

[Routine appears to be published in 2005.]

## **Guidance for the use of the Volume Routine in Powerlifting**

This is meant as a guidance on the usage and customization of the Volume Routine.

The Routine is an eight week volume routine that can be used in between competitions. If you do not have eight weeks available, you can drop the final weeks.

1. Write name and date on the first page, upper right corner (column J).
2. Input your 1RM (or estimated 1RM) in squat, bench press, and deadlift (raw/unequipped). Input them at the top of the first page (row 5).  
Squat: Blue coloured box.  
Bench press: Yellow coloured box.  
Deadlift: Pink coloured box.
3. In column F (turquoise colour) on the first page are intensity percentages, e.g. 80-90. From the given interval, choose a percentage fitting your strength and type it into the column to the left (column E). The optimal percentage is individual, so you will have to experiment a bit and decide if the weights are reasonable.

### **Description of exercises and terms:**

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

*HB squat to box, paused* (Wednesday): High bar squat. Pause on a box set at a height where you are 2-3 cm below legal depth. Wide stance.

*HB squat paused* (Friday): High bar squat, pause in the bottom. Regular stance.

*Incline*: Paused bench press at roughly 45° angle.

*CGBP/Close grip bench press*: Bench press with grip at roughly shoulder width. Can use a reverse grip.

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

*MGBP1B/Bench press medium grip, 1 board*: Bench press with medium grip width, and a board. Board is 2 inches thick.

*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. Deadlift technique should be the opposite of your competition deadlift (sumo pullers do conventional, conventional pullers do sumo).

*Medium-grip deadlift (MGDL)*: Deadlift with a wider grip than usual.

*Deficit stiff-legged deadlift (Deficit SLDL)*: Stiff/straight legs, flat back, 5-8 cm deficit.

*RDL/Hang SLDL\*\*\**: Stiff/straight legs, flat back, lower the bar to just below the knee.

*Good morning\*\*\**: Alternative to RDL. See excel sheet.

*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/sheet.

*Triset:* Three exercises are grouped; MGBP, biceps, and BB lat rows. One set of each exercise is performed consecutively without rest. 2-3 min rest between each triset.

*SxR:* Sets x reps.

Good luck with the training!

Mvh

Dietmar Wolf

Sportslig leder/utdanningskonsulent NSF

Linda Høiland

Ungdom og utdanning NSF

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