

ADVANCED VOLUME

12-Week Advanced Powerlifting Program

4 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

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 Capacity (Weeks 1-4)

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 × 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 × 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 × Reps | Intensity | Notes |
|-----------------------------|-------------|-----------|------------------------------------|
| Competition Deadlift | 5×5 | 75% | Heavy day, RPE 7-8, rest 5 min |
| Deficit Deadlift | 3×6 | 65% | 2" deficit, off-floor strength |
| Comp Squat (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 × Reps | Intensity | Notes |
|------------------------------|-------------|-----------|------------------------------|
| Front Squat | 4×8 | -- | Quad emphasis, upright torso |
| Incline Bench Press | 4×8 | -- | 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 | 3×12 | -- | Core bracing strength |

Complete Block-by-Block Programming

Block 1 Weekly Progression (Weeks 1-4)

| Week | Heavy Days | 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/recovery | 6-7 |

Block 2: Strength Accumulation (Weeks 5-8)

Transition to strength-focused training with lower reps and higher intensities.

| Week | Heavy Days | 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 |

Block 3: Intensification (Weeks 9-11)

Maximum intensity singles, doubles, and triples. Competition specificity.

| Week | Heavy Days | 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)

Final preparation for meet day or strength testing.

| Week 12 Protocol | | | | |
|---|--|--|--|--|
| Monday: Light opener work - Singles at 50-60% on all three lifts, practice commands | | | | |

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| Tuesday-Friday: NO TRAINING - Recovery, nutrition, sleep focus |
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| Saturday/Sunday: MEET DAY or 1RM testing |
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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

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)

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

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 can't hit the prescribed reps?

Your training max is too high. Reduce by 5-10% and restart the current week. Better to build from a conservative max than grind and stall repeatedly.

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 12 weeks?

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.

Keys to Maximum Results

- **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.

This is advanced powerlifting. Execute with precision.

Now shut up and lift.