (100%)	9/27 Friday, 10/4 Friday	3x5 (BW)
Compass Rolls	2/3 days skipped (67%)	10/4 Sunday, 10/11 Sunday (10/11)	1/side
Deadlift (Optional sub for Wed)	1/1 days skipped (100%)	10/11 Sunday (10/11)	1 x 1 @ 310 (90%) (Opener)
Assisted Quad Suspension	1/2 days skipped (50%)	10/4 Sunday	2-3 x 8-10
Pin Press (Focus Lockout)	1/2 days skipped (50%)	9/27 Friday	2x10
Copenhagen Planks	1/2 days skipped (50%)	9/27 Friday	3 x 20s/side
Biceps Curls	1/4 days skipped (25%)	9/27 Wednesday	2-3 x 10-12
Hanging Leg Raises	1/4 days skipped (25%)	10/4 Friday	1x8

Platform execution on October 18 showcased profound neuromuscular adaptations and technical composure under maximal loads. Josh set landmark absolute records across all three disciplines, highlighted by a dominant **455 lb Deadlift**—a **+99 lb (+28%) surge** over baseline estimated capacity (**356 lbs**)—backed by a high-threshold AMRAP set of **315 lbs x 10 reps**. Primary lower-body mechanics remained rock solid, with his **Back Squat** climbing to a clean **315 lb top single** and a post-meet down-set of **265 lbs x 6 reps** (elevating peak e1RM to **318 lbs**). On the bench, Josh displayed tight bar control, locking out **275 lbs** on the platform and logging an AMRAP set of **225 lbs x 10 reps** to establish a peak e1RM of **298 lbs**. These achievements reinforce his robust base of absolute force production and work capacity, verifying that the transmutation taper peaked top-end neural drive right on schedule.

STRENGTH ADAPTATIONS (E1RM/1RM)

EXERCISE MOVEMENT	BASELINE E1RM/1RM	PEAK E1RM/1RM	NET ADAPTATION	TOP LOGGED SET
Deadlift	356 lbs	**455 lbs**	**+99 lbs (+28%)**	`455 lbs x 1 rep`
Back Squat	303 lbs	**318 lbs**	**+15 lbs (+5%)**	`265 lbs x 6 reps`
Bench Press	286 lbs	**298 lbs**	**+12 lbs (+4%)**	`255 lbs x 5 reps`
Pendlay/Seated Row	175 lbs	**187 lbs**	**+12 lbs (+7%)**	`160 lbs x 5 reps`
Overhead Press	167 lbs	**171 lbs**	**+4 lbs (+2%)**	`135 lbs x 8 reps`
Pull-up + Lat Pulldown	317 lbs	**317 lbs**	**Maintained**	`280 lbs x 4 reps`
Pull-up	308 lbs	**308 lbs**	**Maintained**	`280 lbs x 3 reps`
Single-Leg Calf Raises	280 lbs	**280 lbs**	**Maintained**	`280 lbs x 1 rep`
Speed Deadlift	204 lbs	**204 lbs**	**Maintained**	`185 lbs x 3 reps`
Biceps Curls	76 lbs	**76 lbs**	**Maintained**	`60 lbs x 8 reps`

** Note: Estimated 1RMs are calculated via the Epley formula and are less accurate above 8 reps.*

TOP WEIGHT LOAD PERFORMED (MAX INTENSITY)

EXERCISE NAME	MAX WEIGHT	REPS
Deadlift	455 lbs	1 rep
Back Squat	315 lbs	1 rep
Pull-up + Lat Pulldown	280 lbs	4 reps
Single-Leg Calf Raises	280 lbs	1 rep
Pull-up	280 lbs	3 reps
Bench Press	275 lbs	2 reps
Speed Deadlift	185 lbs	3 reps
Pendlay/Seated Row	160 lbs	10 reps
Overhead Press	135 lbs	8 reps
Pin Press (Focus Lockout)	95 lbs	10 reps
Triceps Pull Down	85 lbs	12 reps
Biceps Curls	60 lbs	10 reps
Assisted Quad Suspension	2 lbs	8 reps
Hanging Leg Raises	1 lbs	8 reps

MAX REPETITIONS COMPLETED (SINGLE SET PEAK)

EXERCISE NAME	MAX REPS	WEIGHT
Copenhagen Planks	20 reps	Bodyweight
Triceps Pull Down	15 reps	70 lbs
Deadlift	10 reps	315 lbs
Bench Press	10 reps	225 lbs
Pendlay/Seated Row	10 reps	160 lbs
Pin Press (Focus Lockout)	10 reps	95 lbs
Biceps Curls	10 reps	60 lbs
Overhead Press	8 reps	135 lbs
Assisted Quad Suspension	8 reps	2 lbs
Hanging Leg Raises	8 reps	1 lbs
Back Squat	6 reps	265 lbs
Pull-up + Lat Pulldown	4 reps	280 lbs
Pull-up	3 reps	280 lbs
Speed Deadlift	3 reps	185 lbs
Single-Leg Calf Raises	1 rep	280 lbs

ATHLETIC TESTING & PR PROFILE (IN-CYCLE)

ATHLETIC TEST	SCORE / RECORD	DATE TESTED	NOTES
Bench Press	**275 lbs**	2026-10-18	
Squat 1RM	**315 lbs**	2026-10-18	
Bench 1RM	**275 lbs**	2026-10-18	
Deadlift 1RM	**455 lbs**	2026-10-18	
Back Squat 1RM	**315**	2026-10-21	

RELATIVE STRENGTH RATIOS (1RM / BODYWEIGHT: 280 LBS)

COMPOUND LIFT	1RM LOAD	BODYWEIGHT	STRENGTH RATIO	VERIFICATION
Deadlift 1RM	**455 lbs**	280 lbs	**1.63x BW**	Tested 1RM
Back Squat	**318 lbs**	280 lbs	**1.14x BW**	Program 1RM
Pull-up + Lat Pulldown	**317 lbs**	280 lbs	**1.13x BW**	Program e1RM
Pull-up	**308 lbs**	280 lbs	**1.10x BW**	Program e1RM
Bench Press	**298 lbs**	280 lbs	**1.06x BW**	Program 1RM
Single-Leg Calf Raises	**280 lbs**	280 lbs	**1.00x BW**	Program 1RM

Looking at long-term athletic trajectory, this peaking cycle significantly closed the gap toward Josh's primary strength targets of a **500 lb deadlift**, **400 lb squat**, and **315 lb bench press**. With verified platform marks of **455 lbs**, **315 lbs**, and **275 lbs**, foundational strength is at an all-time high. However, as a dual-discipline athlete carrying a 270–280 lb frame, programming must now pivot toward multi-planar mobility, joint decompression, and movement fluidity ahead of the **November 8 Contemporary Dance Showcase**. The immediate post-meet transition will prioritize restoring ankle dorsal mechanics, addressing left hamstring tissue quality, and clearing residual systemic fatigue to support seamless artistic performance.

ATHLETE STRATEGIC GOALS & TARGET OBJECTIVES

TARGET OBJECTIVE	STATUS	LOGGED DATE
Hit 315 lb bench press	Active	2026-10-29
Hit 400 lb squat	Active	2026-10-29
Hit 500 lb deadlift	Active	2026-10-29

EVENTS & COMPETITIONS DURING MESOCYCLE

EVENT DESCRIPTION	EVENT DATE	LOCATION / NOTES
Powerlifting Meet	**2026-10-17**	Regional Open
Contemporary Dance Showcase	**2026-11-08**	-
Powerlifting Meet	**2026-12-05**	State Championships