



TPS Method for Powerlifting Block 1B

Block 1B is the first 4 weeks of a peaking cycle for your meet, can it also be used to establish 1 rep maxes if no meet is upcoming.

You will do a selection of basic exercises programmed to give you a solid foundation of strength to enter the final peak cycle in Block 2. It has a minimum of accessory work on your first 3 days with a lot of bodybuilding work on your fourth. This is so that you can really focus on the barbell lifts and still recover.

Stick to the program and don't over/under shoot your RPE. Resist the temptation to do extra work too. This block works as we have used it with our team with excellent results.

It is perfect for beginner-intermediate lifters.

Tags: powerlifting, meet prep,



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Week 1

Day 1	Day 2	Day 3	Day 4
1. Squat 5x5 RPE 8/75% 2. 2/1000 Paused Squat 65% 2x3 3. Walking Lunge 3x10 each leg AHAP 4. Pullthrough 4x15-20	1. Bench 4x3 RPE 9/85% 2. 2/1000 Paused Bench 65% 2x3 3. Pullups x AMAP-no less than 12 + Pushups x AMAP (no less than 10) X 4 4. Farmers Walks 6x100 feet	1. DL 5x5 RPE 7/72.5% 2. Opposite DL 4x6 3. GHR (add weight if possible) 4x8-10 4. R/H (STRICT-SLOW- SQUEEZE) 3x12-15 5. HLR 4 x aAMAP	1. Incline DB Bench 5x6 2. DB OHP 4x8-10 3. DB Row x 10-12 + DB Shrugs x 10-12 X 4 4. BB Curls empty bar only x AMAP + Band Pushdowns x 80 total 5. TGU 4x1 AHAP



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Week 2

Day 1	Day 2	Day 3	Day 4
1. Squat 4x5 RPE 7/72.5% 2. 3/1000 Paused Squat 70% 2x1 3. BGSS 3x12 4. B/R with weight 3x12	1. Bench 3x2 RPE 7/80% 2. 3/1000 Paused Bench 70% 2x1 3. Pullups x AMAP-no less than 8 + Pushups x no less than 8 X 4 4. 1 Arm Farmers Walk 50 side feet each x 4	1. DL 4x6 RPE 6/67.5% 2. Opposite 7" Block Pulls 3x5 3. GHR 2 with weight x 8-12**+ 2x AMAP no weight 4. HFBR with weight 3x15-20 5. TRX Pike x AMAP + SLSU with weight AHAP x5 X 4 sets	1. DB Floor Press 5x8 2. Press x10-12 + Face pulls x SWOLE X 4 3. FG Pullups x AMAP-no less than 15 + Snatch Grip Shrugs x 8-12 X4 4. Hammer Curls x Swole + Tate Press x SWOLE x4 5. Plank x ALAP x4



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Week 3

Day 1	Day 2	Day 3	Day 4
1. Squat 5x4 RPE 8/77.5% 2. 1/1000 Paused Squat 2x2 75% 3. BGSS 5x8 4. B/R with weight 5x10	1. Bench 4x3 RPE 9/85% 2. 1/1000 Paused Bench 2x2 75% 3. Pullups x AMAP-no less than 8 + Pushups x no less than 8 X 5 4. 1 Arm Farmers Walk 50 feet each x 6	1. DL 6x4 RPE 8/77.5% 2. Opposite 5" Block Pulls 3x3 3. GHR 2 with weight x 8-12+ 3x AMAP no weight 4. HFBR with weight 4x15-20 5. TRX Pike x AMAP + SLSU with weight AHAP x8 X 4 sets	1. DB Floor Press 5x10 2. Press x10-12 + Face pulls x SWOLE x 4 3. FG Pullups x AMAP-no less than 15 + Snatch Grip Shrugs x 8-10 X4 4. Hammer Curls x SWOLE + Tate Press x SWOLE x5 5. Plank ALAP x 6



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Week 4

Day 1	Day 2	Day 3	Day 4
1. Squat 6x3 RPE 8/80% 2. 2/1000 Paused Squat 2x3 70% 3. BGSS 4x6 4. B/R with weight 4x8	1. Bench 3x2 RPE 9/90% 2. 1/1000 Paused Bench 2x2 70% 3. FG Pullups 4x12-15 4. Farmers Walk 4x100 feet	1. DL 5x3 RPE 9/85% 2. Opposite DL 2" Mats 3x5 3. GHR 50 4. HFBR with weight 4x15-20 5. SLSU with weight 5x3 AHAP	1. Incline DB Flyes x 15-20 + Pushups x 10-12 3x 2. Lateral Raise x 12-15 + Plate Raise x 12-15 X 3 3. BB Row x 8-10 + Face Pulls x 15-20 X 3 4. Pushdowns -pick a medium weight And do 60 reps + DB Curls Same as above 5. Ab Wheel with 1/1000 pause 4 x amap



TPS Method for Powerlifting Notes and Abbreviations

AMRAP: as many reps as possible ALAP: as long as possible AHAP: as heavy as possible HAF: heavy as f*ck RPE: rate of perceived exertion KB: kettlebell DB: dumbbell BB: barbell SLSU: straight let sit up TGU: Turkish Get Up GHR: Glute/Ham Raise	-When a number is given for an exercise, EG: 50 pullups; perform a set of as many as you can and stop with 1 or 2 reps left “in the tank”. Don’t go to failure. Rest a minute or so and continue until the listed number of total reps is complete. EG: 50 reps listed and you do a set of 12. Write it down. Do another set and you get 10. Add it. You now have 22 done out of 50. -When a variable of reps is listed, EG: 8-12; choose a weight that makes the 12th rep difficult on the 1st set and pyramid up in weight each set to a weight that limits you to the lower number on the last set. -Rest periods between set are generally not listed. Rest as long you need to. On your heaviest sets, up to 5 minutes may be advised. 2-3 minutes is usually more than enough for most work.
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R/H: Reverse Hyper

SWOLE: Do a shitload of reps and get a huge pump. Flex and squeeze your muscles hard.

Opposite Deadlift: If you pull Sumo, do Conventional. If you pull Conventional, do Sumo.

*Down the Rack-Start with a weight you can do for 12-15 and do AS MANY AS YOU CAN, then go to the next lightest pair of dumbbells and do as many as you can, repeat until you are all the way down the rack. This sucks if you can curl 80's.

** Down the stack- this is done on a cable stack-pick a weight you can do about 15-20 reps with and begin there. Do at least 15 reps, drop the pin one slot lighter and continue for amap, drop as many times as it says in the instructions. EG: 4 down the stack =4 drops

*** Swole-get a huge pump-use a light weight that allows for 20-25 reps and get SWOLE

When you see a number listed, EG: Pushups 50, do the reps in as few sets as possible.

SSB: Safety Squat Bar

