

Guidance on the use of Wolf's powerlifting program

This document is meant as a guide on how to design the training program. The program is a 12 week peaking program.

The program exists in two different editions:

Novice: This is a peaking program for novice powerlifters. A prerequisite is sound technique with the three main lifts. The program is suited for peaking for the lifter's first competitions.

Intermediate: This program is for powerlifters with experience. It includes exercises for intermediates and somewhat higher intensity percentages.

1. Set a realistic goal for your competition lifts, and input your goal in the blue, yellow, and pink cells in row 26. If you compete equipped, see instructions further below.

2. In column J to K and row 29 to 40, intensity percentages are given. You may choose any percentage within the range, and input it in the "%" column. As the program is given, these percentages are suited for raw lifters and are at the lower end. You may react differently to a certain intensity than others, so experiment a little and have a look at the sessions to see if the intensity seems reasonable.

Description of exercises and terms:

Suited/similar: In red writing, this indicates when to gear up. Unequipped lifters still lift raw, and the intensity is tailored to raw lifting as the program is given.

Comp squat: Your competition squat technique. In this program, it is assumed your comp squat is low bar.

HB squat: High bar squat.

HB squat paused: Pause in the bottom. Program says "wide stance," but you are free to use whichever stance you like.

Bench press narrow grip: Bench press with grip at roughly shoulder width.

Bench press medium grip: Bench press with grip width between narrow and regular/competition grip.

Block pull: Deadlift with the bar/plates situated on blocks/plates, so the bar starts right below knee height. Both sumo and conventional pullers shall use conventional style for these.

Deficit deadlift: Stand on a 5-8 cm elevated surface. Use your preferred deadlift technique (sumo or conventional).

Stiff-legged deadlift: Stiff/straight legs, flat back.

Superset: Perform the one heavy set, rest 45-60 sec, perform one easier set. Rest 2-3 min, the repeat. Supersets are "paired" on top of each other in the program.

-1: Means you can do 1 less rep than designated in the program. E.g. week 1, Monday says -1 above the last two sets of 3 reps. Thus, depending on how you feel, you may do two or three reps.

Using the program – equipped lifters:

Input goal/target 1RM equipped in the aforementioned cells. For bench press, input unequipped goal 1RM into the green cell.

The only change to the program is the intensity percentages.

For equipped squats: (Novice program)

Comp squat equipped 90 – 95

Comp squat raw 65 – 75

HB squat 55 – 65

HB squat paused 55 – 60

For equipped squats: (Intermediate program)

Comp squat equipped 90 – 95

Comp squat raw 70 – 75

HB squat 60 – 65

HB squat paused 55 – 60

Gear up when the program tells you **with red writing**.

For deadlifts, you do not need to change the intensity percentage range. Deadlift work equipped/unequipped is the same.

Good luck!

Kind regards

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A few points:

The programs are not designed for a specific range of wilks points.

The programs will never be “outdated” for novice powerlifters and it creates a solid base for the lifter. Customization becomes more important for the Intermediate Powerlifter, and it’s based on life situation, physical challenges, experience, weaknesses uncovered in competition, etc.

The volume program is preferred if you are new to the programs and are not planning to compete at the end of the volume program. It is recommended to make a yearly plan that lets you get through a volume block before starting a peaking program – this variation is important.

Some of you may wonder if you should increase your max during the programs or adjust the loading percentages. Refer to above: “You may react differently to a certain intensity than others, so experiment a little and have a look at the sessions to see if the intensity seems reasonable.” If you cruise through 4-6 weeks because they’re too easy, you can either (a) adjust the intensity percentages (unless you’ve already at the higher end of the interval) or (b) you increase your max, assess the intensity intervals, check the program to see if it still looks

too easy, and reassess max and intensity percentages. Before you consider adjusting the maxes, consider how difficult the sessions were meant to be, and listen to your body.

Comments on the routine:

Anonymous Sat 16 Mar 2013 00:50:42 [No.18460447](#)

Used to compete a bit without equipment, cba anymore.

Did 220 squat, 175 bench and 280 dedlift as raw maxes.

I usually did Dietmar routines. Tried some 5/3/1 and sheiko also, but Dietmar's always worked better for me.

The thing most don't realize with these routines is that actually the assistance work allows you to grow pretty much as you want to. I did a lot of pullups, calf raises and other isolation movements to get a symmetrical development.

Now I train purely for bodybuilding purposes.

Anonymous Sat 16 Mar 2013 02:00:02 [No.18461723](#)

yeah. I do the lifts and i train for the competitions. I am part of a Club and very much intend to compete at some time this year...my club is under the IPF, as any serious club should be

my lifts at the time i dont know exactly but i am now on a program supposed to get me to a 600 kg RAW total, spread out over a 200 kg squat, 150 kg bench and 250 kg deadlift. my squat is hips below knees ATG, my bench is with a propper stop, prob a sec of two. and my deadlift is convensional style.

the program is a 12 week beginners peaking program(now done with week 3, week 4 on monday) that is made by Dietmar Wolf, the norwegian powerlifting coach. it consists of 3 days per week, Mon, wed, Fri. All three lifts everyday, but different variations of them. it uses Powerlifting squats(mid-low bar placements), highbar pause squats and highbar squats. Medium grip benchpress with stop, Benchpress with stop and closegrip without stop. Stifflegged deadlifts, Deadlifts, deadlifts of blocks. and in that order. first exercise of the sort on monday, second on wed, last on fri.also it has generally alot of sets mostly between 5 and 7 up to 11 sometimes

also presses on mon and fri. rows and legcurls on monday, rows and pushups/dips on friday.

for the last year i have been doing mostly whatever in form of rutine...been on a diet and lost 20 kgs. then i started volume training and now peaking. have tried Layne norton Power building, wendlers 5/3/1. did Westside for a bit. 5/3/1 is prob the best of those.

diet now is food. and trying not to get fat again
