

# WENDLER 5/3/1

**SOURCE:** T-NATION - Bryan Krahn ( [www.t-nation.com](http://www.t-nation.com) ) — elitefts ( <http://www.elitefts.net/> )

## WENDLER 5/3/1 IN BRIEF —

- a strength training methodology developed by Jim Wendler

## WHO IS JIM WENDLER —

- senior editor and sales manager with Elite Fitness Systems
- former college football player (University of Arizona)
- strength and conditioning coach (University of Kentucky)
- trained with Westside Barbell

## WHY DEVELOP 5/3/1 —

- In Jim's own words, quoted by T-NATION:

"I want be able to do a bunch of different activities and still kick ass in the weight room. I want to be as mobile, flexible, strong, and in as good a condition as I possibly can. That's how I came up with 5/3/1."

## WHAT IS WENDLER 5/3/1:

■ strength training system geared to develop strength gains with staple lifts → bench press, squat, deadlift, press

## THREE TIPS —

- 1 start light
- 2 progress slowly
- 3 break personal records ('rep records' not 'one rep max')

- percentage of your one-rep max = 90% of 1RM
- next cycle, increase load
- on a 5+, 3+, 1+ set, do as many reps you can manage with that weight
  - goal of obtaining a rep record

## TRAINING FREQUENCY / STRUCTURE —

- train three or four days per week
- each workout focused on one core lift
- each training cycle lasts four weeks, with the following set rep goals

week 1: 3 x 5

week 2: 3 x 3

week 3: 3 x 5, 3, 1

week 4: deloading

week 1

week 2

week 3

week 4

set 1

65% x 5

70% x 3

75% x 5

40% x 5

set 2

75% x 5

80% x 3

85% x 3

50% x 5

set 3

85% x 5+

90% x 3+

95% x 1+

60% x 5

# Wendler 531 Manual

**JR Anderson**



## **Wendler 531 Manual:**

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and how these might be addressed This latest IPCC assessment will again form the standard scientific reference for all concerned with climate change and its consequences including students and researchers in all aspects of environmental and atmospheric science and policymakers in governments and industry worldwide **Climate Change 2001: Impacts, Adaptation, and Vulnerability** Intergovernmental Panel on Climate Change. Working Group II.,2001-07-02 Some issues addressed in this Working Group III volume are mitigation of greenhouse gas emissions managing biological carbon reservoirs geo engineering costing methods and decision making frameworks **Washington State Publications** ,1972

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