

5/3/1 Jim Wendler Trainingsplan von

Press										TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4				
1. Warm-Up	5	40%	5	40%	5	40%					
2. Warm-Up	5	50%	5	50%	5	50%					
3. Warm-Up	3	60%	3	60%	3	60%					
1. Work	5	65%	3	70%	5	75%	5		40%		
2. Work	5	75%	3	80%	3	85%	5		50%		
3. Work	5+	85%	3+	90%	1+	95%	5		60%		

Deadlift										TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4				
1. Warm-Up	5	40%	5	40%	5	40%					
2. Warm-Up	5	50%	5	50%	5	50%					
3. Warm-Up	3	60%	3	60%	3	60%					
1. Work	5	65%	3	70%	5	75%	5		40%		
2. Work	5	75%	3	80%	3	85%	5		50%		
3. Work	5+	85%	3+	90%	1+	95%	5		60%		

Bench-Press										TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4				
1. Warm-Up	5	40%	5	40%	5	40%					
2. Warm-Up	5	50%	5	50%	5	50%					
3. Warm-Up	3	60%	3	60%	3	60%					
1. Work	5	65%	3	70%	5	75%	5		40%		
2. Work	5	75%	3	80%	3	85%	5		50%		
3. Work	5+	85%	3+	90%	1+	95%	5		60%		

Squat										TM: -	1RM: -
Satz	Woche 1		Woche 2		Woche 3		Woche 4				
1. Warm-Up	5	40%	5	40%	5	40%					
2. Warm-Up	5	50%	5	50%	5	50%					
3. Warm-Up	3	60%	3	60%	3	60%					
1. Work	5	65%	3	70%	5	75%	5		40%		
2. Work	5	75%	3	80%	3	85%	5		50%		
3. Work	5+	85%	3+	90%	1+	95%	5		60%		