

SCHEDULE A				
	PHASE 1 (WEEKS 1-4):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 1	RPE = 7	5	6	4
WEEK 2	RPE = 8	5	6	4
WEEK 3	RPE = 8.5	5	6	4
WEEK 4	RPE = 9	5	6	4

	PHASE 2 (WEEKS 5-8):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 5	RPE = 7	6	7	5
WEEK 6	RPE = 8	6	7	5
WEEK 7	RPE = 8.5	6	7	5
WEEK 8	RPE = 9	6	7	5

	PHASE 3 (WEEKS 9-12):	DAY 1	DAY 2	DAY 3
EXERCISE				
CLEAN + PRESS		Reps Per Set	Reps Per Set	Reps Per Set
WEEK 9	RPE = 7	7	8	6
WEEK 10	RPE = 8	7	8	6
WEEK 11	RPE = 8.5	7	8	6
WEEK 12	RPE = 9	7	8	6