

# CFK Kraft-Plan Woche 5-8 (Mesozyklus II Aufbauphase 2)

## Session 1

Part 1			
Backsquat			
Woche 1	Woche 2	Woche 3	Woche 4
Reps: 7/7/7+	Reps: 5/5/5+	Reps: 3/3/3RM	Reps: 7/7/7
#50%	#55%	#70%	#50%
#60%	#65%	#80%	#55%
#70%	#75%	#3RM	#60%
1RM = 8RM x 8 x 0,033 + 8RM			
45-60sec rest			
Pullups			
Woche 1	Woche 2	Woche 3	Woche 4
Reps: max *	Reps: max *	Reps: max *	Reps: wie W1
#1	#1	#1	#1
#2	#2	#2	#2
#3	#3	#3	#3
* mind. 8 max. 15 reps			
90-120sec rest			

Part 2			
Bench Press			
Woche 1	Woche 2	Woche 3	Woche 4
Reps: 7/7/7+	Reps: 5/5/5+	Reps: 3/3/3RM	Reps: 7/7/7
#50%	#55%	#70%	#50%
#60%	#65%	#80%	#55%
#70%	#75%	#3RM	#60%
1RM = 8RM x 8 x 0,033 + 8RM			
45-60sec rest			
Good Mornings			
Woche 1	Woche 2	Woche 3	Woche 4
Reps: 8/8/8+	Reps: 8/8/8+	Reps: 8/8/8+	Reps: 8/8/8 wie W1
#1	#1	#1	#1
#2	#2	#2	#2
#3	#3	#3	#3
90-120sec rest			

Part 3
<b>Finisher:</b>
8 rounds of: 2x10m Suitcase carry
45sec rest btw. sets