

THE 3X3 POWERLIFTING PROGRAM

CURRENT MAXES:

BENCH: 100 SQUAT: 210 DEADLIFT: 260

PROJECTED MAXES:

BENCH 115 SQUAT: 230 DEADLIFT: 275

PHASE 1 - HIGH VOLUME

Week	Day(s)	Lift	Sets	Reps	Weight
1	Mon/Wed/Fri	Bench	6 to 8	6	67
	Mon/Wed/Fri	Squat	5 to 8	5	134
	Mon/Wed/Fri	Deadlift	5 to 8	5	160
2	Mon/Wed/Fri	Bench	6 to 8	6	69
	Mon/Wed/Fri	Squat	5 to 8	5	138
	Mon/Wed/Fri	Deadlift	5 to 8	5	165
3	Mon/Wed/Fri	Bench	6 to 8	6	72
	Mon/Wed/Fri	Squat	5 to 8	5	143
	Mon/Wed/Fri	Deadlift	5 to 8	5	171
4	Mon/Wed/Fri	Bench	6 to 8	6	74
	Mon/Wed/Fri	Squat	5 to 8	5	148
	Mon/Wed/Fri	Deadlift	5 to 8	5	176

PHASE 2 - HIGH INTENSITY

Week	Day	Sets/Reps	Bench	Squat	Dead
1	Mon	5X4, 3X3, 2X1	69	138	220
	Wed	2X1, 3X3, 3X3	92	138	165
	Fri	5X4, 2X1, 3X3	69	184	165
2	Mon	5X4, 3X3, 2X1	69	138	234
	Wed	2X1, 3X3, 3X3	98	138	165
	Fri	5X4, 2X1, 3X3	69	196	165
3	Mon	5X4, 3X3, 2X1	69	138	248
	Wed	2X1, 3X3, 3X3	104	138	165
	Fri	5X4, 2X1, 3X3	69	207	165
4	Mon	5X4, 3X3, 2X1	69	138	262
	Wed	2X1, 3X3, 3X3	110	138	165
	Fri	5X4, 2X1, 3X3	69	219	165

The last four weeks of the program can be modified. The idea is to peak for strength here; it is not nec follow the exact parameters of the peaking phase. Lifters I have talked to have informed me that the la weeks can be quite awkward, and that an alternate form of peaking may be in order. But the conditioni (weeks 1-4) is where the strength is generated due to the incredible volume of training.

If you try it, please keep me informed on how this program works for you!

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