



How to Train to be a Powerlifter

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Basic Information

- Powerlifting is based off three lifts, they are squat, deadlift, and benchpress
- The only goal of powerlifting is to increase how much weight you can lift in those movements
- This means that these skills are going to be extremely specific and you don't need a broad and diverse training regiment





Preparation

- Making a hypothetical 5 month training plan for a meet
- Assuming you already have training experience before, but are an intermediate level
- How I would prepare an athlete for their competition



Stages

- 2 months of Hypertrophy training
- 2 months of Strength training
- 1 month of peak phase
- Competition



Stage 1 - Hypertrophy

- Purpose is to gain muscle mass
- Focusing on major important muscle groups, not just ones that make you look good
- Point is to gain mass so that you can strengthen it more later
- Stick to large compound movements very similar to the exercises you are training for
- Add some substitutes if you have weak spots, such as front squats, wide or narrow grip bench, sumo or conventional deadlift
- 3-4 sets of 5-10 reps per exercise
- Overload each week
- Have volume deload weeks possibly every 4-5 weeks, same weight but lower volume



Stage 2 - Strength Training

- Goal is to strengthen the muscle that was previously built
- Now bring sets lower into a 3-6 range with similar amounts of sets
- Still increasing weight each week without completely going to failure
- Now start to focus more on competition lifts and perfecting them
- Accessory exercises are still used but also in lower rep range for max strength gain
- Be sure to add in deload weeks as well



Stage 3 - Peak Phase

- Important phase, have to focus on having highest possible one rep max but also not being fatigued
- Get into the 1-3 rep range now and focusing on lifting very heavy, within reason
- You are hopefully feeling strong at this point
- When you are one week out, you can do two things
- Either stop lifting for the last week entirely and rest or lift early in the week but with low volume and low weight to stay active and focus on perfect form
- Then you hopefully lift your heaviest weight at the perfect time, which is the competition



After Competition

- Take a two week deload
- You would go back into the hypertrophy phase after your competition and begin to train again
- This was a broad training cycle but it could be altered
- For beginners, more time in hypertrophy is important, because they may not have the mass yet
- For intermediate, this plan would be ideal
- For advanced, more time in the peaking and strength phases would be optimal since they have enough muscle mass most likely