With this program, you will deadlift twice a week. Once on an actual deadlift day and then doing speed pulls after squats. All squats will be done with the safety squat bar. If you aren’t squatting (either because you’re injured or just a sad sack of shit), still come in on a separate day at least 2 days after your deadlift day to do speed pulls and glute ham raise. This is essential because you’ll only be pulling from the floor on your speed day and you need to keep that form and practice it. Since the competition is on a Saturday, I would highly recommend doing your full deadlift day on a Saturday as well so that the deload and peaking line up.

**Week 1:**

**Deadlift day**

Deadlift off 5 mats (plates go on the mats) (3.75” at ironworks), work up to a near max triple. Make smaller jumps once you get to 80% or an 8/10 effort. For example: 135, 225, 315, **405, 420, 435, 450, 460** for a 500lb deadlifter.

Deficit deadlift (you stand on the mats) off 3 mats (2.25 inches). 2 sets of 8 w/ 60% of floor max, 2 sets of 5 w/ 65%

Trap Bar deadlift- find a weight that allows you to complete 3 sets of 8-10 reps with a 7/10 difficulty.

Barbell row- 5 sets of 8-10. No belt. Strive for perfect form, using only your back muscles to move the weight and not heaving it.

Glute ham raise, 5 sets of 10-12 reps, use resistance bands if you can complete more than 12 reps with your body weight. If you can’t complete 10-12 reps w/ just your bodyweight, do what you can for several sets (6 sets of 5, 7 sets of 4, and work on increasing the reps each week)

**Speed day**

8 sets of 2 at 60% of deadlift max

Glute ham raise, 5 sets of 10-12 reps

**Week 2:**

**Deadlift day**

Deadlift of 5 mats up to a heavy single, again, make small jumps as you approach 8/10 or 80%

Deficit deadlift off 3 mats, 5 sets of 5, add 5 to 10 pounds on to last week’s sets of 5.

Trap Bar Deadlift- add 5-10lbs to last weeks weight, do 3 sets of 8-10 reps

Barbell row- 5 sets of 8-10, add 5lbs to last week. No belt, perfect form.

Glute ham raise 5 sets of 10-12
**Speed day**
6 sets of 2 at 65% of deadlift max, Glute ham raise 5 sets of 10-12

**Week 3**

**Deadlift day**
Deficit deadlift off 3 mats, work up to a heavy triple, make smaller jumps after hitting 8/10 effort or 80%
Deadlift off 5 mats, 5 sets of 5 with 80% of floor max or 8/10 effort
Trap bar deadlift, 3 sets of 8, 10lbs heavier than last week.
Barbell row- 3x8, 5lbs heavier than last week
Glute ham raise- 5x 10-12, use a heavier band if they are becoming too easy.

**Speed day**
70%, 5 sets of 2
Glute ham raise 5x10-12

**Week 4**

**Deadlift day**
Deficit deadlift of 3 mats, work up to a heavy single, make small jumps
Deadlift off 5 mats, 5x5, add 5-10lbs from last week
Trap bar 3x8, add weight if you can
Barbell row 3x8, 5lbs heavier from last week IF YOU CAN, use straps if necessary.

**Speed day**
5 singles at 50%
Glute ham raise 5x10-12

**Week 5**

**Deadlift day**
Deadlift off floor, 80% x3, 85% for 3 singles
Deficit deadlift off 3 mats, 3 heavy sets of 5, try to add 5-10lbs to week 2’s weight
Glute ham raise 3x10-12

**Speed day**
6 singles at 65%

**Week 6**
**Deadlift day**
Deadlift off floor, 80% for 3 singles, 85% for 3 singles, projected opener for 1 single
Glute ham raise 3x10-12

**Speed day**
4 singles at 70%. If you’re squatting, this should be your last heavy day. Don’t max.
Glute ham raise 3x10-12

**Week 7**
**Deadlift day**
Deadlift off floor, work up to opener for 3 singles
Glute ham raise 3x10-12

**Speed day**
5 singles at 55%
Glute ham raise 3x10-12

**Week 8 LAST HEAVY DAY**
Deadlift off floor, opener and projected 2nd attempt
Glute ham raise 3x10-12

**No speed day, don’t squat anything over 60%**
Week 9
Deadlift off floor, 60% for 3 singles

No speed day, don’t squat.

Week 10
Competition.