

initial test: the road to one fifty dips

	< 30 YEARS	30 - 39 YEARS	> 40 YEARS
RANK	number of dips performed		
5	over 57	over 53	over 45
4	44 – 57	39 – 53	35 – 45
3	37 – 43	34 – 38	28 – 34
2	29 – 36	25 – 33	21 – 27
1	0 – 28	0 – 24	0 – 20

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 6 dips	7 – 13 dips	14 – 26 dips
SET 1	3	6	13
SET 2	4	6	15
SET 3	3	5	9
SET 4	3	5	9
SET 5	max (at least 4)	max (at least 6)	max (at least 12)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	4	8	13
SET 2	5	10	15
SET 3	3	8	10
SET 4	4	8	10
SET 5	max (at least 5)	max (at least 9)	max (at least 15)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	5	10	14
SET 2	6	13	19
SET 3	5	9	12
SET 4	5	9	12
SET 5	max (at least 6)	max (at least 13)	max (at least 16)

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 6 dips	7 - 13 dips	14 – 26 dips
SET 1	5	12	18
SET 2	8	14	18
SET 3	5	10	13
SET 4	5	10	13
SET 5	max (at least 8)	max (at least 14)	max (at least 18)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	13	16
SET 2	8	15	20
SET 3	5	12	15
SET 4	5	12	15
SET 5	max (at least 9)	max (at least 15)	max (at least 20)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	6	15	20
SET 2	9	15	21
SET 3	6	13	16
SET 4	6	13	16
SET 5	max (at least 10)	max (at least 18)	max (at least 25)
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)			
	20 - 26 dips	27 - 32 dips	> 32 dips
SET 1	13	15	18
SET 2	15	22	23
SET 3	9	17	18
SET 4	9	17	18
SET 5	max (at least 12)	max (at least 22)	max (at least 26)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	13	18	26
SET 2	15	24	32
SET 3	10	18	19
SET 4	10	18	19
SET 5	max (at least 15)	max (at least 24)	max (at least 32)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	14	21	28
SET 2	17	27	39
SET 3	11	19	26
SET 4	11	19	26
SET 5	max (at least 17)	max (at least 27)	max (at least 36)



the one fifty triceps dips training program

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DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	60 - 65 dips	66 - 78 dips	> 79 dips
SET 1	32	47	55
SET 2	39	60	65
SET 3	26	30	45
SET 4	19	32	39
SET 5	max (at least 52)	max (at least 65)	max (at least 70)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	18	26	28
SET 3&4	19	30	39
SET 5&6	18	26	31
SET 7&8	13	23	23
SET 9	max (at least 57)	max (at least 69)	max (at least 75)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	17	28	33
SET 3&4	22	39	43
SET 5&6	20	32	34
SET 7&8	18	23	28
SET 9	max (at least 65)	max (at least 70)	max (at least 80)

week 4: pick the appropriate column depending on your latest test results

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	40 - 45 dips	46 - 52 dips	> 52 dips
SET 1	22	36	46
SET 2	24	45	52
SET 3	19	32	39
SET 4	19	28	31
SET 5	max (at least 26)	max (at least 45)	max (at least 52)
DAY 2 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	13	23	24
SET 3&4	17	26	28
SET 5&6	13	18	23
SET 7	12	20	28
SET 8	max (at least 32)	max (at least 52)	max (at least 58)
DAY 3 REST 45 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1&2	17	23	26
SET 3&4	19	26	31
SET 5&6	15	22	26
SET 7	13	26	28
SET 8	max (at least 39)	max (at least 58)	max (at least 65)

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

DAY 1 REST 60 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
	20 - 26 dips	27 - 32 dips	> 32 dips
SET 1	15	23	27
SET 2	18	28	32
SET 3	14	20	27
SET 4	13	20	27
SET 5	max (at least 20)	max (at least 32)	max (at least 40)
DAY 2 REST 90 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	18	26	32
SET 2	20	32	37
SET 3	15	26	32
SET 4	15	26	32
SET 5	max (at least 23)	max (at least 36)	max (at least 46)
DAY 3 REST 120 SECONDS BETWEEN EACH SET (LONGER IF REQUIRED)			
SET 1	20	30	37
SET 2	23	36	42
SET 3	21	30	37
SET 4	21	30	37
SET 5	max (at least 26)	max (at least 42)	max (at least 52)

week 6: pick the same column as you did in week 3