

Advanced Powerlifting Peaking Program (8 Weeks)

It's time to peak. This 8-week program from BulkRoutine.com, is your strategic guide to competition day. Designed for advanced lifters, it cuts the fluff and focuses purely on managing fatigue and maximizing strength expression for the Squat, Bench, and Deadlift. Follow the plan, trust the process, and unlock your potential on the platform. For elite-level resources to complement your training, visit BulkRoutine.com.

Goal : Peak maximal strength in the **Squat, Bench Press, and Deadlift**
Level : **Advanced lifters (with solid base strength and technical proficiency)**
Length : 8 weeks
Structure : 4 training days per week
Methodology: **Volume** → **Intensity** → **Peaking** → **Taper** (classic linear + undulating progression)
Main Focus : Maximize neural adaptations, recover well, and hit PRs on meet day.

In advanced powerlifting programs, intensity is one of the most important training variables to manage effectively.

In this context, intensity refers to the load lifted relative to your one-repetition maximum (1RM)—the heaviest weight you can lift for a single, technically sound repetition. It is expressed as a percentage of your 1RM.

For example, if your 1RM squat is 200 kg:

- 70% intensity = 140 kg
- 85% intensity = 170 kg
- 95% intensity = 190 kg

Throughout this peaking program, intensity gradually increases from moderate loads (70–80%) during the accumulation phase, to very heavy singles (90–95%+) in the peaking phase, before tapering down to allow full recovery and peak performance on meet day.

Phases Overview				
Phase	Weeks	Focus	Intensity (%1RM)	Volume
1	1–3	Accumulation	70–80%	High
2	4–6	Intensification	80–90%	Moderate
3	7	Peaking	90–95%+	Low
4	8	Taper / Meet Week	60–90% (de-load)	Low

Weekly Split	
Day	Focus
Monday	Squat + Bench (Volume)
Tuesday	Deadlift + Bench (Supplemental)
Thursday	Squat + Bench (Intensity)
Saturday	Deadlift + Bench (Heavy / Speed)
Accessory work is minimal and highly specific — the closer to peak, the fewer accessories. The goal is recovery + performance , not hypertrophy here.	

Phase 1 (Weeks 1–3): Accumulation

Purpose : Build work capacity, reinforce technique, maintain hypertrophy.

Intensity : 70–80%

RPE : 6–8

Main lifts : Higher volume sets (4–6 reps), accessories still present.

Day 1 Squat + Bench (Vol)

Exercises	Sets	Reps	Intensity	Image
Squat	5	5	70–75%	
Bench	5	5	70–75%	
Pause Squats	3	4	65%	
DB Row	3	8	65%	
Triceps or rear delt work	2-3	12-15	65 %	

Day 2 Deadlift + Bench (Supp)

Deadlift	4	4	70–75%	
Bench (Close Grip)	4	6	70%	
RDL or Deficit	3	5	65%	

Deadlift				
Pull-Ups	3	10–15	-	
Day 3 Squat + Bench (Int)				
Squat	4	4	75–80%	
Bench	4	4	75–80%	
Front Squat or Tempo	3	3	70%	
Day 4 Deadlift + Bench (Heavy)				
Deadlift	4	3	75–80%	
Bench	3	5	75%	
Speed Pulls	6	1	60% (1 min rest)	

Phase 2 (Weeks 4–6): Intensification

Purpose : Shift from volume to intensity, lower reps, increase load.

Intensity : 80–90%

RPE : 7–9

Main lifts : 3–5 sets of 2–4 reps. Accessories sharply reduced.

Day 1 Squat + Bench

Exercises	Sets	Reps	Intensity	Image
Squat	4	3	80–85%	
Bench	4	3	80–85%	
Pause Squats	2	3	75%	

Day 2 Deadlift + Bench

Deadlift	3	3	80–85%	
Bench (Close Grip)	3	4	80%	
RDL or Deficit Deadlift	2	3	5%	

Day 3 Squat + Bench

Squat	2	3	80–85%	
Bench	3	2	85–88%	

Day 4 Deadlift + Bench

Deadlift	3	2	85–88%	
Bench	3	3	(speed or light technique work @ 60–70%)	
Speed Pulls	5	1	70% (fast)	

Phase 3 (Week 7): Peaking

Purpose : Maximize neural readiness, lift heavy singles (90–95%+), low fatigue.

Intensity: 90–95%+

Volume : Very low

Goal : Heavy singles & doubles, technique dial-in.

Day 1 Squat + Bench

Exercises	Sets	Reps	Intensity	Image
Squat	1	2	90–95%	
Bench	1	2	90–95%	
Light back-off	2	2	80%	

Day 2 Deadlift + Bench

Deadlift	1	2	90–95%	
Bench (Technique work)	3	2	80%	
Core & mobility	-	-	-	-

Day 3 Squat + Bench

Squat	2	2	80–85%	
Bench	2	2	75–80%	

Day 4 Deadlift + Bench

Deadlift	Work up to opener or 2nd attempt weight (90–95%)			
Bench	3	2	(speed or light technique work @ 60–70%)	

Phase 4 (Week 8): Taper / Meet Week

Purpose : Shed fatigue, maintain sharpness, peak on meet day.

Volume : Very low

Intensity: Moderate to high early in week, low at end.

Key : Do not try to “get stronger” here — recover and prime.

Day 1 Squat + Bench

Exercises	Sets	Reps	Intensity	Image
Squat	2	2	70%	
Bench	2	2	70%	

Day 2 Deadlift + Bench

Squat	1	1	90–92%	
Bench (Technique work)	1	1	Opener	
Deadlift	1	1	Opener	

Day 3 Squat + Bench

Light warm-up, mobility, visualization.

Day 4 (Sat or Sun): Meet Day / Max Testing

Powerlifting	1st: Easy, ~90–92%
	2nd: Planned PR or close (95–98%)
	3rd: All-out PR attempt (100–103%)

Additional Notes

- **Autoregulation:** Use RPE and bar speed (if you have a device) to avoid overshooting.
- **Accessories:** Drop them almost entirely by week 6–8.
- **Sleep & Nutrition:** Absolutely critical during peaking — treat recovery as part of training.
- **Taper:** Resist the urge to “test” heavy weights multiple times during week 8. One opener practice is enough.