Load From Your 3RM

A backup working-weight chart for when your latest number is a 3-rep max.

TLC WORKS FROM YOUR 5RM

Use the 5RM chart first. This chart is a backup for when the most recent number you have is a 3RM.

Your **3RM** is the heaviest weight you can lift for 3 clean reps. Later Seasons test 3s, so this chart lets you load straight from that number.

REPS	*0 RIR RPE 10*	*1 RIR RPE 9*	*2 RIR RPE 8*	*3 RIR RPE 7*	*4 RIR RPE 6*
1	108%	104%	**100%**	97%	94%
2	104%	**100%**	97%	94%	91%
3	**100%**	97%	94%	91%	88%
4	97%	94%	91%	88%	85%
5	94%	91%	88%	85%	83%
6	91%	88%	85%	83%	80%
7	88%	85%	83%	80%	77%
8	85%	83%	80%	77%	74%

1
Pick your reps
The number of reps the program asks for.

2
Pick your RIR
How many good reps you should have left.

3
Find the %
Read it where the row and column meet.

4
Multiply
Your 3RM × that %, rounded to the nearest 5 lb.

Example: 3RM Back Squat 250 lb. Program says 5 reps @ 2 RIR → 88% → 220 lb → load **220 lb**.

CONVERT TO A 5RM

3RM × 0.94 ≈ your 5RM. Then you can use the main chart.

THE PATTERN TO REMEMBER

Reps + RIR = the effort. 1 rep @ 2 RIR and 3 reps @ 0 RIR both land on your 3RM weight (the highlighted cells).

Percentages come from a standard reps-to-failure table, rescaled and rounded to 1%. They are estimates — if the bar slows down or form breaks, adjust.