

	4 Weeks Out			3 Weeks Out			2 Weeks Out			Final Week		
	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps
Monday: Squat												
Low Bar Squat	4	725	3	2	750	3	2	585	3			
Low Bar Squat	4	650	3	2	700	3	1	495	3			
Low Bar GM	4	365	3	2	385	3	1	315	3			
Tuesday: Bench												
Paused Bench	4	455	3	2	475	3	2	455	3	3	225	3
Paused Bench	4	405	3	2	445	3	1	405	3			
Pullups	2	0	5	1	0	5						
Barbell Upright Rows	2	155	5	1	165	5						
Thursday: Deadlift												
Conventional Deadlift	4	725	3	2	750	3	2	495	3	3*	135	3
Conventional Deadlift	4	650	3	2	700	3	1	405	3			
Low Bar Squat	4	405	3	3	415	3	2	315	3	3*	225	3
										* Done on Wednesday		
Friday: Upper Assistance												
Paused Bench	4	315	3	2	325	3	3	275	3			
Incline Press	4	355	3	2	365	3						
Incline Press	4	315	3	1	325	3						
Bent-Rows	2	315	5	1	325	5						
Dumbbell Upright Rows	2	50	5	1	55	5						

Overreach

Volume Taper Begins

Intensity Taper Begins

Final Week Taper/Rest

Last Meet Maxes:

Squat: 800

Bench: 500

Deadlift: 800

Powerlifting Hypertrophy Templates Renaissance Periodization

Tudor O. Bompa, Orietta Calcina



Powerlifting Hypertrophy Templates Renaissance Periodization:

Scientific Principles of Hypertrophy Training James Hoffmann, Melissa Davis, Jared Feather, Mike Israetel, 2021-02-16
Summary The Scientific Principles of Hypertrophy Training is a fundamental analysis of what your training should look like if muscle growth is your main goal or even just one of your goals The book takes you on a grand tour of all of the main 7 training principles and how to apply them to one s training no matter your experience level diet phase or sport It features 1 An in depth 376 page explanation on nearly every important facet of hypertrophy training with summarized main points guide at the end of each chapter 2 How to apply hypertrophy training to or around other sports and hobbies 3 How to work around injuries and still grow muscle 4 Thorough advice on how to construct and modify a hypertrophy program for all experience levels and diet phases 5 How to design training programs when you re limited on time 6 Advice on how to troubleshoot your hypertrophy program for best results What people are saying about Scientific Principles of Hypertrophy Training Loaded with great info A university course on hypertrophy Loaded with useful information and it does a great job with outlining the approach to hypertrophy The content of the book is amazing and so thorough Michael S Great deal of gains assured The book is full of useful information that all lifters can definitely take benefit from even if they don t specialize in hypertrophy or differ at certain topics In my personal case whilst I don t share completely my opinion regarding volume manipulation within mesocycles I couldn t agree more on many other topics discussed in the book love the SFTR and I recommend it to anyone looking to go a step further in their knowledge regarding resistance training or just training in general Also there s amazing content on YT that complement the book perfectly Really good investment Javier M This book has been an incredibly useful tool to help me think about how to set up my training based upon underlying principles This has made it much easier to adjust my program based upon my needs desires progress instead of trying to mimic the appearance of other people s programs Josh J This is the new bodybuilding bible Read it accept the 9 principles of hypertrophy into your training and let them wash away your past gym mistakes You will come out the other side a born again hypertrophy principle master Maria C Book is excellent It builds on much of the tremendous free information Dr Mike puts out on volume landmarks and provides the methodology to build the plan including how to use your workout data to best determine your own individual plan I would recommend this as an add to the library for everyone serious about adding muscle to your frame Great work Dr Mike Team John F

5thSet for Powerlifting: Methodology for Training and Competition Swede Burns, 2017-12-14 5thSet is a training system for the sport of powerlifting That includes a periodization model a system for routine composition procedural guidelines to transition from and to different phases within a mesocycle or between mesocycles and very precise instructions concerning execution All that said I believe the 5thSet being a better powerlifting training system than those previously available in neat written form can be a more widely useful tool than it appears to be So why is the 5thSet a better powerlifting training system The chief reason is that it solves the paradox of

biological individuality versus a formal method in the form of a recipe Before the 5thSet you had to settle for the latter You had to settle for a recipe and like all of the good ones it will be very good for about 10 15% of users and fall like a well behaved bell curve into uselessness to everybody else With the 5thSet you have a self regulating mechanism within the system that is pretty much the individuality meter It is the 5thSet itself after four sets with a given weight calculated according to a percentage of the individual s estimated 1RM and progressing linearly there is a 5thSet of as many reps as possible AMRAP The AMRAP set or 5thSet will determine decision making in a manner that the resulting routine is both formally in accordance to the method recipe and strictly adjusted to the individual The progress from micro cycle to micro cycle and the shift to a new meso cycle in the 5thSet system makes the tiring question as to periodization linearity or non linearity quite obviously futile There are many other aspects of the 5thSet that deserve praise The early emphasis on the unequal nature of strength gain and technical proficiency in powerlifting and the adjustment of the method to this and not vice versa is important The practitioner may choose any one or two lifts for the 5thSet protocol the others being speed technique lifts for that mesocycle but never the deadlift and the squat together Without worrying about any complicated technical speculation which is all they would be as to why this choice would lead to disaster the reader is told it does The choice and use of assistance exercises in a given routine is another item where Swede makes a huge contribution We are plagued today with the magic bullet assistance work for the squat the bench press or the deadlift Each week the powerlifting community is bombarded with blog posts about that incomparable exercise that will add 50lbs to your bench press This is confusing for the majority of the lifters In the 5thSet the choice of the assistance work is well explained in connection to an inventory of weaknesses Randomness is taken out of the way If the reader cares to pay attention to the text and not skip to the templates he will be introduced to the concepts of exercise training training programs among others He will understand that the execution of an exercise out of the context of a plan is usually poorly correlated to improvement towards any type of goal So whether the exercise is done in the same sequence form intensity and volume or whether it is done randomly the practitioner doesn t have great chances of achieving anything Although the book is written in a concise and objective manner with the explanation of the training system on focus it doesn t fail to address all important items concerning a powerlifter s career such as expectations as to progress rate choice of attempts in a meet the role of recovery and how to use it to make important decisions in the program among many others

How Much Should I Train? James Hoffmann, Mike Israetel, 2019-02-10 How Much Should I Train is for anyone looking for a deeper understanding of how to modify training programs for the best results The Volume Landmarks can be applied to all areas of sport fitness and health promotion This book outlines how to properly dose training volumes in an individually periodized approach with considerations for dieting and athlete development over time The Volume Landmarks are a set of tools to help ensure the athlete is always making progress by steering clear of both undertraining and overtraining They also play a vital role in guiding athletes towards

progressing in key areas without having to make the sacrifice of deconditioning in others In a nutshell the Volume Landmarks provide a clear and unambiguous approach for how to periodize training volumes over time For more from Renaissance Periodization follow us at <https://renaissanceperiodization.com> Instagram [rpstrengt](https://www.instagram.com/rpstrengt) [Periodization of Strength Training for Sports](#) Tudor O. Bompá, Carlo Buzzichelli, 2021-02-19 Tudor Bompá revolutionized Western training methods when he introduced his groundbreaking theory of periodization in Romania in 1963 He has since gone on to become a world renowned exercise scientist and the foremost authority on periodization and the development of biomotor abilities In [Periodization of Strength Training for Sports](#) Fourth Edition Bompá partners with international strength and conditioning expert Carlo Buzzichelli to go beyond the simple application of bodybuilding or powerlifting programs to show you what training to schedule and when to build athletic strength and maximize performance at the right time [Periodization of Strength Training for Sports](#) demonstrates how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases anatomical adaptation hypertrophy maximum strength conversion to specific strength maintenance and peaking Coaches and athletes in 30 sports now have at their fingertips proven programs that take into consideration the specific phases and unique demands of their sport along with information about the dominant energy system limiting factors for performance and objectives for strength training No more guessing about preseason conditioning in season workloads or rest and recovery periods now it's simply a matter of implementing the strategies in this book Rather than experiment with untested training regimens let the proven science and ready made training schedules go to work for you [Periodization of Strength Training for Sports](#) eliminates the guesswork and establishes a clear path to achieving the best results for peaking at the ideal time Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Periodization and Advanced Programming for Powerlifting Fitness Research Publishing, 2025-06-28 Stop guessing Start dominating [Periodization and Advanced Programming for Powerlifting](#) is the definitive manual for lifters and coaches who demand more than random sets and rep schemes Written for intermediate to elite athletes this book deconstructs the science of long term strength development and delivers practical frameworks for programming that actually work on the platform Inside you'll explore the evolution of periodization models from linear progression to block undulating and concurrent systems Learn when to use each model how to sequence training phases and why intelligent planning matters more than intensity alone Understand the nuanced roles of intensity volume frequency and specificity and how to manipulate them with purpose You'll uncover how to structure hypertrophy strength and peaking phases that align with real world recovery capacity and competition timelines Discover how to program around setbacks integrate RPE and RIR without abandoning structure and manage athlete fatigue with real diagnostics not guesswork This book also takes a deep dive into overlooked essentials deload strategies off season construction nutrition for periodized training and psychological

periodization Plus you ll gain practical insight from real case studies featuring competitive lifters and the decisions that made or broke their progress Whether you re a competitive lifter a coach managing multiple athletes or just tired of stalling on the big three lifts this book gives you the tools to train with clarity adapt with precision and perform when it counts Train smart Progress deliberately Peak on time **Strength Training of the Eastern Bloc - Powerlifting** Powerlifting check,2022-01-06 This book should give you a little theory and overview of Russian training plans and the Eastern bloc Fundamentals of theory and analysis of plans in strength training The following topics are covered Basics general adjustment syndrome Specification overload Fatigue management individual differences Summary intensity Volume frequency Periodization for beginners Periodization for advanced Periodization for elite Prilepin Table Russian complex sentences Sheiko routines Smolov squat cycle Extended Russian Power Routine 9 weeks Bulgarian method *Powerlifting* Dan Austin,Bryan Mann,2021-01-14 One of the world s greatest powerlifters offers a look at how to train and compete in the sport Ten time world champion Dan Austin has packed Powerlifting with technical advice for both men and women on nutrition warm up and recovery training for competition and mental health strategies **Periodization of Strength** Tudor O. Bompa,Orietta Calcina,1993

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