

The disadvantage of this progression is that after competing your top or target weight you still have a lot of work to do.

As indicated above, with the intermediate program, athletes may train for 8 to 10 weeks in a progression and jump from the end of the progression directly to competition. If no competition is available or desirable then the progression can continue for a few more weeks or a break can be taken and the progression can be restarted at a slightly higher weight.

Advanced Athlete and Partner Programing

The Advanced Special Olympics athlete has generally had several years of training within the context of intermediate level training. The advanced lifter requires a longer time (multiple weeks) to acquire the training stress and adaptation that is needed to perform at the highest level. The advanced lifter, will also require further increases in variety of volume, intensity and exercises used as well as other training variables to continue to push the body to higher levels of performance.

It is important that athletes are not pushed too quickly into this level as they

1. May not be ready
2. May not have time for the increased levels of work and variety
3. They can make gains at the intermediate level for years

Advanced athlete programing should be planned in phases which address a particular aspect of preparedness. As with the Intermediate phase, training will generally build adaptation to higher volume and lower intensity while follow-on phases of training will focus on maximizing the development of strength with lower volume and higher intensity.

How long each phase will be is dependent on the individual athlete. While some lifters may need to focus more on higher volume and muscle building (more repetitions and/or more sets) over a training period, others may need to focus more on strength and power with proportionately lower repetition sets.

Programing for the advanced lifter can also include a mix of the above factors within each training week and can be effective with a coach that is knowledgeable in how to



implement that type of training. These training options can be used in conjunction with many of the principals outlined under the intermediate program.

The advanced program should follow a closer adherence to training intensity amounts. This will be depicted as percentages of single repetition maximums and provide weekly and monthly targets for which the lifter can gauge planned success by. While these percentages are important to the advanced lifter, they should not prevent reevaluation and adjustment if the lifters training performance is lagging.

Advanced programing can also include exercises that require equipment that is generally not needed in Novice or Intermediate level programing. This will provide for a greater mix of training stimulus needed to continue to make gains and overcoming sticking points.

Also note that the training variables incorporated in the Intermediate program can continue to be used in the advanced program. This includes the use of lighter training days that may be alternate forms of the competition lift.

Other advanced training variables are the incorporation of work set configurations (Sets Across, Ascending Sets and Drop Sets) based upon what works best for the athlete and/or partner at that time.



The following are examples of Advanced Programs based upon the number of days allocated for training:

Three Day Advanced Option – First Training Week

Heavy Day – Monday	Light Day (Active Rest) Wednesday	Medium Day (Low Stress Volume Day) Friday
Squat 5x5	High Bar Squat 2x5 (80-85% Squat)	Box Squat 3x5 (95% of Hvy Day)
Bench 5x5	Close Grip Bench 3x6 (80-85% Bench)	Incline Bench 3x6 (85-90%Bench)
Deadlift 2x5	Pull Ups 3x8	Deficit or Snatch Grip Deadlifts 2x5
Dumbbell Bench 3x8	Press 3x6	Rows 3x8

Four Day Advanced Option – First Training Week

Monday	Tuesday	Thursday	Friday
Squat 5x5	Bench 5x5	Deadlift 2x5	Close Grip Bench 3x6
Stiff Leg/Deficit Deadlift 3x5 (alt. weekly)	Incline Bench 3x6	High Bar Squat 3x6	Press 3x6
Rows 3x8	Dumbbell Bench 3x8	Pull Ups 3x8	Triceps Extensions 3x8



Advanced Athlete and Partner Sets and Rep Progression (Heavy Day)

A simple linear option progresses at a steady rate which allows the body to gradually adjust to changes in intensity and volume.

Advanced lifters can use similar sets and rep progression as intermediate lifters or use a percentage based progression as outlined below.

Example Linear Progression Reps and Sets for Heavy Day–

% 1											
Rep	74	76	78	80	84	86	88	90	92	94	Comp
Max											
Sets/ Reps	5/5	5/5	5/4	5/4	5/3	5/3	5/3	5/2	5/2	5/2	5/2

Advanced athletes should also be ready to include deload weeks into their training if accumulated fatigue or soreness dictates it. Deload weeks are most beneficial when volume (sets) are reduced and if possible intensity (weight) is maintained. Deloads week are commonly most beneficial at four week progressions and especially the last three to four weeks before competition. It should be noted that deload weeks are not always needed or beneficial and coaches must make the decision to deload based upon careful assessment of the lifters condition.

Safety in Powerlifting Training and Competition

A key element to a successful strength and conditioning program is safety in the weight room. The following can help to assure athletes safety and prevent injury and loss of hard earned gains:

- Make sure all equipment is in proper working condition and that no safety hazards exist such as tripping or striking a part of the body
- Make sure that spotters are always used and attentive in the squat and bench. Stay close but don't make the athlete dependent on your support as this is not allowed in competition. Always use two hands when spotting.

