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# POWERLIFTING TRAINING PLAN

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## **1.1 INTRODUCTION**

This training plan is made combining free online powerlifting training plans and my knowledge. The first thing you need to do is to test your 1RM on the bench press, squat, and deadlift. And then your 1RM is your 100% on that lift. xx% is a measure for weights that are going to be used at training, and you can calculate that if you multiply your 1RM by 0.xx. If your training is 5x5 on the bench press at 75%, and your 1RM is 120kg, then multiply 120kg by 0.75, and that is your weight for 5x5 on the bench press. This training plan consists of 4 phases in one training block that lasts for 7 weeks: LIGHT phase (3 weeks), Heavy phase (2 weeks), Testing week, and Deload (Hypertrophy) week. This training block consists a Deload week, so that means when you complete this training block you can start another because you had a rest week, and you are ready to go. If you can't do for example 5x5 at 75% of your Bench press 1RM, then you can decrease your weight for that training and try on another training. Or you can just decrease your 1RM so you can do on the weights that are in the plan. Training is the only halfway to success because nutrition is also important as training. This type of training requires a calorie surplus because your body needs more energy for training like this. It will be best if you can be in less surplus in the first 3 weeks, and then in a heavy phase to increase calorie intake for about 300kcal.

## **1.2 WARMING-UP**

The best way to warm up for every training is to do the following:

- 1) Dynamic stretching and warm-up every part of the body, especially wrists, knees, neck, and spine.
- 2) Exercises for core stability and main lift technique practice. 3 categories:
  - Squat – front plank, dead bug/superman, paused squats with wooden stick, X walk, sumo deadlift with elastic band, kettlebell swing.
  - Bench Press – front plank, shoulder mobility with wooden stick, paused push-ups/dips, dead bug/superman, Russian twist, kettlebell swing.
  - Deadlift - front plank, dead bug/superman, paused squats with wooden stick, X walk, sumo deadlift with elastic band, kettlebell swing.
- 3) Warm-up on the main lift: 10 x only with barbell focusing on technique, 8 x 40% 1RM, 1RM, 6 x 60% 1RM, 4 x 70% 1RM, 2 x 80% 1RM. After this decrease/increase your weight for a first working set.

## **2.1 LIGHT PHASE (weeks 1, 2, and 3)**

During this phase, you should aim to focus on technique and explosive movement. 12/10/8 means that in the first week you will do 12, in the second 10, and in the third 8 reps.

### **Day 1 – Squat**

- Main Lift: **M x N** High/Low Bar Squats at **XX%** of your 1RM. Make sure you hit ‘depth’ – which in powerlifting is the crease of your hip going lower than your knee.
- Accessory Lift: 3 x 12/10/8 Front Squats. Pick a weight that feels heavy but comfortable.
- 3 x (Superset: 12 x Leg Flexion + 12 x Leg Extension machine) / (Superset: 12 x Lunges + 12 x Romanian deadlift)

### **Day 2 – Bench Press**

- Main Lift: **M x N** Bench Press at **XX%** of your 1RM. Ensure the bench bar touches your chest before pressing.
- Accessory Lift: 3 x 12/10/8 Incline Dumbbell Bench Press. Pick a weight that feels heavy but comfortable.
- 3 x 8 weighted Dips.
- 3 x **N** Negative Deadlift with comfortable weight.
- Bodybuilding if you have time.

Minimum one day rest in between day 2 and day 3.

### Day 3 - Deadlift

- Main Lift: **M** x **N** Deadlift at **XX%** of your 1RM.
- Accessory Lift: 3 x 12/10/8 Low seated machine/ T-bar rows/ Barbell rows at heavy weight that feels comfortable.
- 3 x 8 weighted Pull-ups.

### Day 4 – Accessory Lifts

- 3 x **N** Over head press. Pick a weight that feels heavy but comfortable.
- 3 x 12 Rises for back shoulder with comfortable weight.
- 3 x **N** Negative Bench Press with comfortable weight.
- 3 x **N** Negative Squat with comfortable weight.
- Bodybuilding if you have time.

**M**, **N**, and **XX** are variables that have different values that depends on week of this training plan.

Week/Variables	<b>M</b>	<b>N</b>	<b>XX</b>
First week	4	8	70
Second week	5	5	75
Third week	6	3	82.5

## **2.2 HEAVY PHASE (weeks 4, and 5)**

You'll now start lifting heavier for less reps. Allow your body time to get used to this by eating plenty of protein and getting rest between workouts. 5<sup>th</sup> week do one more rep at the same intensity. If you have done in the fourth week BP 4x@85%, then in the fifth week do 5x@85%. Use that for every set.

### Day 1 – Squat

- High/Low Bar Squat
- Set 1: **4 x 85%** 1RM
- Set 2: **3 x 87.5%** 1RM
- Set 3: **2 x 90%** 1RM
- Set 4: **1 x 95%** 1RM
- Accessory Lift: 3 x 8 Front Squats. Pick a weight that feels heavy but comfortable.
- Accessory Lift: 3 x 5 Hip Thrust. Pick a weight that feels heavy but comfortable.
- 2 x Superset: (12 x Leg Flexion + 12 x Leg Extension machine) / (Superset: 12 x Lunges + 12 x Romanian deadlift) – if you have time

### Day 2 – Bench Press

- Bench Press
- Set 1: **4 x 85%** 1RM
- Set 2: **3 x 87.5%** 1RM
- Set 3: **2 x 90%** 1RM
- Set 4: **1 x 95%** 1RM
- 3 x 8 Incline Dumbbell Bench Press at heavy weight that feels comfortable.
- 3 x 5 Weighted Dips.

- Pause Deadlift:
- Set 1: 5 x with comfortable weight.
- Set 2: 3 x with comfortable weight.
- Set 3: 3 x with comfortable weight.
- Bodybuilding if you have time.

Minimum one day rest in between day 2 and day 3.

### Day 3 - Deadlift

- Deadlift
- Set 1: **4 x 85% 1RM**
- Set 2: **3 x 87.5% 1RM**
- Set 3: **2 x 90% 1RM**
- Set 4: **1 x 95% 1RM**
- Accessory Lift: 3 x 8 Barbell Rows at heavy weight that feels comfortable.
- 3 x 5 Weighted Pull-ups.

### Day 4 – Specialist Lifts

- Pause Squats
- Set 1: 5 x with comfortable weight.
- Set 2: 3 x with comfortable weight.
- Set 3: 3 x with comfortable weight.
- Pause Bench (pause at the bottom of the movement for 2 seconds before pressing)
- Set 1: 5 x with comfortable weight.
- Set 2: 3 x with comfortable weight.
- Set 3: 3 x with comfortable weight.
- 3 x 5 Over head press. Pick a weight that feels heavy but comfortable.
- Bodybuilding if you have time.



## **2.3 TESTING WEEK (week 6)**

This week is a testing week, so you must be in a bigger calorie surplus. When you finish this week, write your records, and that becomes your 1RM. When you complete Deload week, use the new 1RM for the next training block.

### **Day 1 – Squat**

- High/Low Bar Squat
- Warm Up
- Set 1: 2 x 80% 1RM
- Set 2: 2 x 85% 1RM
- Set 3: 1 x 95% 1RM
- Set 4: 1 x 105% of 1RM
- Set 5: If successful with set 4 – 1 x 110% 1RM.
- Accessory Lift: 3 x 5 Hip Thrust. Pick a weight that feels heavy but comfortable.
- 3 x Superset: (12 x Leg Flexion + 12 x Leg Extension machine) / (Superset: 12 x Lunges + 12 x Romanian deadlift)

### **Day 2 – Bench Press**

- Bench Press
- Warm Up
- Set 1: 2 x 80% 1RM
- Set 2: 2 x 85% 1RM
- Set 3: 1 x 95% 1RM
- Set 4: 1 x 105% of 1RM
- Set 5: If successful with set 4 – 1 x 110%.
- 3 x 5 Incline Dumbbell Bench Press. Pick a weight that feels heavy but comfortable.

- 3 x 3 weighted Dips

### Day 3 - Deadlift

- Deadlift
- Warm Up
- Set 1: 2 x 85% 1RM
- Set 2: 2 x 90% 1RM
- Set 3: 1 x 95% 1RM
- Set 4: 1 x 105% of 1RM
- Set 5: If successful with set 4 – 1 x 110% 1RM.
- 3 x 5 Low seated machine
- 3 x 3 Weighted Pull Ups.

## **2.4 DELOAD (HYPERTROPHY) WEEK**

### **(week 7)**

This week, weights are decreased, so you can entirely focus on technique correction and muscle hypertrophy. Use your old 1RM.

#### **Day 1 – Squat**

- Main Lift: 4 x 10 Paused High/Low Bar Squats at 50% of your old 1RM.
- Accessory Lift: 3 x 10 Front Squats at 40% of your 1RM.
- 3 x 10 Hamstring machine with comfortable weight.
- Bodybuilding

#### **Day 2 – Bench Press**

- Main Lift: 4 x 10 Paused Bench Press at 50% of your old 1RM.
- Accessory Lift: 3 x 10 Incline Dumbbell Bench Press. Pick a weight that feels comfortable.
- 3 x 10 Weighted Dips
- Bodybuilding

#### **Day 3 – Deadlift**

- Main Lift: 4 x 10 Paused Deadlift at 50% of your old 1RM.
- 3 x 12 T-bar/Barbel Rows with comfortable weight
- 3 x 10 Weighted Pull-ups
- Bodybuilding

## Day 4 – Specialist Lifts

- 3 x 10 Over head press at 40% of old bench 1RM
- 3 x 10 Rises for back shoulder with comfortable weight
- 3 x 10 Low seated machine
- 3 x 10 Negative Bench press with comfortable weight.
- 3 x 10 Negative Squat with comfortable weight
- Bodybuilding

## **Literature**

- <https://www.maximuscle.com/training/plans/Powerlifting-Training-Plan/>
- Nick Evans – “Bodybuilding anatomy”
- <https://www.youtube.com/channel/UCJR97A5CK2PQwzw359erDrA>
- <https://coachlevi.com/powerlifting/powerlifter-diet-plan/>