

General Program Guidelines

Make sure you watch the entire video. I recommend doing at least a 6 week hypertrophy phase follow by 4-6 week strength phase before starting the peaking program.

Using a heavy workout from your most previous training cycle you should calculate an estimate training max. You can also take 90% of your last contest best if it is within the last few months.

You Download the APP 1RM Lite on your phone and enter in a rep max to project a training max. (the app will give you a good estimate)

On Speed days the intent of the day is form and force production.

On testing days IE 3RM. The goal is to test and see where your strength is at without actually taking a 1RM. It is still important to not miss any weights during the peaking cycle. Save it for the platform. Success breeds success. Newer lifters can also use a % guideline and take an AMRAP (as many reps as possible) set here but again the goal is NO MISSES and keeping form!

On overload days (chains work up sets, Reverse bands and sling shot) the objective is to get your goal weight on your back and in your hands. Based off your 3RM you should have a good idea of what your 1RM should be and that would give you an idea of what your goal weight is for the meet. You want your body to get used to having that weight on your back and in your hands and the overload workouts help you do so.

One of the goals of the peaking cycle is to drop fatigue. So after your main movements if you aren't feeling it feel free to drop some sets or even eliminate some of the assistance work. Again the goal is to peak for the meet not work on getting a bigger biceps or hamstring curl.

For anyone looking for more guidelines if you mention you bought our book you can also get \$75 off our distance coaching program where meet warm ups, strategy and attempt selection is all included! E-mail gaglionestrength.com to reserve your spot with Peaking Program in the subject line! Now onto suggest equipment guidelines!

Suggested Equipment for the Peaking Program

We recommend using bands, chains, and slingshots for overload and speed work. The peaking program can be done without this tools but it won't be as effective.

These tools stimulate your central nervous system to allow your body to handle heavier weights while allowing for maximum recover. In laymen's terms they help you peak better while dropping fatigue which will allow you to express your strength optimally on the platform where it matters most!

For general equipment we always recommend HowMuchYaBench.net and EliteFts.com for wrist wraps, straps, sleeves, knee wraps, belts, hips circles and other general powerlifting equipment!

Bands

You can Purchase Bands from EliteFts.com

I recommend getting a pair of each for barbell exercise that is required for your strength level (see below) and some extras for accessories movements and stretching (one more mini, monster mini, light, and average band)

I recommend using bands for speed work only if you have at least 2 years of competitive powerlifting experience under your belt and you have used bands before in a previous training cycle. During a peaking phase is not the time to try something drastically different. The main benefit of using bands of chains is to get the over speed eccentric. It teaches the lifter to come down faster and thus builds reversal strength so they have a more powerful start. Bands are the ultimate form of accommodating resistance.

For novices and intermediate reverse bands can be used. Just keep in mind if you are a walked out lifter using reverse bands in a mono lift you cannot walk the weight out when using the reverse band method, as it will pull you forward. If you are using reverse band in a rack you won't have this issue.

Chains

You can purchase weightlifting chains from 1st-chainsupply.com

Chains are my favorite way to perform speed work for novices and intermediates. Even in my own training I use chains more frequently since they don't alter bar path and are generally easier to recover from. Chains are a more forgiving way to teach a lifter to accelerate through the lockout and bust through sticking points.

Band Recommendations For Speed Work

Squats (max without wraps)

Under 225 set of Micro Minis
225-315 set of mini bands
320-405lbs set of Monster Mini
405-605 set of Light Bands
605+ set of Average Bands

Bench (based off training max)

Under 270 Doubled Micro Mini
275-420 Doubled Minis
425+ Doubled Monster Minis

Deadlift (based off training max)

Under 225 one micro mini
225-405lbs one Mini
405-555 one Mini Bands
555+ one Light Band

Reverse Bands for Squat (max without wraps) and Deadlift

Under 250 set of Micro Minis
255-505 set of mini bands
505-700 set of Monster Mini
700+ set of Light Bands

Reverse Bands for Bench

Under 200 set of Micro Minis
205-375 set of mini bands
375-495 set of Monster Mini
500+ set of Light Bands

Chains Recommendations for Speed work and or overload

Chains Squat

Under 225 lbs half * a chain per side (20 lbs chain weight)
225-400 One chain Per side (40 lbs chain weight)
405-605 Two Chains Per Side (80 lbs chain weight)
605+ Three Chains Per Side (120 lbs chain weight)

Chains Bench

Under 185lbs half chain* (20lbs total chain weight)
190-295 One Chain Per side (40 lbs total chain weight)
300-405 One and Half chain* Per side (60 lbs total chain weight)
405+ Two Chains per side (80lbs total chain weight)

*When setting up a half chain simply leave half the chain links on the ground at the start

Chains Deadlift

Under 225 lbs one chain in middle (20 lbs chain weight)
225-400 One chain Per side (40 lbs chain weight)
405-605 Two Chains Per Side (80 lbs chain weight)
605+ Three Chains per side (120 lbs chain weight)

Sling Shots for Overload

Under 150 bench Sling shot not recommended (use reverse bands)
150-310 Loose Blue Reactive Sling Shot
315-445 Tighter Fit Blue Reactive Sling Shot
450+ Moderate Fit Red or Yellow Original or Full Board Sling Shot

Considerations for Novices and Women

If you are a newer lifter, a light weight, a female or just not that strong yet you may need less time to taper. In general smaller lifters who don't lift a much don't need as much time to drop fatigue.

Larger, heavy weight, and more experienced lifters will generally need more time to deload and drop fatigue.

For Men who are 198+ and totaling 1600 or more at least a one week deload is warranted and for women 181+ totaling 1000 lbs or more a one week deload might be warranted as well.

For newer men and women 181 and under that total under 1000 lbs a few days is probably plenty to drop fatigue .

That being said depending on muscle fiber type, work capacity and other factors there are exception to the rule and you need to figure out the length of taper that works best for you!

Here are two examples of when you would start the 6 week peaking program assuming the competition date was April 15 2017

Heavy Weight Advanced Male Example

Week 1 Week of 2/26- 7 Weeks out from Contest Week 1 of Pre Peaking Phase
Week 2 Week of 3/5- 6 Weeks out from Contest Week 2 of Pre Peaking Phase
Week 3 Week of 3/12- 5 Weeks out from Contest Week 1 of Peaking Phase
Week 4 Week of 3/19- 4 Weeks out from Contest Week 2 of Peaking Phase
week 5 Week of 3/26- 3 Weeks out from Contest Week 3 of Peaking Phase
Week 6 Week of 4/2-2 Weeks out from Contest Week 4 of Peaking Phase
Week 7 Week of 4/9- 1 week out from Contest Complete Deload

Light Weight Novice Female Example

Week 1 Week of 3/5- 6 Weeks out from Contest Week 1 of Pre Peaking Phase
Week 2 Week of 3/12- 5 Weeks out from Contest Week 2 of Pre Peaking Phase
Week 3 Week of 3/19- 4 Weeks out from Contest Week 1 of Peaking Phase
week 4 Week of 3/26- 3 Weeks out from Contest Week 2 of Peaking Phase
Week 5 Week of 4/2-2 Weeks out from Contest Week 3 of Peaking Phase
Week 6 Week of 4/9- 1 week out from Contest Week 4 of Peaking Phase OMIT Day 3