St. Thomas Academy Track and Field Off-Season Lifting

MOST NEW EXERCISES ARE HYPERLINKED. SOME DESCRIPTIONS ARE AT THE END OF THE PROGRAM.

Weight Charts are located at the end of the program. Estimate what your 1 Rep Max is, use the chart to find your reps/weights. Recovery times are also located with the weight charts.

Each set of lifts is done for 3weeks. The last set of each exercise in the 3rd week is a burnout (as many reps as possible). For every 2 reps performed past the expected, add 5 pounds to the estimated 1 Rep Max. For example, if your 1 Rep Max in the sumo squat is 100 pounds, and in the 3rd week on the last set you do 19 reps instead of 15, your max would increase to 110 the next time that exercise is rotated in.

Core:

Must Do Every day-

Hanging leg raises

Bird Dogs

Donkey Kicks

Fire Hydrants

Planks

Bridges

Spiderman Push-ups

Pick 2 Different Exercises Each Day-

Superman

V-Up

Alternating V-Up

Cobra

Double Crunch

Russian Twist

Leg Raise

Monday	Tuesday	Wednesday	Thursday
Snatch Pull (3x8)	½ Bench Up (3x15)	Box Squat (3x15)	45° Pulldown (3x15)
Sumo Squat (3x15)	ROM Shoulder Press (3x15 each ROM)	Depth Deadlift (3x15)	Angle Bar Row (3x15)
Bosu Squat (3x15)	Push Ups(3x15)	Glute/Ham (3x15)	Pull Ups (3x15)
Core	Core	Core	Core

Monday	Tuesday	Wednesday	Thursday
Single Arm Snatch (3x6)	½ Bench Down (3x12)	Sumo Deadlift (3x12)	Straight Arm Pulldown (3x12)
Step Up (3x12 each leg)	Incline DB Bench (3x12)	Goblet Squat (3x12)	Isometric DB Row (3x12)
Lunges(3x12 each leg)	Dips (3x12)	Lunge Jump (3x12 each leg)	Incline Bench Curl (3x12 each arm)
Core	Core	Core	Core

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Monday	Tuesday	Wednesday	Thursday
Overhead Push Press (8, 6, 4)	Negative Bench (15, 12, 8)	Pause Squat (15, 12, 8)	Isometric Pulldown (15, 12, 8)
Bulgarian Split Squat (15, 12, 8 each leg)	Incline Fly (15, 12, 8)	Split Squat (15, 12, 8)	Bent Over DB Lat Raise(15, 12, 8)
Piston Squat (15, 12, 8 each leg)	Eccentric Extensions (15, 12, 8)	4-Way Calf Raise (15, 12, 8 each direction)	Barbell Rotation (15, 12, 8 each direction)
Core	Core	Core	Core

Monday	Tuesday	Wednesday	Thursday
Push Jerk (3x6)	Isometric Bench(12, 8, 6)	Depth Squat (12, 8, 6)	Isometric Bent Over Row (12, 8, 6)
Depth Deadlift (12, 8, 6)	Seated Barbell Press (12, 8, 6)	Isometric Deadlift (12, 8, 6)	DB Pullover (12, 8, 6)
Single Leg Squat (12, 8, 6 each leg)	DB Kickback (12, 8, 6 each arm)	Side Lunge(12, 8, 6 each leg)	Low Rope Row (12, 8, 6)
Core	Core	Core	Core

Monday	Tuesday	Wednesday	Thursday
Hang Snatch (3x5)	Incline Bench (3x8)	Explosive Squat (3x8)	Neutral Grip Pulldown (3x8)
RDL (3x8)	Front & Side Raise (3x8 each direction)	Step Up (3x8 each leg)	DB Bent Over Row(3x8)
Lunge Jump (3x8 each leg)	Hammer Extensions (3x8 each arm)	Bosu Squat (3x8)	DB Single Arm Curl (3x8)
Core	Core	Core	Core

Monday	Tuesday	Wednesday	Thursday
Hang Clean (8, 6, 4)	DB Fly (8, 6, 4)	Overhead Squat (8, 6, 4)	Seated Row (8, 6, 4)
Good Morning (8, 6, 4)	Alternating Shoulder Press (8, 6, 4 each arm)	Bulgarian Split Squat (8, 6, 4 each leg)	Negative Lat Pulldown (8, 6, 4)
Glute Ham (8, 6, 4)	Push Ups (8, 6, 4)	Single Leg RDL (8, 6, 4 each leg)	Incline Bench Reverse Fly (8, 6, 4)
Core	Core	Core	Core

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Monday	Tuesday	Wednesday	Thursday
Snatch (from ground) (4x6)	Wide Grip Bench (4x6)	Deadlift (4x6)	Reverse Grip Pulldown (4x6)
Goblet Squat (4x6)	DB Bench (4x6)	Sumo Squat (4x6)	Incline Bench Supported Row (4x6)
Calves (4x6 each direction)	Dips (4x6)	Piston Squat (4x6 each leg)	Hammer Curl (4x6 each arm)
Core	Core	Core	Core
Monday	Tuesday	Wednesday	Thursday
Jerk (from ground) (4x4)	Close Grip Bench (4x4)	Front Squat (4x4)	Bent Over Row (4x4)
Isometric Deadlift (4x4)	DB Arnold Press (4x4)	Good Morning (4x4)	Upright Row(4x4)
Side Lunges (4x6 each leg)	Eccentric Extensions (4x6)	Single Leg Squat (4x6)	DB Shrug (4x6)
Core	Core	Core	Core

Monday	Tuesday	Wednesday	Thursday
Clean (5x2)	Bench (5x2)	Squat (5x2)	Lat Pulldown (5x2)
Split Squat (4x4 each leg)	Barbell Press (5x2)	RDL (5x2)	DB Row (4x4 each arm)
Single Leg RDL (4x6 each leg)	DB Kickback (4x6 each arm)	Lunge (4x6 each leg)	Face Pull (4x6)
Core	Core	Core	Core

½ Bench Up: regular grip bench press, movement from the chest up to half-way through the movement.

ROM Shoulder Press: regular grip with a barbell, starting with the bar overhead and moving so the elbows are bent at 90 degrees, then from the chest up to 90 degrees, then the full range of motion.

Depth Deadlift: using a regular deadlift grip, perform a deadlift while standing on a 45lb bumper plate.

45° Pulldown: regular lat pulldown grip. Instead of sitting upright, lean back so that your body makes a 45-60° angle with the ground.

½ Bench Down: regular grip bench press, movement from the top position down to half way through the movement.

Eccentric Extensions: triceps extension using the rope attachment, faster extension down, slower count up.

4-way Calf Raise: calf raise with toes in, out, forward, then shin splint prevention. At the peak of the calf raise, extend up higher as if you are about to jump.

Barbell rotation: shoulder width grip on a barbell, shrug the shoulders up then rotate them forward for specified reps, then shrug up and rotate back for specified reps.

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
3x15 55%	10	15	20	25	35	40	45	50	55
60%	12	20	25	30	35	40	50	55	60
65%	15	20	25	35	40	45	50	60	65
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
3x15	60	65	70	75	85	90	95	100	105
30-45sec.	65	70	75	85	90	95	100	110	115
Recovery	70	75	85	90	100	105	110	115	125
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
3x15	110	115	120	125	130	140	145	150	155
	120	125	130	140	145	150	155	160	165
	130	135	145	150	155	165	170	175	180
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
3x15	160	165	170	175	180	185	195	200	205
	175	180	185	190	200	205	210	215	220
	190	195	200	210	215	220	230	235	240
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
3x15	210	215	220	225	230	235	240	250	255
	230	235	240	245	250	260	265	270	275
	245	255	260	265	275	280	285	295	300
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
3x15	260	265	270	275	280	285	290	300	305
	280	290	295	300	305	310	320	325	330
	305	310	320	325	330	340	345	350	360
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
3x15	310	315	320	325	330	335	340	345	350
	335	340	350	355	360	365	370	380	385
	365	370	375	385	390	395	400	405	410

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
15, 12, 8 55%	10	15	20	25	35	40	45	50	55
62.5%	12.5	20	25	30	40	45	50	55	65
70%	15	20	30	35	40	50	65	65	70
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
15, 12, 8	60	65	70	75	85	90	95	100	105
30-45 Second	70	75	80	90	95	100	105	115	120
Recovery	75	85	90	100	105	110	120	125	135
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
15, 12, 8	110	115	120	125	130	140	145	150	155
	125	130	140	145	150	155	160	170	175
	140	145	155	160	170	175	180	190	195
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
15, 12, 8	160	165	170	175	180	185	195	200	205
	180	190	195	200	205	215	220	225	230
	205	210	215	225	230	240	245	250	260
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
15, 12, 8	210	215	220	225	230	235	240	250	255
	235	245	250	255	265	270	275	280	290
	265	275	280	285	295	300	310	315	320
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
15, 12, 8	260	265	270	275	280	285	290	300	305
	295	300	305	315	320	325	330	340	345
	330	335	345	350	355	365	370	380	385
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
15, 12, 8	310	315	320	325	330	335	340	345	350
	350	355	365	370	475	380	390	395	400
	390	400	405	415	420	425	435	440	450

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
12, 8, 6 62.5%	12.5	20	25	30	40	45	50	55	65
75%	15	25	30	40	45	55	60	70	75
85%	15	25	35	45	50	60	70	75	85
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
12, 8, 6	70	75	80	90	95	100	105	115	120
45-60 Second	85	90	100	105	115	120	130	135	145
Recovery	95	100	110	120	130	135	145	155	160
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
12, 8, 6	125	130	140	145	150	155	165	170	175
	150	160	165	175	180	190	195	205	210
	170	180	185	195	205	215	220	230	240
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
12, 8, 6	180	190	195	200	205	215	220	225	230
	220	225	235	240	250	255	265	270	280
	245	255	265	270	280	290	300	305	315
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
12, 8, 6	240	245	250	255	265	270	275	280	290
	285	295	300	310	315	325	330	340	345
	325	330	340	350	355	365	375	385	390
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
12, 8, 6	295	300	305	315	320	325	330	340	345
	355	360	370	375	385	390	400	405	415
	400	410	415	425	435	440	450	460	470
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
12, 8, 6	350	355	365	370	375	380	390	395	400
	420	430	435	445	450	460	465	475	480
	475	485	495	500	510	520	530	535	545

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
3x12 65%	12	20	25	35	40	45	50	60	65
70%	15	20	30	35	40	50	55	65	70
75%	15	25	30	40	45	55	60	70	75
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
3x12	70	80	85	90	100	105	110	115	125
60 Second	75	85	90	100	105	110	120	125	135
Recovery	85	90	100	105	115	120	130	135	145
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
3x12	130	135	145	150	155	165	170	175	180
	140	145	155	160	170	175	180	190	195
	150	160	165	175	180	190	195	205	210
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
3x12	190	195	200	210	215	220	230	235	240
	205	210	215	225	230	240	245	250	260
	220	225	235	240	250	255	265	270	280
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
3x12	245	255	260	265	275	280	285	295	300
	265	275	280	285	295	300	310	315	320
	285	295	300	310	315	325	330	340	345
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
3x12	305	310	320	325	330	340	345	350	360
	330	335	345	350	355	365	370	375	385
	355	360	370	375	385	390	400	405	415
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
3x12	365	370	375	385	390	395	405	410	415
	390	400	405	415	420	425	435	440	450
	420	430	435	445	450	460	465	475	480

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
3x8 70%	15	20	25	35	40	45	55	60	70
75%	15	20	30	35	45	50	60	65	75
80%	15	25	30	40	45	55	60	70	80
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
3x8	75	80	90	95	100	110	115	120	130
60 Sec.	80	85	95	100	110	115	125	130	140
Recovery	85	95	100	110	115	125	130	140	145
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
3x8	135	140	150	155	160	170	175	180	190
	145	150	160	165	175	180	190	195	205
	155	165	170	180	185	195	200	210	215
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
3x8	195	205	210	215	225	230	235	245	250
	210	220	225	230	240	245	255	260	270
	225	235	240	250	255	265	270	280	285
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
3x8	255	265	270	275	285	290	300	305	310
	275	285	290	295	305	310	320	325	335
	295	300	310	320	325	335	340	350	355
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
3x8	315	325	330	340	345	350	360	365	370
	340	350	355	365	370	375	385	390	400
	365	370	380	390	395	405	410	420	425
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
3x8	380	385	390	400	405	410	420	425	430
	405	410	420	430	435	440	450	455	465
	435	440	450	455	465	475	480	490	495

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
8, 6, 4 70%	15	20	30	35	40	50	55	65	70
77.5%	15	25	30	40	45	55	60	70	80
85%	15	25	35	45	50	60	70	75	85
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
8, 6, 4 70%	75	85	90	100	105	110	120	125	135
77.5%	85	95	100	110	115	125	130	140	145
85%	95	100	110	120	130	135	145	155	160
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
8, 6, 4 70%	140	145	155	160	170	175	180	190	195
77.5%	155	165	170	180	185	195	200	210	215
85%	170	180	185	195	205	215	220	230	240
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
8, 6, 4 70%	205	210	215	225	230	240	245	250	260
77.5%	225	235	240	250	255	265	270	280	285
85%	245	255	265	270	280	290	295	305	315
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
8, 6, 4 70%	265	275	280	285	295	300	310	315	320
77.5%	295	300	310	320	325	335	340	350	355
85%	325	330	340	350	360	365	375	380	390
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
8, 6, 4 70%	330	335	345	350	355	365	370	380	385
77.5%	365	370	380	385	395	405	410	420	425
85%	400	410	415	425	435	440	450	460	465
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
8, 6, 4 70%	390	400	405	415	420	425	435	440	450
77.5%	435	440	450	455	465	475	480	490	495
85%	475	485	495	500	510	520	525	535	545

60-75 Second Recovery

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
4x6 70%	15	20	30	35	40	50	55	65	70
75%	15	25	30	40	45	55	60	70	75
80%	15	25	30	40	50	55	65	70	80
85%	15	25	35	45	50	60	70	75	85
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
4x6	75	85	90	100	105	110	120	125	135
75-90 Sec	85	90	100	105	115	120	130	135	145
Recovery	90	95	105	110	120	130	135	145	150
	95	100	110	120	130	135	145	155	160
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
4x6	140	145	155	160	170	175	180	190	195
	150	160	165	175	180	190	195	205	210
	160	170	175	185	190	200	210	215	225
	170	180	185	195	205	215	220	230	240
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
4x6	200	210	215	225	230	240	245	250	260
	220	225	235	240	250	255	265	270	280
	230	240	250	255	265	270	280	290	295
	245	255	265	270	280	290	300	305	315
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
4x6	265	275	280	285	295	300	310	315	320
	285	295	300	310	315	325	330	340	345
	305	310	320	330	335	345	350	360	370
	325	330	340	350	355	365	375	385	390
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
4x6	330	335	345	350	355	364	370	3380	385
	355	360	370	375	385	390	400	405	415
	375	385	390	400	410	415	425	430	440
	400	410	415	425	435	440	450	460	465
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
4x6	390	400	405	415	420	425	435	440	450
	420	430	435	445	450	460	465	475	480
	450	455	465	470	480	490	495	505	510
	475	485	495	500	510	520	525	535	545

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
4x5 72.5%	15	20	30	35	45	50	60	65	75
77.5%	15	25	30	40	45	55	60	70	80
82.5%	15	25	35	40	50	60	65	75	85
87.5%	20	25	35	45	55	60	70	80	90
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
4x5	80	85	95	100	110	115	125	130	140
75-90 Second	85	95	100	110	115	125	130	140	145
Recovery	90	100	105	115	125	130	140	150	155
	95	105	115	125	130	140	150	160	165
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
4x5	145	150	160	165	175	180	190	195	205
	155	165	170	180	185	195	200	210	215
	165	175	180	190	200	205	215	225	230
	175	185	195	200	210	220	230	235	245
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
4x5	210	215	225	230	240	245	255	260	270
	225	235	240	250	255	265	270	280	285
	240	250	255	265	270	280	290	300	305
	255	265	270	280	290	300	305	315	325
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
4x5	275	285	290	300	305	310	320	325	335
	295	300	310	320	325	335	340	350	355
	315	320	330	340	345	355	365	370	380
	330	340	350	360	370	375	385	395	405
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
4x5	340	350	360	365	370	375	385	390	400
	365	370	380	390	395	405	410	420	425
	390	395	405	415	420	430	435	445	455
	410	420	430	440	445	455	465	475	480
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
4x5	405	415	420	430	435	440	450	455	465
	435	440	450	455	465	475	480	490	495
	460	470	480	485	495	505	510	520	530
	490	500	510	515	525	535	545	550	560

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
4x4 80%	15	25	30	40	50	55	65	70	80
82.5%	15	25	35	40	50	60	65	75	85
87.5%	20	25	35	45	50	60	70	80	90
90%	20	25	35	45	55	65	70	80	90
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
4x4	90	95	105	110	120	130	135	145	150
90 Sec.	90	100	105	115	125	130	140	150	155
Recovery	95	105	115	125	130	140	150	160	165
	100	110	115	125	135	145	155	160	170
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
4x4	160	170	175	185	190	200	210	215	225
	165	175	180	190	200	205	215	225	230
	175	185	195	200	210	220	230	235	245
	180	190	200	205	215	225	235	245	250
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
4x4	230	240	250	255	265	270	280	290	295
	240	250	255	265	270	280	290	300	305
	255	265	270	280	290	300	305	315	325
	260	270	280	290	300	305	315	325	335
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
4x4	305	310	320	330	335	345	350	360	370
	315	320	330	340	345	355	365	370	380
	335	340	350	360	370	375	385	395	405
	340	350	360	370	380	385	395	405	415
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
4x4	375	385	390	400	410	415	425	430	440
	390	395	405	415	420	430	435	445	455
	410	420	430	440	445	455	465	475	480
	425	430	440	450	460	470	475	485	495
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
4x4	450	455	465	470	480	490	495	505	510
	460	470	480	485	495	505	510	520	530
	490	500	510	515	525	535	545	550	560
	505	515	520	530	540	550	560	565	575

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
4, 4, 2, 2 77.5%	15	25	30	40	45	55	60	70	80
82.5%	15	25	35	40	50	60	65	75	85
90%	20	25	35	45	55	65	70	80	90
95%	20	30	40	50	55	65	75	85	95
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
4, 4, 2, 2 77.5%	85	95	100	110	115	125	130	140	145
82.5%	90	100	105	115	125	130	140	150	155
90%	100	110	115	125	135	145	155	160	170
95%	105	115	125	135	145	150	160	170	180
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
4, 4, 2, 2 77.5%	155	165	170	180	185	195	200	210	215
82.5%	165	175	180	190	200	205	215	225	230
90%	180	190	200	205	215	225	235	245	250
95%	190	200	210	220	230	240	245	255	265
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
4, 4, 2, 2 77.5%	225	235	240	250	255	265	270	280	285
82.5%	240	250	255	265	270	280	290	300	305
90%	260	270	280	290	300	305	315	325	335
95%	275	285	295	305	315	325	335	340	350
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
4, 4, 2, 2 77.5%	295	300	310	320	325	335	340	350	355
82.5%	315	320	330	340	345	355	365	370	380
90%	340	350	360	370	380	385	395	405	415
95%	360	370	380	390	400	410	420	430	437
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
4, 4, 2, 2 77.5%	365	370	380	390	395	405	410	420	425
82.5%	390	395	405	415	420	430	435	445	455
90%	425	430	440	450	460	470	475	485	495
95%	445	455	465	475	485	495	505	515	525
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
4, 4, 2, 2 77.5%	435	440	450	455	465	475	480	490	495
82.5%	460	470	480	485	495	505	510	520	530
90%	505	515	520	530	540	550	560	565	575
95%	530	540	550	560	570	580	590	600	610

90-120 Second Recovery

Max	**20**	**30**	**40**	**50**	**60**	**70**	**80**	**90**	**100**
5x2 87.5	20	25	35	45	50	60	70	80	90
90%	20	25	35	45	55	65	70	80	90
92.5%	20	30	35	45	55	65	75	85	95
95%	20	30	40	50	55	65	75	85	95
97.5%	20	30	40	50	60	70	80	90	100
Max	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**
5x2	95	105	115	125	130	140	150	160	165
	100	110	115	125	135	145	155	160	170
2-3 min	100	110	120	130	140	150	155	165	175
Recovery	105	115	125	135	145	150	160	170	180
	105	115	125	135	145	155	165	175	185
Max	**200**	**210**	**220**	**230**	**240**	**250**	**260**	**270**	**280**
5x2	175	185	195	200	210	220	230	235	245
	180	190	200	205	215	225	235	245	250
	185	195	205	215	220	230	240	250	260
	190	200	210	220	230	240	245	255	265
	195	205	215	225	235	245	255	265	275
Max	**290**	**300**	**310**	**320**	**330**	**340**	**350**	**360**	**370**
5x2	255	265	270	280	290	300	305	315	325
	260	270	280	290	295	305	315	325	335
	270	280	285	295	305	315	325	335	340
	275	285	295	305	315	325	335	340	350
	285	295	300	310	320	330	340	350	360
Max	**380**	**390**	**400**	**410**	**420**	**430**	**440**	**450**	**460**
5x2	335	340	350	360	370	375	385	395	405
	340	350	360	370	380	385	395	405	415
	350	360	370	380	390	400	405	415	425
	360	370	380	390	400	410	420	430	437
	370	380	390	400	410	420	430	440	450
Max	**470**	**480**	**490**	**500**	**510**	**520**	**530**	**540**	**550**
5x2	410	420	430	440	445	455	465	475	480
	425	430	440	450	460	470	475	485	495
	435	445	455	465	470	480	490	500	510
	445	455	465	475	485	495	505	515	525
	460	470	480	490	495	505	515	525	535
Max	**560**	**570**	**580**	**590**	**600**	**610**	**620**	**630**	**640**
5x2	490	500	510	515	525	535	545	550	560
	505	515	520	530	540	550	560	565	575
	520	525	535	545	555	565	575	585	590
	530	540	550	560	570	580	590	600	610
	545	555	565	575	585	595	605	615	625

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