

ADVANCED VOLUME

12-Week Advanced Powerlifting Program

Days Per Week • High Frequency • Maximum Strength

Built for

Advanced powerlifters with 2+ years consistent training

Athletes who can handle high training frequencies

Lifters with established technique on all three lifts

Those preparing for competition or seeking maximum strength

[PDF Template](#)

[@Templates.net](#)

Program Overview

This 12-week advanced program utilizes a 4-day training split to maximize frequency and volume while managing fatigue through intelligent periodization. By hitting each lift twice per week with varying intensities, you'll build enormous strength while avoiding overtraining.

Why 4-Day High Frequency?

Advanced lifters respond best to higher frequencies for several reasons:

More practice of competition movements (motor learning)

Better distribution of volume across the week

Reduced per-session fatigue despite high weekly volume

Twice-weekly frequency prevents detraining between sessions

Opportunity for both heavy and light training per lift weekly

12-Week Periodization Model

The program uses Daily Undulating Periodization (DUP) within a linear framework:

Block 1 (Weeks 1–4): Hypertrophy/Work Capacity – 8–10 rep ranges

Block 2 (Weeks 5–8): Strength Accumulation – 4–6 rep ranges

Block 3 (Weeks 9–11): Intensification – 1–3 rep ranges

Block 4 (Week 12): Taper/Deload – Competition preparation

Training Split Structure

Each lift is trained twice per week with different emphasis:

Day 1: Squat Heavy + Bench Volume

Day 2: Bench Heavy + Deadlift Volume

Day 3: Deadlift Heavy + Squat Volume

Day 4: Accessories + Competition Variations

Recommended Weekly Schedule:

Mon/Tue/Thu/Fri (2 on, 1 off, 2 on, 2 off) – OPTIMAL

Mon/Tue/Thu/Sat (allows Friday social life)

Tue/Wed/Fri/Sat (Monday recovery)

CRITICAL: Wednesday rest day is essential. Back-to-back heavy squat and deadlift days require 48+ hours recovery.

Block 1: Hypertrophy/Work

Purpose: Build muscle mass, improve work capacity, and establish volume tolerance. Higher rep ranges create the base for strength development in later blocks.

Block 1 Training Parameters

Heavy Days: 75–82% for 4–6 reps

Volume Days: 65–72% for 8–10 reps

Total weekly reps per lift: 40–60

RPE: Heavy days 7–8, Volume days 6–7

Week 1 Sample – Day 1: Squat Heavy + Bench Volume

Exercise	Sets x Reps	Intensity	Notes
Competition Squat	5×5	75%	Heavy day, RPE 7–8, rest 4–5 min
Pause Squat	3×5	65%	3-sec pause, build hole strength
Comp Bench (Volume)	4×8	68%	Volume day, comp grip, pause
Leg Press	3×12	–	Quad volume without back stress
Incline DB Press	3×10	–	Upper chest development
Face Pulls	3×15	–	Shoulder health, rear delts

Week 1 Sample – Day 2: Bench Heavy + Deadlift Volume

Exercise	Sets x Reps	Intensity	Notes
Competition Bench	5×5	77%	Heavy day, RPE 7–8, rest 4 min
Close-Grip Bench	4×6	70%	Lockout strength, tricep emphasis
Comp Deadlift (Volume)	4×8	65%	Volume day, focus on speed
Barbell Row	4×8	–	Upper back thickness for bench
DB Overhead Press	3×10	–	Shoulder strength and mass
Tricep Pushdowns	3×12	–	Tricep hypertrophy

Week 1 Sample – Day 3: Deadlift Heavy + Squat Volume

Exercise	Sets x Reps	Intensity	Notes
Competition Deadlift	5×5	75%	Heavy day, RPE 7–8, rest 4–5 min
Deficit Deadlift	3×6	65%	2" deficit, off-floor strength
Comp Bench (Volume)	4×8	65%	Volume day, speed focus
Romanian Deadlift	3×10	-	Hamstring/ glute hypertrophy
Pull-Ups	4×8	-	Lat strength, add weight if needed
Leg Curl	3×12	-	Hamstring isolation

Week 1 Sample – Day 4: Accessories + Variations

Exercise	Sets x Reps	Intensity	Notes
Front Squat	4×8	-	Quad emphasis, upright torso
Incline Bench Pre	4x8	-	Upper chest development
Rack Pulls	4×6	-	Below knee, lockout strength
Bulgarian Split Squat	3×10/leg	-	Unilateral leg strength
Chest-Supported Row	4×10	-	Mid-back thickness
Dips	3×12	-	Chest/tricep volume
Ab Wheel	3x122	-	Core bracing strength

Complete Block-by-Block Programming

Block 1 Weekly Progression (Weeks 1-4)

Week	Heavy Day	Volume Days	Focus	RPE
1	75–77% (5×5)	65–68% (4×8)	Baseline, technique	7–8
2	77–80% (5×5)	68–70% (4×8)	Build capacity	7–8
3	80–82% (4×5, 1×AMRAP)	70–72% (3×10)	Peak week	8–9
4	70% (3×5)	60% (3×8)	Deload/recover	6–7

Block 3: Intensification (Weeks 9–11)

Week	Heavy Day	Volume Days	Focus	RPE
9	87% (6×2)	75% (3×5)	Heavy doubles	8–9
10	90% (5–8 singles)	77% (3×4)	Heavy singles	9
11	92–95% (3–5 singles)	80% (2–3 singles)	Peak, opener test	9

Block 4: Taper (Week 12)

Block 2: Strength Accumulation (Weeks)

Week	Heavy Day	Volume Days	Focus	RPE
5	80% (5×4)	70% (4×6)	Rebuild from deload	8
6	82% (5×4)	72% (4×6)	Strength building	8–9
7	85% (4×3, 1×AMRAP)	75% (3×6)	Peak week	8–9
8	75% (3×4)	65% (3×6)	Deload/recovery	7

Week 12 Protocol

Monday: Light opener work – Singles at 50–60% on all three lifts, practice commands
Tuesday–Friday: NO TRAINING – Recovery, nutrition, sleep focus
Saturday/Sunday: MEET DAY or 1RM testing

Advanced Training Techniques

This program incorporates several advanced powerlifting techniques to maximize strength development.

AMRAP (As Many Reps As Possible) Sets

Used on Week 3 and 7 to test progress and push volume adaptation.

Last set only – complete prescribed reps first

Stop at technical breakdown or RPE 9.5

Provides feedback on training max accuracy

Week 3 target: 8–10 reps at 80%

Week 7 target: 5–7 reps at 85%

Wave Loading

Alternating intensity between sessions for the same lift manages fatigue while maintaining frequency.

Heavy Day: Lower volume, higher intensity (5×5 at 75%)

Volume Day: Higher volume, lower intensity (4×8 at 65%)

Allows hitting each lift 2x/week without overtraining

Volume day aids recovery from heavy day

Competition Variations

Strategic use of variations addresses weak points:

Pause Squats: Build hole strength, improve depth control

Close-Grip Bench: Lockout strength, tricep development

Deficit Deadlifts: Off-floor speed, starting position

Spoto Press: Chest power, pause strength

Front Squats: Quad emphasis, upright torso

Reactive Deloads

Scheduled deloads on Week 4, 8, and 12, but also react to fatigue markers:

Elevated resting heart rate (10+ bpm above normal)

Joint pain beyond normal training soreness

Sleep disruption or mood changes

2+ weeks of missed rep targets

If needed: insert extra deload week, resume program

Recovery Protocols

**4-day training at high intensity demands
exceptional recovery practices**

Sleep Requirements

Minimum: 8 hours nightly (9 hours optimal)
Track HRV (Heart Rate Variability) if possible
Consistent sleep schedule – same time daily
Dark room, cool temperature (65–68°F)
Avoid screens 1–2 hours before bed

Active Recovery Strategies

Light cardio on off days: 20–30 min walking
Mobility work: 15–20 min daily stretching/yoga
Foam rolling: focus on quads, hamstrings, glutes, lats
Massage or soft tissue work weekly if accessible
Avoid high-intensity conditioning – interferes with strength

Nutrition for Strength

Calories:
Maintenance or slight surplus (200+ increase as needed)
Don't cut during this program – strength is priority
Adjust based on performance and recovery
Macros:
Protein: 1.0–1.2g per pound bodyweight
Carbs: 3–5g per pound (fuel for heavy training)
Fats: 0.4–0.5g per pound
Prioritize carbs around training (2–3 hours pre/post)

Frequently Asked Questions

Can I train 5 or 6 days per week?

No. This program is already extremely high volume. Adding days will compromise recovery and stall progress. If you feel under-stimulated, increase intensity on prescribed days rather than adding volume.

What if I miss a workout?

Life happens. Simply continue with your next scheduled workout. Don't try to make up missed sessions by training on consecutive days – you need recovery time between sessions. But, at the same time, this is only a 2-day-a-week commitment. If you can't do this, I don't know what to tell you.

Should I test my 1RM before starting?

Only if you don't have a recent max (within 4–6 weeks). Otherwise, use your last confirmed 1RM or calculate from recent heavy triples/fives. Fresh 1RM tests create unnecessary fatigue.

Can I substitute exercises?

Competition lifts are non-negotiable. Variations can be swapped for similar movements (e.g., pause squats for pin squats, deficit deadlifts for rack pulls). Accessories have more flexibility but maintain movement patterns.

What comes after this program?

Options: (1) Take 1–2 week deload, repeat program with new maxes, (2) Compete in a meet, (3) Switch to a different periodization model for variety, (4) Take a hypertrophy block to build muscle mass.

Program Execution Guide

Success with this program requires disciplined execution and intelligent autoregulation.

Respect the Percentages

The program is percentage-based for a reason. Don't ego lift. If 75% feels light, that's perfect – it should. Save the grind for prescribed heavy weeks.

Hit Every Session

Frequency is critical. Missing volume days disrupts the wave loading. Rearrange your week if needed, but get all 4 sessions in.

Track Everything

Log every set, rep, weight, and RPE. Review weekly. This data determines if your training max needs adjustment and tracks progress across blocks.

Deloads Are Mandatory

Week 4 and 8 deloads enable the supercompensation in Weeks 5 and 9. Skipping them guarantees plateau or injury. Trust the process.

Now shut up and lift.