

SUNDEE FUNDEE PRINTABLE PLAN

# 6-Week Russian Squat Program

A classic high-frequency squat block built around three barbell sessions per week. Use it from a conservative training max, print it for the gym, and log your actual loads by hand.

**6**

WEEKS

**18**

SESSIONS

**3**

DAYS / WEEK

**ADV**

DIFFICULTY

## How To Run It

Base all percentages on a training max you can hit cleanly today, not an all-time grinder. Rest 3-5 minutes on work sets, train on non-consecutive days when possible, and stop the cycle if pain changes your squat.

**Best for:** experienced lifters focused on driving up their squat.

Equipment: squat rack, barbell, plates, and safeties.

Print it, write in your loads, then keep the sheet as your training record.

# How To Use This Plan

ADVANCED

## Set Your Max

Use a training max, not your true all-time max. If 100 percent feels questionable, reduce the starting number before week one begins.

## Weekly Rhythm

Run three sessions per week. Monday, Wednesday, Friday works well, but any non-consecutive pattern is fine if recovery stays solid.

## When To Adjust

If bar speed falls apart, form shifts, or your knees and hips feel worse instead of just tired, stop the session and repeat or lower the load next time.

## Session Cues

- Warm up gradually until your first work set feels technically obvious.
- Rest long enough that every prescribed set still looks like a squat, not a survival test.
- Treat the easier 80 percent days like skill practice. They are how you survive the hard days.
- Write the exact load used for each session on the printed schedule before you leave the rack.

## Load planner

Training Max: \_\_\_\_\_ Bar Weight: \_\_\_\_\_

|      |       |              |
|------|-------|--------------|
| 80%  | _____ | Planned load |
| 85%  | _____ | Planned load |
| 90%  | _____ | Planned load |
| 95%  | _____ | Planned load |
| 100% | _____ | Planned load |
| 105% | _____ | Planned load |

This plan is general fitness guidance and is not medical advice.

# Week 1 Overview

PRINT + LOG

## Weekly focus

Build quality first, then survive the volume. Keep the easy day easy, rest long enough on the big day, and record the exact load you used on every sheet before you leave the rack.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade |
|--------|---------|------------------|------|------|--------------------|-------|
| Week 1 | 1       | 80%              | 6    | 2    | 84%                | Mod + |
|        | 2       | 80%              | 6    | 3    | 86%                | Mod + |
|        | 3       | 80%              | 6    | 2    | 84%                | Mod + |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 1 Session 1

80% x 2

**Focus**

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

**Execution**

Own the descent, stay braced at the bottom, and keep every rep looking the same.

**If It Feels Off**

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% Rl. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 1 Session 2

80% x 3

## Focus

Technique under fatigue.  
Complete 6 sets of 3 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 3 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 86% R1. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 1 Session 3

80% x 2

**Focus**

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

**Execution**

Own the descent, stay braced at the bottom, and keep every rep looking the same.

**If It Feels Off**

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% Rl. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 2 Overview

PRINT + LOG

## Weekly focus

Build quality first, then survive the volume. Keep the easy day easy, rest long enough on the big day, and record the exact load you used on every sheet before you leave the rack.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade |
|--------|---------|------------------|------|------|--------------------|-------|
| Week 2 | 4       | 80%              | 6    | 4    | 88%                | Heavy |
|        | 5       | 80%              | 6    | 2    | 84%                | Mod + |
|        | 6       | 80%              | 6    | 5    | 91%                | Heavy |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 2 Session 4

80% x 4

## Focus

Technique under fatigue.  
Complete 6 sets of 4 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 4 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 88% R1. Heavy.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

ACTUAL LOAD \_\_\_\_\_

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

NEXT TIME Increase / Repeat / Reduce

### TECHNIQUE NOTES

Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Week 2 Session 5

80% x 2

**Focus**

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

**Execution**

Own the descent, stay braced at the bottom, and keep every rep looking the same.

**If It Feels Off**

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% R1. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 2 Session 6

80% x 5

**Focus**

High-volume tolerance.  
Complete 6 sets of 5 reps at 80% from your training max.

**Execution**

Break every set like it matters.  
The goal is crisp repetitions, not survival reps.

**If It Feels Off**

If you miss depth or lose position, strip load and finish the remaining sets cleanly.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 5 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 91% RI. Heavy.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |   |
|---|---|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundeel Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|---|

# Week 3 Overview

PRINT + LOG

## Weekly focus

Build quality first, then survive the volume. Keep the easy day easy, rest long enough on the big day, and record the exact load you used on every sheet before you leave the rack.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade   |
|--------|---------|------------------|------|------|--------------------|---------|
| Week 3 | 7       | 80%              | 6    | 2    | 84%                | Mod +   |
|        | 8       | 80%              | 6    | 6    | 94%                | Heavy + |
|        | 9       | 80%              | 6    | 2    | 84%                | Mod +   |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 3 Session 7

80% x 2

## Focus

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% Rl. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

ACTUAL LOAD \_\_\_\_\_

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

NEXT TIME Increase / Repeat / Reduce

### TECHNIQUE NOTES

Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Week 3 Session 8

80% x 6

**Focus**

High-volume tolerance.  
Complete 6 sets of 6 reps at 80% from your training max.

**Execution**

Break every set like it matters.  
The goal is crisp repetitions, not survival reps.

**If It Feels Off**

If you miss depth or lose position, strip load and finish the remaining sets cleanly.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES            |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.   |
| <input type="checkbox"/> | A      | Back squat            | 6 x 6 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 94% RI. Heavy +. |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load.  |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                  |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                  |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                  |

|   |   |
|---|---|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundeelundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|---|

# Week 3 Session 9

80% x 2

**Focus**

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

**Execution**

Own the descent, stay braced at the bottom, and keep every rep looking the same.

**If It Feels Off**

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% Rl. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 4 Overview

PRINT + LOG

## Weekly focus

The volume drops and the intensity climbs. Stay conservative if bar speed collapses, and protect the final test by not turning the early week sessions into grinders.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade   |
|--------|---------|------------------|------|------|--------------------|---------|
| Week 4 | 10      | 85%              | 5    | 5    | 97%                | Heavy + |
|        | 11      | 80%              | 6    | 2    | 84%                | Mod +   |
|        | 12      | 90%              | 4    | 4    | 100%               | MAX     |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 4 Session 10

85% x 5

## Focus

High-volume tolerance.  
Complete 5 sets of 5 reps at 85% from your training max.

## Execution

Break every set like it matters.  
The goal is crisp repetitions, not survival reps.

## If It Feels Off

If you miss depth or lose position, strip load and finish the remaining sets cleanly.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6 | NOTES            |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|----|------------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |    | Ramp steadily.   |
| <input type="checkbox"/> | A      | Back squat            | 5 x 5 @ 85% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |    | 97% RI. Heavy +. |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |    | Write the load.  |
|                          |        |                       |             |                          |                          |                          |                          |                          |    |                  |
|                          |        |                       |             |                          |                          |                          |                          |                          |    |                  |
|                          |        |                       |             |                          |                          |                          |                          |                          |    |                  |

ACTUAL LOAD \_\_\_\_\_

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

NEXT TIME Increase / Repeat / Reduce

### TECHNIQUE NOTES

Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundeel Fundee later so the app has the real result instead of the planned one. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Week 4 Session 11

80% x 2

## Focus

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% R1. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 4 Session 12

90% x 4

## Focus

Heavy exposure. Complete 4 sets of 4 reps at 90% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5 | S6 | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|----|----|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |    |    | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 4 x 4 @ 90% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |    |    | 100% R1. MAX.   |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |    |    | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |    |    |                 |
|                          |        |                       |             |                          |                          |                          |                          |    |    |                 |
|                          |        |                       |             |                          |                          |                          |                          |    |    |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 5 Overview

PRINT + LOG

**Weekly focus**  
The volume drops and the intensity climbs. Stay conservative if bar speed collapses, and protect the final test by not turning the early week sessions into grinders.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade |
|--------|---------|------------------|------|------|--------------------|-------|
| Week 5 | 13      | 80%              | 6    | 2    | 84%                | Mod + |
|        | 14      | 95%              | 3    | 3    | 102%               | MAX + |
|        | 15      | 80%              | 6    | 2    | 84%                | Mod + |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 5 Session 13

80% x 2

## Focus

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% RI. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

ACTUAL LOAD \_\_\_\_\_

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

NEXT TIME Increase / Repeat / Reduce

### TECHNIQUE NOTES

Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Week 5 Session 14

95% x 3

## Focus

Heavy exposure. Complete 3 sets of 3 reps at 95% from your training max.

## Execution

Take full rest. If bar speed falls apart or depth disappears, stop forcing the prescription.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4 | S5 | S6 | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|----|----|----|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |    |    |    | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 3 x 3 @ 95% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |    |    |    | 102% R1. MAX +. |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |    |    |    | Write the load. |
|                          |        |                       |             |                          |                          |                          |    |    |    |                 |
|                          |        |                       |             |                          |                          |                          |    |    |    |                 |
|                          |        |                       |             |                          |                          |                          |    |    |    |                 |

ACTUAL LOAD \_\_\_\_\_

ENERGY BEFORE 1 2 3 4 5

SESSION RPE 1 2 3 4 5 6 7 8 9 10

NEXT TIME Increase / Repeat / Reduce

### TECHNIQUE NOTES

Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Week 5 Session 15

80% x 2

**Focus**

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

**Execution**

Own the descent, stay braced at the bottom, and keep every rep looking the same.

**If It Feels Off**

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% R1. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 6 Overview

PRINT + LOG

## Weekly focus

The volume drops and the intensity climbs. Stay conservative if bar speed collapses, and protect the final test by not turning the early week sessions into grinders.

|        | Session | Actual Intensity | Sets | Reps | Relative Intensity | Grade |
|--------|---------|------------------|------|------|--------------------|-------|
| Week 6 | 16      | 100%             | 2    | 2    | 105%               | MAX + |
|        | 17      | 80%              | 6    | 2    | 84%                | Mod + |
|        | 18      | 105%             | 1    | 1    | 105%               | MAX + |

## Week notes

---

---

---

---

Use the notes lines for actual load, rest changes, and how the sets felt.

# Week 6 Session 16

100% x 2

## Focus

Peak strength. Complete 2 sets of 2 reps at 100% from your training max.

## Execution

Take full rest. If bar speed falls apart or depth disappears, stop forcing the prescription.

## If It Feels Off

If the load moves poorly in warm-ups, cap the day at the heaviest clean single or double you actually own.

| DONE                     | ID     | EXERCISE              | TARGET       | S1                       | S2                       | S3 | S4 | S5 | S6 | NOTES           |
|--------------------------|--------|-----------------------|--------------|--------------------------|--------------------------|----|----|----|----|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min    |                          |                          |    |    |    |    | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 2 x 2 @ 100% | <input type="checkbox"/> | <input type="checkbox"/> |    |    |    |    | 105% R1. MAX +. |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min     |                          |                          |    |    |    |    | Write the load. |
|                          |        |                       |              |                          |                          |    |    |    |    |                 |
|                          |        |                       |              |                          |                          |    |    |    |    |                 |
|                          |        |                       |              |                          |                          |    |    |    |    |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 6 Session 17

80% x 2

## Focus

Technique under fatigue.  
Complete 6 sets of 2 reps at 80% from your training max.

## Execution

Own the descent, stay braced at the bottom, and keep every rep looking the same.

## If It Feels Off

If soreness or recovery is off, keep the weight but extend rests before you change the load.

| DONE                     | ID     | EXERCISE              | TARGET      | S1                       | S2                       | S3                       | S4                       | S5                       | S6                       | NOTES           |
|--------------------------|--------|-----------------------|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min   |                          |                          |                          |                          |                          |                          | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 6 x 2 @ 80% | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84% R1. Mod +.  |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min    |                          |                          |                          |                          |                          |                          | Write the load. |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |
|                          |        |                       |             |                          |                          |                          |                          |                          |                          |                 |

|   |  |
|---|--|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundee Fundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|--|

# Week 6 Session 18

105% x 1

## Focus

Peak strength. Complete 1 set of 1 reps at 105% from your training max.

## Execution

Take full rest. If bar speed falls apart or depth disappears, stop forcing the prescription.

## If It Feels Off

If the load moves poorly in warm-ups, cap the day at the heaviest clean single or double you actually own.

| DONE                     | ID     | EXERCISE              | TARGET       | S1                       | S2 | S3 | S4 | S5 | S6 | NOTES           |
|--------------------------|--------|-----------------------|--------------|--------------------------|----|----|----|----|----|-----------------|
| <input type="checkbox"/> | Warm   | Warm-up + ramp sets   | 10-15 min    |                          |    |    |    |    |    | Ramp steadily.  |
| <input type="checkbox"/> | A      | Back squat            | 1 x 1 @ 105% | <input type="checkbox"/> |    |    |    |    |    | 105% R1. MAX +. |
| <input type="checkbox"/> | Finish | Cooldown walk + notes | 5-10 min     |                          |    |    |    |    |    | Write the load. |
|                          |        |                       |              |                          |    |    |    |    |    |                 |
|                          |        |                       |              |                          |    |    |    |    |    |                 |
|                          |        |                       |              |                          |    |    |    |    |    |                 |

|   |   |
|---|---|
| <p><b>ACTUAL LOAD</b> _____</p> <p><b>ENERGY BEFORE</b> 1 2 3 4 5</p> <p><b>SESSION RPE</b> 1 2 3 4 5 6 7 8 9 10</p> <p><b>NEXT TIME</b> Increase / Repeat / Reduce</p> | <p><b>TECHNIQUE NOTES</b></p> <p>Write what actually happened here, then enter the same load, reps, notes, and adjustments in Sundeelundee later so the app has the real result instead of the planned one. _____</p> <p>_____</p> <p>_____</p> |
|---|---|