



How to use the program templates for the Speakeasy Club

Step 1. Enter your maxes

Under the maxes table, enter each of your maxes for each lift. If you don't have a max, that's okay, just use your heaviest recent set for an estimated max using this formula:

$$(\text{Weight} \times .03 \times \text{Number of Reps}) + \text{Weight} = \text{Estimated Max}$$

Once you enter your maxes, all of the weights for your working sets will automatically be added for you. This is why you will see 0s under some of the lifts before you enter anything.

Name:

Period:

Maxes:		W
Clean	150	
C&J		
Jerk		
Snatch	115	
Squat	180	
DL		
Press		
Bench Press		
Front Squat		
WL Total		

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Day 1			
Exercise: Back Squat			
Notes:			
	Sets	Reps	Weight
Week 1	4 x 8	@	117
Week 2	4 x 8	@	126
Week 3	4 x 8	@	135
Week 4	4 x 8	@	144

Step 2. Understanding the autoregulation table

Perceived Fatigue Chart	Workout Performance	Recovery Points	Rated Perceived Exertion (RPE)
1- No soreness, 100% recovered	1- Very weak, could barely finish	One point for each:	10- Maximum weight or failure
2- Light soreness, can train hard	2- Difficult but got everything done	Slept 7-9 hours	9- One rep left till failure
3- Moderately sore, can train	3- Moderate, challenging but felt good	Ate two servings of fruit and veggies	8- Two reps left till failure
4- Pretty sore, will effect training	4- Good, tough but felt great	Hit my macros	7- Three reps left till failure
5- Very sore, physical pain	5- Killed it, everything felt easy	Nonstressful work day	6- Slight effort
		Dedicated stretching	

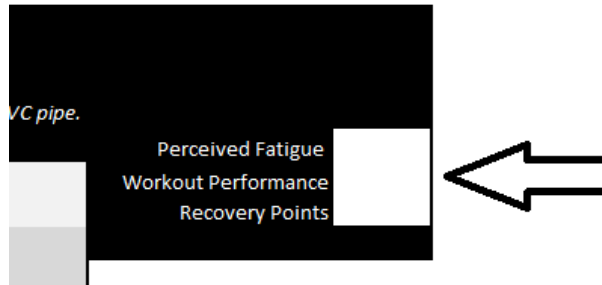
This table is strictly for your use for auto-regulation purposes.

Perceived Fatigue is how you feel BEFORE going into the gym. It's good to note this so you can understand your performance and if you need to tweak your recovery. If at the end of the week you noticed you're recording several 5s, there's a recovery problem you need to address in order to keep making progress. We suggest knocking off 5% of the load for each lift if you are going in with a 4, stay home and take a nap if it's a 5.

Workout Performance is how you feel AFTER the gym. It's good to note this so you can understand how to progress the following week. We set up your progressions, but if you reported a 1, we suggest you reduce the loads for the following week by 5%. If you report a 2, we suggest you keep the weight the same the following week.

Recovery Points are to monitor what's going on OUTSIDE the gym. If your progress is stagnating, this is a good place to look to see if something beyond the gym is effecting your results. Give yourself one point for each factor. Optimal recovery would result from 4-5 points daily, but if you notice you're only getting 1-2 points a day, you might see some set-backs in the gym due to poor recovery.

This chart is strictly for your use to manage recovery and intensity. Enter the appropriate numbers for each day to the right of each workout.



Step 3. Understanding RPE

Rated Perceived Exertion (RPE) is how many repetitions shy of failure you are at the end of each set. An RPE of 10 would indicate a set performed till failure, as in you could not physically perform another repetition once you hit the prescribed amount of reps. An RPE of 9 would indicate you could have performed another rep if you truly tried once you reached the end of the set. An RPE of 8 would mean two reps left, etc.

We will give you a Goal RPE for many accessory lifts since you won't have a bicep curl one-rep max, and if you do, that's just silly. RPE is a very important variable because going to failure each set can severely affect how much volume you can do per workout and progress from week to week. If you do a set of pull-ups till failure your first set for example, the amount of pull-ups you do the following set might be cut in half. If you stopped yourself a rep or two short (8 or 9 RPE), you might be able to repeat your performance the following set. Using the RPE scale takes practice, so it's important to be honest with how hard you're training. An 8RPE (2 reps away from failure) is definitely not easy, but it shouldn't look like you're about to die either.

As previously said, we will assign you a goal RPE for most accessory lifts. If there is NOT a weight assigned, there is most likely a goal RPE assigned. You will perform that lift at that intensity.

Day 1					
Exercise: Barbell Row					
Notes:					
	Sets	Reps	Weight	RPE Goal	Last Set RPE
Week 1	4	x 10	@	6-7RPE	
Week 2	4	x 10	@	7-8RPE	
Week 3	4	x 10	@	7-8RPE	
Week 4	4	x 10	@	8RPE	

For example, you won't have a one-rep max for the barbell row. Therefore, for weeks 2-3, you will pick a weight that leaves you about 2-3 reps shy of failure each set.

Last Set RPE is strictly for you. It allows you to track which weight worked for you that way the next week you know around how much weight to use without having to guess. For example, if your Last Set

RPE for week 2 was 8 and you did 50kg, you might only bump up to 52.5kg for week 3. If your Last Set RPE for week 2 was 7, you might get a little more aggressive and try 55kg for week 3.

Frequently Asked Questions

1. **Q:** How much weight do I use?

A: The weight will either be assigned to you based on your maxes or based on RPE. If there is a "0" under the "Weight" column, it is either because you did not enter your maxes, or it is a back off set that requires you to enter the weight for your heavy single/double/triple/etc.

Day 1			
Exercise: High Hang 3RM Snatch			
Notes: Work up to a heavy 3rm. Straps okay. The			
	Sets	Reps	Weight
Week 1	1 x 3	@	95
	2 x 3	@	81
Week 2	1 x 3	@	98
	3 x 3	@	0
Week 3	1 x 3	@	
	3 x 3	@	0
Week 4	1 x 3	@	
	3 x 3	@	0



Once you hit enter, the back off sets will be calculated.

2. **Q:** There's only one day of workouts on my template.

A: Each day of the program is on its own tab. Click the tabs to access each day.

Week 3	4 x 30	@	7-8RPE
Week 4	4 x 30	@	8RPE

<	Day 1	Day 2	Day 3	Day 4	Day 5	>
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3. **Q:** Do I have to start Day 1 on Monday?

A: Absolutely not. You can start Day 1 on any day of the week, but the program is meant to be followed in order, so changing the sequence of days would not be optimal. So if you begin on Wednesday, make sure its Day 1 you are performing on Wednesday, Day 2 on Thursday, etc...

4. **Q:** When do I rest?

A: We recommend resting 1-2 days each week. All programs that have a Day 4 or 5 ending with

heavy singles or maxes should have a day of rest prior. For example, this workout should have a day of rest prior to performing:

Day 5					
Exercise: Snatch					
Notes: <i>Work up to a heavy double. Enter weights and back off set singles will be calculated for you.</i>					
	Sets	Reps	Weight	RPE Goal	Last Set RPE
Week 1	1 x 2	@			
	2 x 1	@	0		
Week 2	1 x 2	@			
	2 x 1	@	0		

Perceived Fatigue

Workout Performance

Recovery Points

Since the programs vary, as well as goals, it's absolutely essential that you listen to your body and rest when you believe it is needed. Also, if your life requires more rest days (due to work or family), this is not a problem, just be sure to continue following the days in order.

5. **Q:** My question is not listed here, what do I do with my hands?

A: Feel free to send us a message through our contact page, in our Facebook group, or send me an email directly for any other questions or further explanations you may need:

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