

Mathias Method

STRONGer Powerlifting

(with Repetition Work)

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Powerlifting is a competitive sport that takes years of hard work and consistent dedication to become proficient at. Lifters must constantly be working on their technique and maintain that technique the best they can through the high intensity workouts they endure. These workouts can often last hours depending on your strength level. As you get STRONGer it takes more time to warm up to your working weights and you have to constantly be adding more work through increasing the weight, sets and/or reps performed. Your workouts will often be 6-10 sets of few reps with the same weight to accumulate volume and strength over time. Numerous sets with few reps is the best way to gain maximal strength, because you are practicing your setup and technique with intense weights numerous times within a workout. Your set-up, how you perform each lift, along with everything else in this 12 week program is focused upon obtaining the most strength for week 12. Week 12 is your competition week and there should be no lifting done during the last 2-3 days leading up. Do your training work early in the week with little accessory work so that you are fully recovered before the meet. This 12 week training program will guide you through the exact work you need to do leading up to your next competition.

For heavy training days you will switch between a squat versus deadlift focus. One week you will do most of your work with the squat and then use a deadlift variation (block pulls, deficit, bands, chains, etc.) as an accessory lift. The next week you will do the opposite with deadlift being the focus and have a squat variation (box squats, pause squats, bands, chains, etc.) as your accessory lift. This will allow you to focus on one lift at a time while allowing the other to recover before the next heavy session. Heavy bench days will go heavy every other week. The weeks between will use bench press variations (closegrip, floor press, bands, chains, etc.) utilizing repetition work to build up all parts of the lift. Be sure to practice your lifts exactly how they are supposed to be performed in competition. That means practicing holding deadlifts at the top and pausing bench presses as you get closer to the competition. Also, on heavy training days you will utilize an overload set to better prepare yourself for the competition. This is one set that is either an AMRAP (as many reps as possible) done with the same working weight or a daily max. For the daily max, work up to a weight that is difficult to do for that day, but you are still able to maintain reasonable technique. Your intensity set should never be done to failure because this teaches improper technique which will decrease your maximal strength potential.

Heavy training days work on building brute strength to increase your max as lighter training days are used each week to increase training volume while decreasing the overall stress placed upon your body. By going heavy too often our bodies may not be able to recover and therefore are at a higher risk of injury. By training with sub-maximal weights we can utilize dynamic speed training, with the use of bands or chains, to increase our training volume and power; or utilize repetition work to build more size. Both are effective ways of decreasing the overall stress placed upon your body while adding to your strength potential. By utilizing lighter and heavier training days each week they will build upon each other to further increase your maximal strength.

Every 4th week is a deload and recover week. This is a week where you will still get a good amount of training volume in but it will allow your body to recover from the high intensity work, and decrease your risk of injury. There will be no deadlifts done on this week, but you should utilize an exercise variation that will help build up your lower back such as good mornings or reverse hyperextensions. For your heavy squat and bench press exercises, utilize a variation that builds up your weaknesses in those lifts. Stay focused, train hard and get STRONGer!



Heavy Training Days**Light Training Days**

<u>Week</u>	<u>Main Lifts</u>	<u>Sets</u>	<u>Reps</u>	<u>% Max</u>	<u>Week</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>% Max</u>
1	Squat	5	6	70%	1	Squat	5	10	50%
	Deadlift Variation	4	6	50-70%					
	Bench Press	5	6	70%		Bench Press	5	10	50%
2	Deadlift	6	4	75%	2	Squat	5	10	55%
	Squat Variation	4	6	50-70%					
	Bench Press Variation	4	6	50-70%		Bench Press	5	10	55%
3	Squat	6	4	75%	3	Squat	4	10	60%
	Deadlift Variation	4	6	50-70%					
	Bench Press	6	4	75%		Bench Press	4	10	60%
4	Squat	4	5-10	<70%	4	Squat	4	10	60%
	Deadlift	0	0	0					
	Bench Press	4	5-10	<70%		Bench Press	4	10	60%
5	Deadlift	7	3	80%	5	Squat	4	8	65%
	Squat Variation	3	8	50-70%					
	Bench Press Variation	4	8	50-70%		Bench Press	4	8	65%
6	Squat	8	3	80%	6	Squat	3	8	65%
	Deadlift Variation	4	5	50-70%					
	Bench Press	8	3	80%		Bench Press	3	8	65%
7	Deadlift	8	2	85%	7	Squat	4	8	70%
	Squat Variation	3	8	50-70%					
	Bench Press Variation	4	8	50-70%		Bench Press	4	8	70%
8	Squat	4	5-10	<70%	8	Squat	5	8	70%
	Deadlift	0	0	0					
	Bench Press	4	5-10	<70%		Bench Press	5	8	70%
9	Squat	8	2	85%	9	Squat	3	6	75%
	Deadlift Variation	4	5	50-70%					
	Bench Press	8	2	85%		Bench Press	3	6	75%
10	¹ Deadlift	¹ 10	1	¹ 90%+	10	Squat	4	6	80%
	Squat Variation	3	6	50-70%					
	Bench Press Variation	4	8	50-70%		Bench Press	4	6	80%
11	¹ Squat	¹ 10	1	¹ 90%+	11	Squat	4	6	70%
	Deadlift Variation	4	5	50-70%					
	¹ Bench Press	¹ 10	1	¹ 90%+		Bench Press	4	6	65%
12	Squat	5	3	50%	12	Squat	Competition		
	Deadlift	5	3	50%		Deadlift	Competition		
	Bench Press	5	3	50%		Bench Press	Competition		

¹Use your competition opener for all 10 sets. Usually something you can do 3 reps with.



Squat/ Deadlift Mobility Warm-Up

General Warm-Up and Systems Check:

Toe Reach	x 10
The Bow	x 10-30 sec.
Torso Twist & Reach	x 10 total
Side Bend & Reach	x 10 total
Hip Circles	x 10 total
Hip Open-Close	x 1 each
Paleo Squat	x 30+ sec.

The Daily 30:

Paleo Squat	x 10
Push-Ups	x 10
Prone Cobra	x 10

Training Specific Mobility:

Lat Stretch- Underhand	x 10-30 sec.
Bicep Stretch	x 10-30 sec.
Squat & Extend	x 3
Dynamic Hamstring Stretch	x 10 total
Deep Lunges	x 10 total
Dynamic Pigeon Stretch	x 10 each

Add any additional mobility stretches here to fit your specific needs

Activation Techniques:

Single Leg Romanian Deadlift	x 10 each
Hip Airplanes	x 10 each
Bulgarian Split Squat	x 10 each

Calf Mobility

Static Single Leg Calf Stretch	x 2 min. each
Weighted Deep Squat Calf Stretch	x 1 min. each



Bench Press Mobility Warm-Up

General Warm-Up and Systems Check:

Toe Reach	x 10
The Bow	x 10-30 sec.
Torso Twist & Reach	x 10 total
Side Bend & Reach	x 10 total
Hip Circles	x 10 total
Hip Open-Close	x 1 each
Paleo Squat	x 30+ sec.

The Daily 30:

Paleo Squat	x 10
Push-Ups	x 10
Prone Cobra	x 10

Training Specific Mobility:

Arm Circles	x 10 each
Horizontal Hug & Open	x 10
Shoulder Flexion-Extension	x 10
Single Arm Swings	x 10 each way
Scapular Rotations	x 10 each
Chest Stretch	x 10 sec.
Lat Stretch- Overhand	x 10-30 sec.
Doorway/ Pec Minor Stretch	x 10-30 sec.
Scapular Abduction Stretch	x 10-30 sec.

Add any additional mobility stretches here to fit your specific needs

Activation Techniques:

Dumbbell Shoulder Warm-Up

Lateral Raises	x 10
Front Raises	x 10
Reverse Flyes	x 10
Military Press	x 10
Shoulder Dislocations	x 10



Day 1- Heavy Squat/ Deadlift

Warm-Up & Technique Work:

Weighted Chin-Ups	- x 25 total
Box Jump Variation	3-5 x 3
Pause Squat/ Deficit Deadlift (<50%)	3 x 5

Main Lifts:

Squat/ Deadlift	See Table
*Overload Set	1 x AMRAP/ Daily Max
Deadlift/ Squat Variation	See Table

Accessory Work:

Dumbbell Rows	4 x 6-8
Bicep Curl Variation	4 x 8-10
Side Plank/ **Grip Holds	3 x 45 sec.
Mobility Work	10+ min.

*Done after your main work is complete, only on high intensity days, and never to failure.

**Hold the center (smooth part) of a deadlift barbell, or weighted bar, at your side for as long as you can to build up your grip. It is best to do this on days when you do lighter deadlifts.



Day 2- Heavy Bench Press

Warm-Up & Technique Work:

Closegrip Bench Press (<50%)	3 x 5-15
Abs Exercise	3 x 5-10

Main Lifts:

Bench Press	See Table
*Overload Set	1 x AMRAP/ Daily Max

Accessory Work:

Dumbbell Press Variation	4 x 6-8
Military Press Variation	3-5 x 3-8
Triceps Extension Variation	4-5 x 6-10
Face Pulls	5 x 8-10
***Rotary Cuff Work	- x 100 total
Side Bends	3 x 10-20
Weighted Abdominal Exercise	5 x 10
Mobility	10+ min.

*Done after your main work is complete, only on high intensity days, and never to failure.

***Do slow, controlled motions with a cable that work on the rotation of your humerus (upper arm bone). See examples on mathiasmethod.com.



Day 3- Light Squat/ Deadlift

Warm-Up & Technique Work:

Pull-Ups/ Chin-Ups	- x 50
Pause Squat (<50%)	3 x 5

Main Lifts:

Squat	See Table
Back Extensions/ Reverse Hyper	3 x 10-15

Accessory Work:

Leg Curl/ Leg Press	3 x 10-15
Lat Exercise	5 x 10-15
Curl Variation	3 x 10-15
Weighted Plank	3 x 60-90 sec.
Mobility	10+ min.



Day 4- Light Bench Press

Warm-Up & Technique Work:

Shrug Variation	3 x 10
Closegrip Bench Press (<50%)	3 x 5-15
Abs Exercises	3 x 10

Main Lift:

Bench Press	See Table
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Accessory Work:

Dumbbell Press Variation	3 x 10-15
Military Press Variation	3 x 10-15
Push-Ups/ Dips	3 x Failure
Triceps Extension Variation	3 x 10-15
Reverse Flyes	3 x 10-20
Lateral Raises	3 x 10-15
Abs Exercise	- x 100
Mobility	10+ min.

