

FREE PROGRAMME F04

CALIBRE HEAVY-THEN-PUMP

6 WEEKS · 4 DAYS · FREE

V1.0

Coach Mo · Train with CALIBRE

@trainwithcalibre · trainwithcalibre.com

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DURATION	FREQUENCY	SESSION	EFFORT	LEVEL
6 weeks	4 days / week	55–70 min	RIR	Intermediate

How to use

- 1 Read every page before session one. Each session runs in three parts, in a fixed order.
- 2 Week 1 is calibration: the heavy lift stops at RIR 3 while you find your loads.
- 3 Run the four sessions in order each week. A missed day is gone, not owed.
- 4 Log load, reps and RIR for every working set before you leave the station.

Who it is for

Who this is for

- Intermediates with at least a year of training who can squat, press, row and hinge with consistent technique.
- People who like starting a session heavy but train mainly for muscle, not for a max.
- Anyone who can train four days a week for six weeks, 55–70 minutes a session.
- Lifters who want a short taster of heavy-plus-volume training before committing to a longer block.

Who should not run this

- Beginners who have not yet learned the barbell lifts. Get the patterns coached first.
- Anyone returning from injury or a long lay-off, or training around unassessed pain.
- People who want a tested max or a powerlifting peak. There is no testing, no waves and no peaking here.
- Anyone looking for a fat-loss, cut or bulk plan. This is a training block, not a diet.

Entry requirement: 1+ year of consistent training.

The method

I built Heavy-Then-Pump for the lifter who enjoys moving a heavy bar but trains mainly for muscle. Every session has three parts: one heavy compound while you are fresh, two or three hypertrophy movements, then a short pump finisher. It is an introduction to heavy-plus-volume training, not a strength peak.

The heavy lift is capped at three working sets in the 5–8 range, stopped at RIR 2. You will get stronger, but the number is not the goal. The goal is that the heavy lift is done well, so the volume after it is done well too.

CALIBRE PRINCIPLE

Heavy first, then earn the volume.

The first lift sets the standard for the session. The volume after it only counts if the heavy work was done properly.

Where the style comes from

This programme borrows from the heavy-basics-then-volume style of 2000s competitive bodybuilding: a heavy free-weight compound first, then stricter, lighter work. It is a style reference, not a copy of any routine. Loads, volume and effort are scaled to an introductory four-day block, and results from elite athletes are not transferable.

Based on established training styles. Not affiliated with or endorsed by any athlete.

Why it works

- Putting the heavy compound first, when you are freshest, gives you the best quality reps and a clear trend in your log.
- Heavy loads help strength, but they are not required for size: moderate and lighter sets taken close to failure build muscle too. That is why most of each session is 8–15 reps.
- The finisher uses short rests. Very short rests may slightly reduce growth, so it is one exercise at the end of the session, never the main work.
- Each main lift is trained once a week. That is fine for muscle when weekly volume is in place, but strength tends to improve more when a lift is practised more often. If strength is your goal, that is what a dedicated strength block is for.

Eat regular meals with enough protein and protect your sleep. Tailored nutrition is part of coaching, not this free programme.

How to run it

The week

DAY	SESSION	FOCUS	WHAT IT COVERS
Mon	Day 1	Push	Heavy incline press, then chest, shoulders, triceps
Tue	Day 2	Legs	Heavy squat, then quads and hamstrings
Wed	—	Rest	Walk. No extra training
Thu	Day 3	Pull	Heavy weighted chin-up, then back and biceps
Fri	Day 4	Posterior & Shoulders	Heavy trap-bar deadlift, then hamstrings, glutes, delts
Sat–Sun	—	Rest	Two full rest days

Any four days work as long as you never train more than two days in a row and Day 2 and Day 4 have at least two days between them.

Session length: 55–70 min including the warm-up. If you are short on time, cut the last exercise, never the rest periods.

Reading the tables

Heavy lift: ramp up, then 3 working sets at the same load. Straight sets, not a top set. Take the full rest every set, and use safeties or a spotter on the press and squat.

Finisher: the last exercise, marked F. Same load for every set, short rest, reps in the 12–20 range. Stop when the reps drop below 10.

THE MISSED-DAY RULE

Missed days are gone, not owed. If you miss a session, skip it, log the skip and run the next session in order. Do not double up, and do not bolt the missing exercises onto the next session. A block with one missed session is still a good block. A block of crammed sessions is not.

Effort, tempo and rest

RIR – how hard each set is

RIR means reps in reserve: how many more clean reps you could have done at the end of a set. It is the only effort scale in this programme.

TARGET	WHAT IT FEELS LIKE
RIR 4	Four clean reps left. Warm-up pace. Deload week only.
RIR 3	Three left. Bar speed normal. Week 1 calibration.
RIR 2	Two left. Reps slowing, form unchanged.
RIR 1	One left. The last rep is slow but clean.
RIR 0	No clean rep left. Technical failure: stop when form would break. RIR 0 is used only on the last set of the finisher, and never on a barbell lift.

When a table says 1–2, aim for 2 early in the week and 1 only when form is clean. If you are unsure how many reps you had left, assume it was fewer.

Tempo

Tempo is four digits: lowering, pause at the bottom, lifting, pause at the top, in seconds. 3010 means 3 seconds down, no pause, 1 second up, no pause. X means lift with intent, as fast as clean technique allows. The tempo is part of the prescription: a faster lowering is a lighter set, and it makes your log useless.

Rest

Rests are written m:ss. 2:00 is two minutes, 1:30 is ninety seconds. Rest is the minimum. Take the full time on compound lifts, even when you feel ready early.

Warm-up and ramp sets

General warm-up – 8 to 10 minutes

- 1 5 minutes easy on a bike, rower or incline walk. Warm, not tired.
- 2 2 rounds: 10 bodyweight squats, 10 band pull-aparts, 10 hip hinges with a dowel or empty hands, 8 incline push-ups, 6 dead bugs per side.
- 3 Before each new pattern (squat, hinge, press, pull), one easy set of the first exercise at about half your working load.

Ramp sets

Ramp sets are for the heavy lift at the start of each session. Percentages are of today's planned working load, not of a max. Ramp sets are not logged as working sets.

SET	LOAD	REPS	REST	NOTE
Ramp 1	Empty bar or about 40%	10	1:00	Groove the pattern
Ramp 2	About 60%	5	1:00	Same tempo as working sets
Ramp 3	About 80%	3	1:30	Bar speed should be fast
Ramp 4	About 90%	1–2	2:00	Optional. Confirms the load

The first hypertrophy movement needs one lighter set of 8 at about 60%. The finisher needs no ramp.

Before every session: recovery gate

GATE	SIGNS	ACTION
GREEN	Slept reasonably, normal soreness, warm-up feels normal	Train as written
AMBER	Poor sleep, heavy legs or arms, ramp sets feel slow or heavy	Keep loads. Add 1 to every RIR target. Drop the last set of isolation work
RED	Sharp or joint pain, illness, or pain that changes how you move	Do not train through it. Skip, log it, and get it assessed if it persists

The sessions

Sessions — the RIR column is the target for weeks 2–5. Week 1 and week 6 follow the week-by-week table. F = pump finisher. RIR '1 · last 0' means RIR 1 on every set, with the last set taken to RIR 0.

Day 1 – Push

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Incline barbell press — heavy	3	5–8	3010	3:00	2	Same load all sets. Safeties set
Flat DB press	4	8–12	3010	2:00	1–2	Control the stretch
Seated DB shoulder press	3	8–12	3010	2:00	2	Ribs down, no layback
Overhead cable extension	3	10–15	3010	1:30	1–2	Full stretch behind the head
F Cable fly	3	12–20	2011	0:45	1 · last 0	Same load. Short rest. Squeeze

Day 2 – Legs

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Back squat — heavy	3	5–8	3010	3:00	2	Same load all sets. Same depth
Leg press	4	10–12	3010	2:00	1–2	Same foot position every week
Seated leg curl	3	10–12	3011	1:30	1	Hips back, full stretch
Standing calf raise	3	10–15	2111	1:00	1	One-second pause at the bottom
F Leg extension	3	12–20	2011	0:45	1 · last 0	Same load. Short rest. Pause at the top

Day 3 – Pull

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Weighted chin-up — heavy	3	5–8	3011	3:00	2	Same load all sets. Pulldown if needed
Chest-supported row	3	8–12	2011	2:00	1–2	Chest stays on the pad
Single-arm DB row	3	10–12 / side	2011	1:30	1–2	Weaker side first
Incline DB curl	3	10–12	3011	1:30	1–2	Long-length biceps. No swing
F Straight-arm pulldown	3	12–20	2011	0:45	1 · last 0	Same load. Short rest

Day 4 – Posterior & Shoulders

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Trap-bar deadlift — heavy	3	5–8	20X0	3:00	2	Same load all sets. Reset every rep
Hip thrust	3	8–12	2011	2:00	1–2	Pause at lockout. Ribs down
Lying leg curl	3	10–12	3011	1:30	1	Hips stay down
Reverse pec deck	3	12–15	2011	1:00	1	Light and strict
F Lateral raise	3	12–20	2010	0:45	1 · last 0	Same load. Short rest

Week by week

WEEK	SETS	RIR	WHAT CHANGES
1	As written	Heavy lift 3 · others 2–3	Calibration. Find loads that land on target at the top of the range. Log them
2	As written	Table	Train to the RIR column. Double progression starts
3	As written	Table	Add reps before load on every exercise
4	+1 finisher set (3 → 4)	Table	Finisher gets one more set (chest and quads reach 11 direct sets this week). Heavy lift unchanged
5	As week 4	Table	Hardest week. Heavy lift stays at RIR 2; beat week 4 by a rep or a load step
6	Half, rounded up	4	Deload and exit. Loads held from week 5. No finisher. No testing

Progression and deload

Double progression

- 1 Every exercise has a rep range, for example 8–10.
- 2 Start at the bottom of the range with a load that lands on the target RIR.
- 3 Each session, try to add a rep to one or more sets, at the same load, tempo and RIR.
- 4 When every working set reaches the top of the range at the written tempo and RIR, add the smallest load step next session: usually 2.5 kg on a barbell, 1–2 kg per dumbbell, or one pin on a machine.
- 5 The added load takes you back towards the bottom of the range. Build up again.

When you stall

A stall is two sessions in a row with no extra rep or load on the same exercise at the same RIR. First check sleep, tempo and the log. If the same exercise stalls a third time, reduce the load by about 10% and build back up through the range.

On the heavy lift, a stall is usually recovery or technique. Check depth, touch point and bar path before reducing load. Never chase a heavier single to break a stall; there is no max testing in this programme.

Week 6: deload and exit

Week 6 is a deload and an exit. Halve the sets on every exercise (round up), drop the finisher, keep the loads from week 5 and stop every set at RIR 4.

Compare week 2 and week 5 loads and reps on the four heavy lifts. That comparison is your result.

Recovery checks

- Sleep: are you getting enough to feel recovered most mornings? Sleep is the first thing to fix when progress stalls.
- Food: eat regular meals with a good protein source at each one. Tailored nutrition is part of coaching; it is not in this free programme.
- Soreness: normal muscle soreness is fine. Soreness that is still there at the next session for the same muscle means the RIR is not honest.
- Bar speed: if your ramp sets feel slow two sessions in a row, treat the day as AMBER.

I want the log filled in before you ask me why you are not progressing.

Exercise swaps

Swap equipment, never the movement pattern. Pick your swap in week 1 and keep it for all 6 weeks so the log stays comparable. The right column is a gentler option if a movement causes pain; if pain persists or is sharp, stop and get it assessed.

PROGRAMMED	EQUIPMENT SWAP	IF IT HURTS, TRY
Incline barbell press	Incline Smith press, or incline machine press	Incline DB press with a neutral grip
Flat DB press	Machine chest press, or Smith bench	Neutral-grip DB press, or floor press
Seated DB shoulder press	Machine shoulder press	Landmine press, or neutral-grip DB press
Overhead cable extension	DB overhead extension, or machine triceps extension	Cable pressdown
Cable fly	Pec deck, or DB fly	Pec deck with a shorter stretch
Back squat	Hack squat, pendulum squat or Smith squat	Heel-elevated goblet squat, or leg press with a shorter range
Leg press	Hack squat or pendulum squat	Goblet squat to a box
Seated leg curl	Lying leg curl, or cable leg curl	Lying leg curl, or sliding leg curl on a towel
Standing calf raise	Smith or leg-press calf raise	Seated calf raise
Leg extension	Cable leg extension, or sissy squat with support	Leg extension with a shorter top range, or a slower tempo and lighter load
Weighted chin-up	Lat pulldown with an underhand grip, or assisted chin-up	Neutral-grip pulldown
Chest-supported row	Machine row, or T-bar row with chest pad	Seated cable row, neutral handle
Single-arm DB row	Single-arm cable row, or machine row	Chest-supported DB row
Incline DB curl	Cable curl from behind, or preacher curl	Seated DB curl
Straight-arm pulldown	DB pullover	Straight-arm pulldown with a rope, shorter range
Trap-bar deadlift	Conventional deadlift, or plate-loaded hip-hinge machine	Trap-bar deadlift from blocks, or DB Romanian deadlift
Hip thrust	Glute-drive machine, or Smith hip thrust	Glute bridge from the floor, or 45° back extension
Lying leg curl	Seated leg curl, or cable leg curl	Seated leg curl, or sliding leg curl on a towel
Reverse pec deck	Cable or DB rear-delt fly	Band pull-apart, higher reps
Lateral raise	Cable or machine lateral raise	Cable lateral raise, stop at shoulder height

Session log

Duplicate this page, one per session. Write load and reps before you leave the station, not from memory in the car park. Ramp sets are not logged.

DATE	DAY	EXERCISE	LOAD	REPS	RIR	TEMPO HELD?
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N

Weekly check – five minutes on your rest day

ITEM	STANDARD
All planned sessions done, or missed ones logged as missed	Gone, not owed
Every working set logged: load, reps, RIR	If it is not logged, it did not happen
Tempo held on every working set	Faster lowering is a lighter set
Rest kept as written on compound lifts	Cut an exercise, never the rest
RIR honest: film one set a week if unsure	The log is only as good as the RIR
No exercises added on impulse	Execution beats novelty

What next

Six weeks of heavy-then-pump sessions leaves you with one question: do you want the strength number or the size? Your log will already be leaning one way.

Next step: Strength Standard (Online Standard)

If it is the number, the next step is Strength Standard, my longer four-session strength block inside Online Standard coaching, where the main lifts are practised more often and progressed over a planned block. If it is size, coaching may place you on Lean Mass Builder instead. Either way, a coach decides from your log.

Coaching is where I read your log, watch your lifts and adjust the plan week to week. A free PDF cannot do that for you.

APPLY FOR COACHING

Apply: <https://trainwithcalibre.com/#/apply>

Bring your week 2 and week 5 numbers on the four heavy lifts, and your full log. First message should be your data, not your goals.

If it is not logged, it did not happen.

LEGAL AND MEDICAL

Education and coaching guidance for healthy adults. Not medical advice, and no medical claims are made. I coach, I do not diagnose.

If you have a medical condition, are pregnant, take medication, or have pain that worsens, stop and get cleared by a qualified medical professional before continuing.

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