

8 Week Strength Peaking						
Week	Day 1	Day 2	Day 3	Day 4	GPP	GPP
1 Accumulation Block	Squat w/ belt 6 @7, 6 @8, 6 @9 Press w/ belt 6 @7, 6 @8, 6 @9 Close-grip bench 10 @7, 10 @8, 10 @9	Deadlift w/ belt 6 @7, 6 @8, 6 @9 1ct paused bench w/ belt 6 @7, 6 @8, 6 @9 Split squat or Belt squat or Leg press 10 @8 x 3 sets	2ct paused squat 4 @7, 4 @8, 4 @9 Incline TnG bench 6 @7, 6 @8, 6 @9 DB bench 10 @8 x 3 sets	Rack pull, mid shin 4 @7, 4 @8, 4 @9 Slingshot bench 4 @7, 4 @8, 4 @9 Nordic hamstring curls or Hip thrust 10 @8 x 3 sets	25 min steady state @6 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls	None
2 Accumulation Block	Squat w/ belt 5 @6, 5 @7, 5 @8 x 2 sets Press w/ belt 5 @6, 5 @7, 5 @8 x 2 sets Close-grip bench 10 @7, 10 @8, 10 @9 x 2 sets *	Deadlift w/ belt 5 @6, 5 @7, 5 @8 x 2 sets 1ct paused bench w/ belt 5 @6, 5 @7, 5 @8 x 2 sets Split squat or Belt squat or Leg press 10 @8 x 3 sets	2ct paused squat 4 @7, 4 @8, 4 @9 x 2 sets * Incline TnG bench 6 @7, 6 @8, 6 @9 x 2 sets * DB bench 10 @8 x 3 sets	Rack pull, mid shin 4 @7, 4 @8, 4 @9 x 2 sets * Slingshot bench 4 @7, 4 @8, 4 @9 x 2 sets * Nordic hamstring curls or Hip thrust 10 @8 x 3 sets	25 min steady state @6 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls	25 min steady state @6 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls
3 Accumulation Block	Squat w/ belt 4 @6, 4 @7, 4 @8 x 3 sets Press w/ belt 4 @6, 4 @7, 4 @8 x 3 sets Close-grip bench 10 @7, 10 @8, 10 @9 x 3 sets *	Deadlift w/ belt 4 @6, 4 @7, 4 @8 x 3 sets 1ct paused bench w/ belt 4 @6, 4 @7, 4 @8 x 3 sets Split squat or Belt squat or Leg press 10 @8 x 4 sets	2ct paused squat 4 @7, 4 @8, 4 @9 x 3 sets * Incline TnG bench 6 @7, 6 @8, 6 @9 x 3 sets * DB bench 10 @8 x 4 sets	Rack pull, mid shin 4 @7, 4 @8, 4 @9 x 3 sets * Slingshot bench 4 @7, 4 @8, 4 @9 x 3 sets * Nordic hamstring curls or Hip thrust 10 @8 x 4 sets	30 min steady state @6 8 min upper back work AMRAP 8 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls	20 sec sprint every 2 min x 14 min 8 min upper back work AMRAP 8 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls
4 Intensification Block	Squat w/ belt 1 @8, 4 @9, 4 @8 x 2 sets Press w/ belt 1 @8, 4 @9, 4 @8 x 2 sets 2ct paused bench 8 @7, 8 @8, 8 @9 x 2 sets *	Deadlift w/ belt 1 @8, 4 @9, 4 @8 x 2 sets 1ct paused bench w/ belt 1 @8, 4 @9, 4 @8 x 2 sets Front squat or SSB squat or HBBS 8 @7, 8 @8, 8 @9 x 2 sets *	Pin squat 3 @7, 3 @8, 3 @9 x 3 sets * Pin bench 3 @7, 3 @8, 3 @9 x 3 sets * Press, no belt 8 @7, 8 @8, 8 @9 x 2 sets *	2ct paused deadlift @ 1" off floor 3 @7, 3 @8, 3 @9 x 3 sets * TnG bench 3 @7, 3 @8, 3 @9 x 3 sets * RDL or SLDL 8 @7, 8 @8, 8 @9 x 2 sets *	30 min steady state @6 8 min upper back work AMRAP 8 min ab work AMRAP 12-15 @8 x 4 sets triceps pushdowns 12-15 @8 x 4 sets biceps curls	20 sec sprint every 2 min x 14 min 8 min upper back work AMRAP 8 min ab work AMRAP 12-15 @8 x 4 sets triceps pushdowns 12-15 @8 x 4 sets biceps curls

*Take 3-5% off bar after @9 set to keep @9.

8 Week Strength Peaking						
Week	Day 1	Day 2	Day 3	Day 4	GPP	GPP
5 Intensification Block	Squat w/ belt 1 @8, 3 @9, 3 @8 x 2 sets Press w/ belt 1 @8, 3 @9, 3 @8 x 2 sets 2ct paused bench 7 @7, 7 @8, 7 @9 x 2 sets *	Deadlift w/ belt 1 @8, 3 @9, 3 @8 x 2 sets 1ct paused bench w/ belt 1 @8, 3 @9, 3 @8 x 2 sets Front squat or SSB squat or HBBS 7 @7, 7 @8, 7 @9 x 2 sets *	Pin squat 3 @7, 3 @8, 3 @9 x 2 sets * Pin bench 3 @7, 3 @8, 3 @9 x 2 sets * Press, no belt 7 @7, 7 @8, 7 @9 x 2 sets *	2ct paused deadlift @ 1" off floor 3 @7, 3 @8, 3 @9 x 2 sets * TnG bench 3 @7, 3 @8, 3 @9 x 2 sets * RDL or SLDL 7 @7, 7 @8, 7 @9 x 2 sets *	30 min steady state @6 9 min upper back work AMRAP 9 min ab work AMRAP 12-15 @8 x 4 sets triceps pushdowns 12-15 @8 x 4 sets biceps curls	20 sec sprint every 2 min x 14 min 9 min upper back work AMRAP 9 min ab work AMRAP 12-15 @8 x 4 sets triceps pushdowns 12-15 @8 x 4 sets biceps curls
6 Intensification Block	Squat w/ belt 1 @8, 1 @9, 2 @8 x 2 sets Press w/ belt 1 @8, 1 @9, 2 @8 x 2 sets 2ct paused bench 6 @7, 6 @8, 6 @9 x 2 sets *	Deadlift w/ belt 1 @8, 1 @9, 2 @8 x 2 sets 1ct paused bench w/ belt 1 @8, 1 @9, 2 @8 x 2 sets Front squat or SSB squat or HBBS 6 @7, 6 @8, 6 @9 x 2 sets *	Pin squat 1 @8, 3 @9 x 2 sets * Pin bench 1 @8, 3 @9 x 2 sets * Press, no belt 6 @7, 6 @8, 6 @9 x 2 sets *	2ct paused deadlift @ 1" off floor 1 @8, 3 @9 x 2 sets * TnG bench 1 @8, 3 @9 x 2 sets * RDL or SLDL 6 @7, 6 @8, 6 @9 x 2 sets *	35 min steady state @6 9 min upper back work AMRAP 9 min ab work AMRAP 12-15 @8 x 5 sets triceps pushdowns 12-15 @8 x 5 sets biceps curls	20 sec sprint every 2 min x 14 min 9 min upper back work AMRAP 9 min ab work AMRAP 12-15 @8 x 5 sets triceps pushdowns 12-15 @8 x 5 sets biceps curls
7 Modified Deload	Squat w/ belt 1 @8, 1 @9, 2 @8 Press w/ belt 5 @8, 3 @8, 92,5% of e1RM for AMRAP 2ct paused bench 6 @7, 6 @8, 6 @9	Deadlift w/ belt 1 @8, 1 @9, 2 @8 1ct paused bench w/ belt 1 @8, 1 @9, 2 @8 Front squat or SSB squat or HBBS 6 @7, 6 @8, 6 @9	Pin squat 1 @8, 3 @9 Pin bench 1 @8, 3 @9 Press, no belt 6 @7, 6 @8, 6 @9	2ct paused deadlift @ 1" off floor 1 @8, 3 @9 TnG bench 1 @8, 3 @9 RDL or SLDL 6 @7, 6 @8, 6 @9	25 min steady state @6 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls	20 sec sprint every 2 min x 14 min 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls
8 Competition Taper	Squat w/ belt 1 @7-8 (planned 1st attempt) 1ct paused bench w/ belt 1 @7-8 (planned 1st attempt) Deadlift w/ belt 1 @7-8 (planned 1st attempt)	Squat w/ belt 82,5% of e1RM for 3 sets of 1 1ct paused bench w/ belt 82,5% of e1RM for 3 sets of 1 Deadlift w/ belt 82,5% of e1RM for 2 sets of 1	Squat w/ belt 80% of e1RM for 2 sets of 1 1ct paused bench w/ belt 80% of e1RM for 2 sets of 1 Deadlift w/ belt 80% of e1RM for 1 set of 1	(24-48 hours prior test) Squat w/ belt 77,5% of e1RM for 1 set of 1 1ct paused bench w/ belt 77,5% of e1RM for 1 set of 1	25 min steady state @6 7 min upper back work AMRAP 7 min ab work AMRAP 12-15 @8 x 3 sets triceps pushdowns 12-15 @8 x 3 sets biceps curls	None

*Take 3-5% off bar after @9 set to keep @9.