

PLAN STRONG[™] DEADLIFT PLAN

By Fabio Zonin, StrongFirst Certified Master Instructor

This plan is appropriate for beginner and intermediate level athletes with proficient deadlift technique. If your deadlift training already averages a volume of 50 or more reps per week, this plan might be too light for you.

You will find detailed instructions on how to run this plan in the article "<u>Stop Fearing Heavy Weights</u>" published on <u>StrongFirst.com</u>.

SESSION #1										
WEEK	%IRM	Kg/lb	Set #I	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
	75.0%		5							
	85.0%			2						
I	92.5%									
	95.0%									
	75.0%		3		5					
2	85.0%			2		2				
2	92.5%									
	95.0%									
	75.0%		4		5		5			
2	85.0%			2		2				
3	92.5%									
	95.0%									
	75.0%		3		5					
	85.0%			3		3				
4	92.5%									
	95.0%									
	75.0%		4				4	5		
5	85.0%			3	2	3				
5	92.5%									
	95.0%									
	75.0%		3				5			5
,	85.0%			3	2	3		2	3	
6	92.5%									
	95.0%									
	75.0%		3			4				
7	85.0%			2	3		2	3		
	92.5%									
	95.0%									
	75.0%		3			3				
0	85.0%			2	2		2	2		
8	92.5%									
	95.0%									



SESSION #2										
WEEK	%IRM	Kg/lb	Set #I	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
	75.0%		4							
	85.0%			3	3					
I	92.5%									
	95.0%									
	75.0%		5							
2	85.0%			3	3	3				
2	92.5%									
	95.0%									
	75.0%		3			4			5	
2	85.0%			2	3		3	3		
3	92.5%									
	95.0%									
	75.0%		4							
	85.0%			2	3	2	3	2	2	
4	92.5%									
	95.0%									
	75.0%		3		4					
5	85.0%			2		2				
5	92.5%									
	95.0%									
	75.0%		3		4					
6	85.0%			3		3				
o	92.5%									
	95.0%									
	75.0%		4							
7	85.0%			2	3					
	92.5%									
	95.0%									
8	75.0%		2							
	85.0%			2						
	92.5%									
	95.0%									



SESSION #3										
WEEK	%IRM	Kg/lb	Set #I	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8
I	75.0%		4		5					
	85.0%			2		2				
	92.5%									
	95.0%									
	75.0%		3		5		5			
2	85.0%			2		3				
2	92.5%									
	95.0%									
	75.0%		4		4		5		4	5
2	85.0%			2		3		2		
3	92.5%									
	95.0%									
	75.0%		4		4		4		4	
	85.0%			3		2		3		
4	92.5%									
	95.0%									
	75.0%		3				4			
5	85.0%			2		2				
5	92.5%				I					
	95.0%									
	75.0%		3						4	
6	85.0%			2			2	3		
0	92.5%				I					
	95.0%					I				
7	75.0%		4							
	85.0%			2	3					
	92.5%									
	95.0%									
	75.0%		2							
8	85.0%			I						
	92.5%				I					
	95.0%					I				
							TEST NEW IRM!			