

5/3/1 Wendler - Trainingsplan mit Assistance Work

4 Trainingstage für Anfänger und Fortgeschrittene

	Vorgabe								Übung			
	Woche 1		Woche 2		Woche 3		Woche 4		Tag 1	Tag 2	Tag 3	Tag 4
	Reps	Prozent TM	Reps	Prozent TM	Reps	Prozent TM	Reps	Prozent TM				
1. Warm-Up	5	40%	5	40%	5	40%	5	40%	Squat	Benchpress	Deadlift	Press
2. Warm-Up	5	50%	5	50%	5	50%	5	50%	Squat	Benchpress	Deadlift	Press
3. Warm-Up	5	60%	5	60%	5	60%	5	60%	Squat	Benchpress	Deadlift	Press
1. Arbeitssatz	5	65%	3	70%	5	75%						
2. Arbeitssatz	5	75%	3	80%	3	85%						
3. Arbeitssatz	5+	85%	3+	90%	1+	95%						
1. Zusatzsatz	8	...	8	...	8	...	8	...	Front Squat	Schrägbank (KH/LH)	Dips	Press KH
2. Zusatzsatz	8	...	8	...	8	...	8	...	Front Squat	Schrägbank (KH/LH)	Dips	Press KH
3. Zusatzsatz	8	...	8	...	8	...	8	...	-	-	Dips	
1. BBB Satz	10	50-60%	10	50-60%	10	50-60%	10	50-60%	Sumo Deadlift	Press	Front-Squat	Benchpress
1. BBB Supersatz	10	...	10	...	10	...	10	...	Dips	Chin Up	-	Kurzhantelrudern
2. BBB Satz	10	50-60%	10	50-60%	10	50-60%	10	50-60%	Sumo Deadlift	Press	Front-Squat	Benchpress
2. BBB Supersatz	10	...	10	...	10	...	10	...	Dips	Chin Up	-	Kurzhantelrudern
3. BBB Satz	10	50-60%	10	50-60%	10	50-60%	10	50-60%	Sumo Deadlift	Press	Front-Squat	Benchpress
3. BBB Supersatz	10	...	10	...	10	...	10	...	Dips	Chin Up	-	Kurzhantelrudern
4. BBB Satz	10	50-60%	10	50-60%	10	50-60%	10	50-60%	Sumo Deadlift	Press	Front-Squat	Benchpress
4. BBB Supersatz	10	...	10	...	10	...	10	...	Dips	Chin Up	-	Kurzhantelrudern
5. BBB Satz	10	50-60%	10	50-60%	10	50-60%	10	50-60%	Sumo Deadlift	Press	Front-Squat	Benchpress
5. BBB Supersatz	10	...	10	...	10	...	10	...	Dips	Chin Up	-	Kurzhantelrudern

Den kompletten Artikel zu diesem 5/3/1 Wendler Trainingsplan findest du unter buffcoach.net/c37033

Mehr zu 5/3/1 - FAQ: bit.ly/531faq – Trainingsplan Generator: bit.ly/531generator – Forum: bit.ly/531forum