

THE TRAINING LOG — FULL 12-WEEK SET

Sheet 3 — The Training Log — Full 12-Week Set

The ladder, from Chapter 7: top of the rep range on every set with two in the bank -> next rung: +2-5 lb (1-2 kg) or next level. The rule that outranks all others: the signal never goes fully dark -- the ten-minute version counts.

Week 1, Session 1 (Session 1 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 1, Session 2 (Session 2 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			

Pattern	Level	Load	Reps
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 2, Session 1 (Session 3 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 2, Session 2 (Session 4 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 3, Session 1 (Session 5 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			

Pattern	Level	Load	Reps
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 3, Session 2 (Session 6 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 4, Session 1 (Session 7 overall)

Pattern	Level	Load	Reps
Squat			

Pattern	Level	Load	Reps
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 4, Session 2 (Session 8 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 5, Session 1 (Session 9 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 5, Session 2 (Session 10 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			

Pattern	Level	Load	Reps
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 6, Session 1 (Session 11 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 6, Session 2 (Session 12 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 7, Session 1 (Session 13 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			

Pattern	Level	Load	Reps
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 7, Session 2 (Session 14 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 8, Session 1 (Session 15 overall)

Pattern	Level	Load	Reps
Squat			

Pattern	Level	Load	Reps
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 8, Session 2 (Session 16 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 9, Session 1 (Session 17 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 9, Session 2 (Session 18 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			

Pattern	Level	Load	Reps
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 10, Session 1 (Session 19 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 10, Session 2 (Session 20 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 11, Session 1 (Session 21 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			

Pattern	Level	Load	Reps
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 11, Session 2 (Session 22 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 12, Session 1 (Session 23 overall)

Pattern	Level	Load	Reps
Squat			

Pattern	Level	Load	Reps
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐

Week 12, Session 2 (Session 24 overall)

Pattern	Level	Load	Reps
Squat			
Hinge			
Push			
Pull			
Carry			
Brace			

Rung attempted this session (one): ☐ +reps ☐ +load ☐ +level -- on which pattern:

Post-session protein feeding within ~2 hours: ☐