Load From Your 5RM

A working-weight chart built on your Check-week 5RM instead of a 1-rep max.

RIR (reps in reserve) is how many good reps you could still do at the end of a set. Most charts start from a 1-rep max, a number most of us never test. At TLC you set a rep max in every **Check week**, so this chart starts from your **5RM**: the heaviest weight you can lift for 5 clean reps.

REPS	*0 RIR RPE 10*	*1 RIR RPE 9*	*2 RIR RPE 8*	*3 RIR RPE 7*	*4 RIR RPE 6*
1	116%	111%	107%	103%	**100%**
2	111%	107%	103%	**100%**	97%
3	107%	103%	**100%**	97%	94%
4	103%	**100%**	97%	94%	91%
5	**100%**	97%	94%	91%	88%
6	97%	94%	91%	88%	86%
7	94%	91%	88%	86%	82%
8	91%	88%	86%	82%	79%

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 5RM × that %, rounded to the nearest 5 lb.

Example: 5RM Back Squat 225 lb. Program says 5 reps @ 2 RIR → 94% → 211 lb → load **210 lb**. When the program says a percent, like **4×5 @ 87.5%**, it's a percent of your last Check-week 5RM. If the first work set feels harder than RPE 8, drop 5–10 lb.

CONVERTING MAXES

Later Seasons test 4s and 3s: 4RM × 0.97 ≈ your 5RM, 3RM × 0.94 ≈ your 5RM. Curious about your 1RM? 5RM × 1.16 ≈ your estimated max.

THE PATTERN TO REMEMBER

Reps + RIR = the effort. 3 reps @ 2 RIR and 5 reps @ 0 RIR both land on your 5RM weight (the highlighted cells).

Percentages come from a standard reps-to-failure table, rescaled to a 5RM and rounded to 1%. They are estimates — if the bar slows down or form breaks, the chart is wrong for you today. Adjust.