

INVICTUS

SPORTS PERFORMANCE AND FITNESS

12 WEEK PROGRESSIVE OVERLOAD TRAINING

Schedule

- Monday – Bench Press
- Tuesday – Recovery
- Wednesday – Deadlift
- Thursday – Recovery
- Friday – Recovery
- Saturday – Squat
- Sunday – Recovery

The training will start with moderate rep ranges and as you go further it will be challenging.

Week 1-2

Monday – Bench Press

Set	Reps	Intensity	Rest
1	12	50% of your 1RM	2 Min
2	8	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	80% of your 1RM	3 Min
5	4	80% of your 1RM	3 Min

Accessory Lifts:

1. Overhead Press: 10-12 reps x 3
2. Incline Dumbbell Bench Press: 12-14 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2 Min
2	8	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	6	75% of your 1RM	4 Min
5	4	80% of your 1RM	4 Min

Accessory Lifts:

3. Good Morning: 10-12 reps x 3
4. Hyperextension: 12-14 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	12	50% of your 1RM	2 Min
2	8	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	6	75% of your 1RM	4 Min

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5	4	80% of your 1RM	4 Min
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Accessory Lifts:

- 5. Lunges: 10-12 reps x 3
- 6. Step-up: 12-14 reps x 3

Week 3-5

Monday – Bench Press

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	80% of your 1RM	4 Min
5	4	85% of your 1RM	34Min

Accessory Lifts:

- Pin Press: 12-15 reps x 3
- Close Grip Bench Press: 12-15 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	50% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	75% of your 1RM	4 Min
5	4	80% of your 1RM	4 Min

Accessory exercises:

- Hyperextension: 12-15 reps x 3
- KB Swing: 12-15 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	80% of your 1RM	4 Min
5	4	85% of your 1RM	4 Min

Accessory exercises:

- Paused Squat: 3 sets of 10 reps each
- Weighted Farmer's Walk: 30-sec walk, five times

Week 6-8

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Monday – Bench Press

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	5	80% of your 1RM	4 Min
6	4	85% of your 1RM	4 Min

Accessory exercises:

- Overhead Press: 3 sets of 12 reps each
- Spoto Press: 3 sets of 15 reps each

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	5	80% of your 1RM	4 Min
6	4	85% of your 1RM	4 Min

Accessory exercises:

- Off Blocks: 3 sets of 10 reps each
- Hip Thrust: 12-15 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	6	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	5	80% of your 1RM	4 Min
6	4	85% of your 1RM	4 Min

Accessory exercises:

- Glute-Ham Raise: 3 sets of 12 reps each
- Lunges: 3 sets of 10 reps each

Week 9-10

Monday – Bench Press

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Set	Reps	Intensity	Rest
1	15	30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	5	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	4	80% of your 1RM	4 Min
6	3	90% of your 1RM	4 Min
7	1	100% of your 1RM	5 Min

Take five minutes of rest and perform the following accessories exercises:

- Overhead Press: 10-12 reps x 3
- Incline Dumbbell Bench Press: 12-14 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	5	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	4	80% of your 1RM	4 Min
6	3	90% of your 1RM	4 Min
7	1	100% of your 1RM	5 Min

Accessory exercises:

- Good Morning: 10-12 reps x 3
- Dumbbell RDL: 10-12 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	30% of your 1RM	2 Min
2	6	60% of your 1RM	2 Min
3	5	70% of your 1RM	3 Min
4	5	75% of your 1RM	3 Min
5	4	80% of your 1RM	4 Min
6	3	90% of your 1RM	4 Min
7	1	100% of your 1RM	5 Min

Accessory exercises:

- Glute-Ham Raise: 3 sets of 12 reps each
- Step up: 3 sets of 10 reps each

Week 11-12

Monday – Bench Press

Set	Reps	Intensity	Rest
1	15	30% of your 1RM	2 Min

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2	6	70% of your 1RM	3 Min
3	5	75% of your 1RM	3 Min
4	4	80% of your 1RM	4 Min
5	3	90% of your 1RM	4 Min
6	2	95% of your 1RM	5 Min
7	1	100% of your 1RM	

Accessory Lifts:

- Pin Press: 12-15 reps x 3
- Close Grip Bench Press: 12-15 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	30% of your 1RM	2 Min
2	6	70% of your 1RM	3 Min
3	5	75% of your 1RM	3 Min
4	4	80% of your 1RM	4 Min
5	3	90% of your 1RM	4 Min
6	2	95% of your 1RM	5 Min
7	1	100% of your 1RM	

Accessory exercises:

- Good Morning: 10-12 reps x 3
- Hyperextension: 12-14 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	30% of your 1RM	2 Min
2	6	70% of your 1RM	3 Min
3	5	75% of your 1RM	3 Min
4	4	80% of your 1RM	4 Min
5	3	90% of your 1RM	4 Min
6	2	95% of your 1RM	5 Min
7	1	100% of your 1RM	

Accessory exercises:

- Paused Squat: 3 sets of 10 reps each
- Weighted Farmer's Walk: 30-sec walk, five times