This way of training is based more on how you feel before, during and after your workouts. Adjustments can be made at any time. Nothing is written before you start the cycle. Each workout is based on the previous training session. Here is an example.

Monday is light squat, heavy bench. Wednesday is deadlift. Friday is heavy squat, light bench. Warm up sets are whatever it takes to prepare you for the working sets which are given as examples.

Week 1:

Monday: Squat: Warm up sets, 185x3x6 Bench: Warm up sets, 155x3, 170x3, 200x2, 180x5

Wednesday: Deadlift: Warm up sets, 365x3, 335x7

Friday: Squat: Warm up sets, 260x1, 285x3, 255x8 Bench: Warm up sets, 155x3x6

Week 4:

Monday: Squat: Warm up sets, 195x3x6 Bench: Warm up sets, 155x1, 170x1, 185x1, 200x3, 180x6

Wednesday: Deadlift: Warm up sets, 375x3, 345x6

Friday: Squat: Warm up sets, 270x1, 295x3, 265x8 Bench: Warm up sets, 165x3x6

Week 6:

Monday: Squat: Warm up sets, 195x3x6 Bench: Warm up sets, 155x1, 170x1, 185x1, 200x3, 180x6

Wednesday: Deadlift: Warm up sets, 385x2, 355x4

Friday: Squat: Warm up sets, 270x1, 295x3, 265x6 Bench: Warm up sets, 165x3x6

Week 8:

Monday: Bench: Warm up sets, 155x1, 170x1, 185x1, 200x1, 210x1, 220x1

Friday: Bench: 165x3x6

I discontinued Squat and deadlift on week 8 due to injury. I have included the bench workout so you can see that once I was comfortable with 200, I did more weight at one rep to prepare for contest. Shortly thereafter, I discontinued all lifting once I saw my Xrays.

I did not include every week of this particular cycle in order to keep it short. As can be seen, I am trying to increase weight on both light and heavy lifting sessions. Warm up as needed. The set after the heavy set is important. I try to keep it around 5 reps. If you can get more, then go heavier next week. If you can only get 3 reps, keep with the weight until you can do more reps. I have not included supplemental exercises because at my age, this was enough.