

FREE TOOL · PRILEPIN’S CHART

Prilepin’s chart

Reps per set and total reps per session at 70, 80 and 90% of 1RM, with where the numbers come from.

PRILEPIN’S CHART, AS REPRODUCED FROM MEDVEDYEV (1986/1989)

INTENSITY	REPS PER SET	OPTIMAL TOTAL REPS	RANGE OF TOTAL REPS
70%	3 to 6	18	12 to 24
80%	2 to 4	15	10 to 20
90%	1 to 2	10 (snatch), 7 (clean and jerk)	4 to 10

HOW TO USE IT

- 01

Pick the zone
Take the intensity of the lift you are planning, as a percentage of 1RM.
- 02

Set the reps per set
Keep each set inside the reps per set for that zone.
- 03

Count the session
Multiply sets by reps and compare the total with the zone’s optimum and range. Example: 5 sets of 3 at 80% of 1RM is 15 reps, the optimum for that zone. The range there is 10 to 20.

WHERE IT COMES FROM

A guide from training logs

A. S. Prilepin built the chart in 1975 from the training journals of Soviet weightlifters over two 5-week cycles. It describes the snatch and the clean and jerk only.

Many copies online add a row below 70%: 3 to 6 reps per set, 24 total, range 18 to 30. The version on this page, from Medvedyev, starts at 70%.

What does the optimal total mean?

It is the number of reps in that zone, for one lift in one session, that the logs pointed to. The range gives the lower and upper ends.

Does Prilepin's chart work for powerlifting?

It was built from snatch and clean and jerk training. Powerlifters use it as a rough guide, but the numbers were never drawn from squat, bench press or deadlift logs.

SOURCE

Greg Everett, "Prilepin's Table for Olympic Weightlifting", Catalyst Athletics, 2019

His table cites Medvedyev (1986/1989).

<https://catalystathletics.com/article/2229/Prilepins-Table-for-Olympic-Weightlifting/>

NEXT STEP

Turn a zone into kilos.

Our free percentage of 1RM chart gives the load in kg at every 5%:
strengthacademy.app/tools/1rm-percentage-chart