

## General Program Guidelines

Make sure you watch the entire video. I recommend doing at least a 6 week hypertrophy phase before starting this strength program. After the strength program is complete you can transition into a 4-6 week peaking phase!

The goal of this phase is using moderate reps to stimulate new strength using muscle mass built from previous phases of training. Frequency and volume will be more moderate. Frequency will drop the last two weeks to help transition to the peaking phase after this program is finished.

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 can 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 )

At some points in the program we may use special bars. Special bars work on certain weak points and also gives your body a break from the straight bar. If you don't have access to special bars use what you have access to!

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

On testing days IE 5RM. 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 a certain weight on your back and in your hands. The reverse band work and sling shot work will help get your body ready for the 5RM or AMAP test toward the end of strength phase 1. 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.

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](mailto:gaglionestrength.com) to reserve your spot !

## **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](http://HowMuchYaBench.net) and [EliteFts.com](http://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](http://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](http://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