

The Training Plan - Powerlifting Meet Manual

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THE TRAINING PLAN

1. The Training Plan Powerlifting Meet!

Finally! The Opens are done! Let's jump right into another session of our testing which marks the beginning of the off-season! ***After the Opens is before the Opens!***

Today I will introduce you to our inaugural TTP Powerlifting Meet.

We are going to test your Max in Back squat, Bench Press and Deadlift.

You will have three (3) attempts in each exercise. The best attempt of each exercise counts towards your total.

We will then compare your results according to the [Wilks formula](#) which adjusts your total for bodyweight.

Below you will find important information on how to prepare and execute to be successful.

2. Meet Standards

We will keep the Standards as simple as possible while still being effective. Those of you who have Powerlifting competition experience will note that in some federations rules are much more strict (not allowed to move feet and head etc).

- **2.1 Backsquat**
 - o Full Range of motion: Hip crease below parallel (set your camera from the side at knee height if possible)
 - o Full extension of hips and knees on top
 - o Make sure you are standing still BEFORE you start the lift and AFTER the completion of the lift
- **2.2 Bench Press**
 - o Full Range of motion: Bar touches the chest (NOT your abs!)
 - o No excessive bouncing, controlled descent
 - o Arms fully locked out BEFORE you start the lift and AFTER the completion of the lift
 - o Hips stay on the bench
 - o Full feet on the ground
- **2.3 Deadlift**
 - o Full Range of motion: Knees and hips are extended at the top of the lift, shoulders behind the bar

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3. Preparation

- Get enough sleep the night before
- Weigh your bodyweight in the morning (Don't try to manipulate your bodyweight if you don't know how to do that. And no, I am not gonna teach you right here ;))
- Eat a well balanced meal 2-3 hours before the test
- Prepare a game plan:
 - o Plan your lifts beforehand. Your first lift should be a weight you can handle for 3 reps. For your second lift you choose a weight you should be able to lift. Your last attempt is a weight you CAN handle on a good day
- Gear : Stable shoes for Backsquat and Bench Press (I prefer Olympic Lifting shoes), socks or slippers for the Deadlift. If you have access to a singlet, wear it !
- Get some Spotters for the Back squat and the Bench Press. We do not want people get buried by the bar!

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4. Execution - Performance Tips

Do the prescribed general Warm-Up before going into the specific Warm-Up.

Stay hydrated during the test.

Stability is necessary to be strong. In all three movements it is absolutely crucial to squeeze every muscle in your body to be as stable as possible. Never loose control over your movement, don't let the bar decide its path. YOU put the bar where it should be, YOU control the bar.

Breathing plays a huge role and will be explained together with the belt use.

- 4.1 Back squat

- o Wear a belt (find more info on how to use it below)
- o Don't do a marathon walk out, 1-2 steps is enough
- o Keep your midline as tight as possible and your chest up
- o Use your strongest Back squat technique (low bar or high bar)
- o Controlled descent. Don't DROP down. Keep tight at all cost.
- o If you know how to perform, use a hip drive
- o Grind out your attempt if necessary (instruct your spotters accordingly) and don't give up to quick. However, if you know you will not make it, bail.

- 4.2 Bench Press

- o Start with heels elevated and pull feet back towards your hip, nose under the bar. Retract your shoulder blades (shorten the range of motion) and bring shoulders to hip (activate lat to support pressing muscles). Arch your thoracic spine as much as possible.
- o Unrack the bar and bring your full feet on the ground by slowly bringing heels down (you will have to slide your feet a bit, but try to stay as tight and compact as you can to create maximum tension within your body so to be as stable as possible)
- o Lower the bar to your sternum. Again, don't DROP down, controlled descent.
- o Once you touched your chest, press as hard as you can and make sure you squeeze your butt until you reach full extension.

- 4.3 Deadlift

- o Wear a belt.
- o Mixed grip or hook grip, which ever one you are used to.
- o Keep the bar as close to your shins as possible
- o Drive through your legs
- o Setup as tight as possible

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5. Belt use

The correct use of a lifting belt involves learning how tight it needs to be to work. Experience is the only way to learn this. Too tight, and you can't effectively contract your core muscles isometrically (to create tension). Too loose, and there's nothing to push against.

In Powerlifting we use belts made of leather. Up to 13mm thick and 10cm wide. I use an Inzer forever buckle belt.

A good belt increases your intra-abdominal pressure, hence you can lift more weight.

For lifts that challenge core strength like the squat and deadlift, you need a belt that is wide all the way around and will support your abdominals and obliques.

The belt should fit between your ribcage and your hips with the buckle covering your lower abdominals.

In order to take advantage of your belt, it's important to use the so called "Valsalva maneuver".

Breathe into your belly, try to exhale with a closed throat. The pressure should push your belly into the belt and increase the pressure around your midsection.

Again, it's really important to push your abs out to get the pressure, not tighten the belt as much as possible.

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6. General Advice

If you are scared to get under the bar, everything is alright, this is normal and makes your body more powerful.

Once you start, make sure you rest enough between sets, especially when you get closer to your max. I prefer to stand or constantly move between sets to not cool down.

I cite myself "Play your favourite music (I prefer Scooter ("4am" or "Weekend" or even a classic tune like "How much is the fish?") or similar Eurodance, try) and get excited. You want to have some arousal to get the adrenaline pumping."

Have a plan in mind, but accept that your daily readiness is going to determine your result, so be prepared to change your initial plan based on how you feel on Saturday.

Whatever you choose, you want to be able to get your first attempt no matter what the situation. This gets you into the meet and calms your nerves.

Go 9 for 9. You only get credit for your heaviest lifts, but the goal of the first meet is to gain as much experience as possible and to build as much confidence as possible lifting under meet conditions. I like to see a lifter go out there and have 9 successful attempts on the platform for their first meet. Go heavy, but go with numbers you are confident you can hit.

Here is a write up and video about my last international competition:

<https://www.facebook.com/video.php?v=10204802190351550>

My best Wilks is 443 (725.5kg Total @ 99.3kg BW). (Jami's note: This is pretty legit btw..)

- Ramon