

— 12-WEEK PROGRESSIVE BLOCK

ADVANCE.

Three phases, one plan. Volume builds the tissue, intensity turns it into strength, and the realisation phase lets you actually express it. Built to be autoregulated — the plan adapts to the day you're having.

12 WEEKS

DURATION

4X / WEEK

SESSIONS

FULL GYM

EQUIPMENT

AUTOREGULATION, IN PRACTICE.

Fixed percentages assume every day is average. They aren't. This program prescribes an effort target instead, and you find the load that matches it that day — heavier when you're fresh, lighter when you're not, without ever falling off the plan.

RIR — REPS IN RESERVE

Every working set has a target for how many reps you should have *left* when you stop. **3 RIR** means you finish the set believing you had three more clean reps available. **1 RIR** means one. **0 RIR** means genuine failure — used rarely, and never on the main barbell lifts.

ACCUMULATE

3–4 RIR

Sets should feel controlled and repeatable. If your last set looks like your first, you've judged it right.

INTENSIFY

1–2 RIR

The last two reps get genuinely difficult but bar speed stays honest and technique doesn't break.

REALISE

1 RIR to 0

Top singles and doubles near your limit — but only on the days the program calls for it.

THE TOP SET / BACK-OFF STRUCTURE

Main lifts use one **top set** taken to the day's RIR target, then **back-off sets** at 10–15% lighter for the prescribed reps. The top set measures where you are today; the back-offs do the volume. On a bad day the top set is simply lighter — you still complete the session, you just don't force a number your body didn't have.

THE ONE RULE PEOPLE BREAK

Do not turn Accumulation into Intensification because you feel good in week 2. The early phase feeling "too easy" is the point — it's building the base that makes weeks 9–12 possible. Spending that base early is the single most common way this block gets wasted.

DAY A.

~70 min
SESSION LENGTH

#	EXERCISE	SETS	REPS	REST	NOTES BY PHASE
1	Back Squat — Top Set	1	6 / 4 / 2	180s	Accumulate 6 · Intensify 4 · Realise 2. Taken to phase RIR.
2	Back Squat — Back-Off	3	8 / 5 / 3	150s	10–15% below the top set.
3	Romanian Deadlift	3	8 / 6 / 5	120s	Hinge, don't squat it. Bar tracks the thigh.
4a	Bulgarian Split Squat Superset A	3	10 / 8 / 6 ea.	—	Load drops in Realise; keep quality high.
4b	Hanging Leg Raise Superset A	3	10–12	90s	Strict, no swing.
5	Standing Calf Raise	3	12–15	60s	Pause at top and bottom.

READING THE REP COLUMN

Three numbers separated by slashes = the prescription for each phase in order: **Accumulate / Intensify / Realise**.
So "6 / 4 / 2" means six reps in weeks 1–4, four in weeks 5–8, two in weeks 9–12. This holds on every page.

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