

initial test: the road to two hundred squats

RANK	number of squats performed		
	< 30 YEARS	30 - 39 YEARS	> 40 YEARS
excellent	over 49	over 41	over 31
very good	44 - 49	36 - 41	26 - 31
good	36 - 43	28 - 35	20 - 25
average	26 - 35	19 - 27	15 - 19
poor	0 - 25	0 - 19	0 - 15

week 1: pick the appropriate column depending on your initial test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 squats	11 - 20 squats	21 - 30 squats
SET 1	3	8	13
SET 2	4	8	16
SET 3	3	5	9
SET 4	3	5	9
SET 5	max (at least 5)	max (at least 7)	max (at least 13)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	8	13
SET 2	5	11	16
SET 3	3	8	13
SET 4	5	8	13
SET 5	max (at least 5)	max (at least 9)	max (at least 16)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	11	15
SET 2	6	13	20
SET 3	5	10	13
SET 4	5	10	13
SET 5	max (at least 7)	max (at least 13)	max (at least 18)

week 2: pick the same column as you did in week 1

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	up to 10 squats	11 - 20 squats	21 - 30 squats
SET 1	6	13	19
SET 2	8	15	19
SET 3	5	11	13
SET 4	5	11	13
SET 5	max (at least 8)	max (at least 15)	max (at least 20)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	13	19
SET 2	8	16	22
SET 3	5	13	16
SET 4	5	13	16
SET 5	max (at least 10)	max (at least 18)	max (at least 23)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	7	16	22
SET 2	11	18	22
SET 3	7	13	19
SET 4	7	13	19
SET 5	max (at least 11)	max (at least 21)	max (at least 27)
PROGRESS TEST			

week 3: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	21 - 30 squats	31 - 40 squats	> 40 squats
SET 1	13	16	19
SET 2	16	22	24
SET 3	10	17	19
SET 4	10	17	19
SET 5	max (at least 13)	max (at least 22)	max (at least 27)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	19	27
SET 2	16	25	34
SET 3	11	19	21
SET 4	11	19	21
SET 5	max (at least 16)	max (at least 25)	max (at least 34)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	15	22	30
SET 2	18	29	38
SET 3	13	20	27
SET 4	13	21	27
SET 5	max (at least 18)	max (at least 29)	max (at least 40)



the two hundred squats training program

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DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 110 squats	75 - 90 squats	91 - 110 squats
SET 1	63	54	34
SET 2	76	67	40
SET 3	47	34	27
SET 4	40	31	20
SET 5	max (at least 76)	max (at least 54)	max (at least 67)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	30	19	27
SET 2	40	21	31
SET 3	40	27	32
SET 4	32	19	24
SET 5	max (at least 29)	max (at least 13)	max (at least 24)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	35	18	30
SET 2	45	23	40
SET 3	35	22	31
SET 4	30	19	24
SET 5	max (at least 100)	max (at least 81)	max (at least 72)
FINAL TEST			
SET 9	max (at least 67)	max (at least 54)	max (at least 81)
SET 8	78	19	24
SET 7	30	13	24
SET 6	35	22	31
SET 5	45	23	40
SET 4	35	18	30

week 6: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	< 60 squats	51 - 60 squats	41 - 50 squats
SET 1	49	38	23
SET 2	54	47	27
SET 3	40	34	21
SET 4	32	30	21
SET 5	max (at least 54)	max (at least 47)	max (at least 27)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	27	13	24
SET 2	32	18	27
SET 3	32	13	19
SET 4	24	13	22
SET 5	max (at least 63)	max (at least 34)	max (at least 54)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	27	16	23
SET 2	32	20	27
SET 3	27	16	23
SET 4	27	13	27
SET 5	max (at least 67)	max (at least 60)	max (at least 81)
PROGRESS TEST			
SET 8	max (at least 40)	max (at least 60)	max (at least 81)
SET 7	36	13	27
SET 6	27	16	23
SET 5	32	20	27
SET 4	27	16	23
SET 3	27	13	27
SET 2	27	13	27
SET 1	max (at least 11)	max (at least 21)	max (at least 27)

week 5: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	> 40 squats	31 - 40 squats	21 - 30 squats
SET 1	29	24	16
SET 2	34	30	19
SET 3	29	22	15
SET 4	29	22	13
SET 5	max (at least 43)	max (at least 22)	max (at least 34)
DAY 2 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	34	19	27
SET 2	40	22	34
SET 3	34	16	27
SET 4	34	16	27
SET 5	max (at least 49)	max (at least 24)	max (at least 38)
DAY 3 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	40	22	31
SET 2	45	24	38
SET 3	40	18	31
SET 4	40	18	31
SET 5	max (at least 54)	max (at least 27)	max (at least 45)
PROGRESS TEST			
SET 5	max (at least 27)	max (at least 45)	max (at least 54)
SET 4	40	18	31
SET 3	40	18	31
SET 2	45	24	38
SET 1	40	22	31

week 4: pick the same column as you did in week 3