



Jack PGM

9 Week Strongman-Focused
Training Programme

A Note From the Author

It has been an honour and a privilege to receive many questions from fans over the last four years asking me for training advice, I greatly enjoy responding to these questions, and I like to offer my help where I can.

With almost a decade of lifting under my belt, five of those years competing in local powerlifting and strongman competitions, I have put together this programme as a broad summation of how I have organised my training for my last few competitions.

I'm not an expert in exercise science, and I don't have any coaching qualifications, I am just an individual who makes memes on YouTube, enjoys lifting weights, and competing at an amateur level.

I am simply offering you a totally free representation of how I structure my training, which has lead to steady strength progress and three consecutive podiums for me, and can hopefully be of some use to you.

In my opinion, cookie-cutter programmes are too vague to be marketed and sold as guaranteed gains, and copying another athletes programme exactly will neglect the individuality of each athlete and their demands.

As such, I have broadened the exercise selections to try and accommodate everyone's differing training facilities, and as much as I highly recommend sticking to a programme for the long-haul, I implore you to play around with my template and edit it to fit your individual needs and goals.

Inevitably this programme follows the structure of what has been demanded of me in my recent competitions.

Thus the focus is on: Max Deadlift, Overhead Press for Reps, Forward Hold, Sandbag Event, Grip Event.

While this will not be applicable to everyone's aims, especially if you are competing with different events yourself, I believe that this structure could help you improve your all-round strength. Again, if you feel you need to adjust the programme, do it as you see fit.

If you have any questions concerning this document, please reach out to my Instagram (@thejackpgm) and I will try my best to help. If you follow this programme to completion, please also reach out to me and let me know how you got on!

Thank you very much for showing interest in my programme, all the best with the next eight weeks!

Have fun and lift safely.

Jack PGM

Disclaimer: This document is not intended as treatment or prevention of any medical condition, nor is the author a licensed medical, training, or nutritional professional. If you choose to follow this programme, you do so at your own risk and full responsibility, and agree to release the author from any and all claims that may or may not emerge from the following of this document.

About the Programme

This programme is divided into two four-week waves with a deload week at the end.

The first four weeks prioritises building work capacity, keeping the volume fairly high and the weights slightly lighter.

The second four weeks is an aggressive taper that emphasises specificity and higher intensity in order to facilitate a successful peak, reducing volume with each successive week.

Week 1 should start quite light and be done without much difficulty, allowing for room to push in the coming weeks.

Week 5, as the start of a new microcycle, should similarly be easily achievable (without becoming a full deload) and give you the room to ramp up the intensity and load in the subsequent weeks.

For the compound lifts, I have given an RPE rating, and for most exercises, a recommended % progression from the prior week. These should also be treated as advisory, with it being perfectly fine to raise, remain or even lower a weight in order to complete a workout effectively.

I have found success with a more fluidly structured, high frequency-low individual volume approach to training body parts and movements, stick with it if you're used to a more regimented bro-split or push-pull-legs structure.

Potential Exercise Selection Alternatives

As stated, I actually recommend that you play around with the specific exercise choices to fit your needs, and use this programme as a broader model for how one might train for strongman. Here are some potential alternatives:

- I understand not everyone has access to sandbags so you might want to swap them out for additional posterior chain exercises like power cleans, zerchers, rows, RDLs, etc. The more dynamic the better.
- The Front (or Forward) Hold is a very strongman specific exercise, and while I'd recommend some isometric delt work as a novel stimulus for most, you may choose to replace it with additional front delt work, emphasising muscular endurance.
- For the competition (comp.) overhead press, I have left that choice up to you to pick between the log press, axle press, standard barbell overhead press, or any other overhead press you would like to focus on.
- Similarly, for weeks 1-4, I have a deadlift variation programmed. For this, choose a variation that does not overload the lift (like a rack pull). Instead, choose something like a deficit/snatch grip/paused/beltless deadlift, or a combination of these variations that target your weak points.

Glossary

- RPE: 'Rate of Perceived Exertion'. RPE 10 is a maximal exertion, RPE 9 is an exertion with ~1 reps in the tank, etc.
- EMOM: Every Minute on the Minute
 - For the overhead press, complete one rep on the minute every minute for the duration specified.
 - For forward and grip holds: hold on for a max of 30s and then rest for the remainder of the minute.

<u>Week 1</u>	Exercises (Sets/Reps)				
Workout A	Deadlift Variation 3x6 @ RPE 7.5 (Avoid a variation that overloads the deadlift)	Romanian Deadlifts 3x10 Approx. 50% deadlift weight	Strict Barbell Rows 3x7 Approx. 50% deadlift weight	Farmers/Trap Bar Static Hold (no straps) 2x45 seconds ~25% of deadlift 1RM per hand	Bicep Pump (I'll leave this up to you)
Workout B	Comp. Overhead Press 3x6 @ RPE 7.5	Close Grip Bench Press 4x4 @ RPE 8	Incline Dumbbell Press 5x8 Reduce Incline Each Set Until Bench is Flat on Final Set	Forward Hold EMOMx8 Minutes Select weight that can be confidently completed for 30s at first interval (do not exceed 30s per exertion)	Quad Extension/Kettlebell Swing AMRAP 45s/45s Superset x 4
Workout C	Sandbag to Shoulder 2x4	Neutral & Narrow Grip Rows 3x12 (Controlled Eccentric)	Safety Bar Squat 3x6 @ RPE 8	Deep Static Lunges 3x12 per leg	Core Work
Workout D	Forward Hold Max Time x 4 Decrease weight with each set (Aim for first set to be ~45s)	Seated Paused Barbell Overhead Press 2x10 @ RPE 8	Rear Barbell Hold 4x30 seconds ~approx. same weight as row	Triceps Extensions 3x15	Rear Delt Fly 2xFailure (aim for 15+ reps)

Jack PGM's These first two weeks are about accumulating volume (and fatigue) and developing a degree of exercise specificity.

Training Tip: Lean on the conservative side for the big compound lifts for now and push closer to failure on the accessories.

<u>Week 2</u>	Exercises (Sets/Reps)				
Workout A	Deadlift Variation 3x5 @ RPE 8 +5-10% from Week 1	Romanian Deadlifts 3x10 +5-10% from Week 1	Strict Barbell Rows 3x7 +5-10% from Week 1	Farmers/Trap Bar Static Hold (no straps) 2x45 seconds +5-10% from Week 1	Bicep Pump
Workout B	Comp. Overhead Press EMOMx10 Minutes Approx. 80% of 1 Rep Max	Incline Bench Press 4x4 @ RPE 8	Incline Dumbbell Press 5x8—Reduce Incline Each Set Until Bench is Flat on Final Set +2.5-5% from Week 1	Forward Hold EMOMx8 minutes If successful in W1, +1.25- 2.5% from Week 1	Quad Extension/Kettlebell Swing 45s/45s Superset x 4 Aim to beat W.1's reps
Workout C	Sandbag Runs 4x45 second runs	Neutral & Narrow Grip Rows 3x12 (Controlled Eccentric) +2.5-5% from Week 1	Safety Bar Squat 3x6 @ RPE 8 +2.5-5% from Week 1	Deep Static Lunges 4x12 per leg Same Weight as Week 1	Core Work
Workout D	Forward Hold Max Time x 4 Decrease weight with each set Beat W1 times	Seated Paused Barbell Overhead Press 2x10 +2.5-5% from Week 1	Rear Barbell Hold 4x30 seconds +2.5-5% from Week 1	Triceps Extensions 3x15 +2.5-5% from Week 1	Rear Delt Fly 2xFailure +1.25-2.5% from Week 1

<u>Week 3</u>	Exercises (Sets/Reps)				
Workout A	Deadlift Variation 4x4 @ RPE 8.5 +5-10% from Week 2	Romanian Deadlifts 4x8 +2.5-5% from Week 2	Strict Barbell Rows 4x6 +2.5-5% from Week 2	Farmers/Trap Bar Static Hold (no straps) 3x45 seconds +2.5-5% from Week 2	Bicep Pump
Workout B	Comp. Overhead Press 5x4 @ RPE 8 +5-10% from Week 1	Close Grip Bench Press 4x4 @ RPE 8.5 +2.5-5% from Week 1	Incline Dumbbell Press 5x10—Reduce Incline Each Set Until Bench is Flat on Final Set +1.25- 2.5% from Week 2	Forward Hold EMOMx8 Minutes If successful in Week 2, then, +1.25- 2.5% from Week 2	Quad Extension/ Kettlebell Swing 60s/60s Superset x 4 +2.5-5% from W1
Workout C	Sandbag to Shoulder 4x4 +5-10% from Week 1	Neutral & Narrow Grip Rows 4x12 (Controlled Eccentric) +2.5-5% from Week 2	Safety Bar Squat 3x6 @ RPE 8.5 2.5-5% from Week 2	Deep Static Lunges 3x15 Same weight as Week 2	Core Work
Workout D	Forward Hold Max Time x 4 Decrease weight with each set +1.25-2.5% from W1	Seated Paused Barbell Overhead Press 2x12 @ RPE 8.5 +1.25-2.5% from Week 2	Rear Barbell Hold 4x30 seconds +2.5-5% from Week 2	Triceps Extensions 4x15 +2.5-5% from Week 2	Rear Delt Fly 3xFailure +1.25-2.5% from Week 2

Jack PGM's These weeks are to push up overall work capacity before the taper.

Training Tip: The compound lifts should be fairly difficult by week 4, but not to failure nor with maximal weight

<u>Week 4</u>	Exercises (Sets/Reps)				
Workout A	Deadlift Variation 5x3 @ RPE 8.5 +2.5-5% from Week 3	Romanian Deadlifts 4x8 +2.5-5% from Week 3	Strict Barbell Rows 5x5 +2.5-5% from Week 3	Farmers/Trap Bar Static Hold (no straps) 3x45 seconds +2.5-5% from Week 3	Bicep Pump
Workout B	Comp. Overhead Press EMOMx10 Minutes +5-10% from Week 2	Incline Bench Press 4x4 @ RPE 8.5 +2.5-5% from Week 2	Incline Dumbbell Press 5x10—Reduce Incline Each Set Until Bench is Flat on Final Set +1.25-2.5% from Week 3	Forward Hold EMOMx8 minutes If successful in Week 2, then, +1.25- 2.5% from Week 3	Quad Extension/ Kettlebell Swing 60s/60s Superset x 4 Aim to beat W3's reps
Workout C	Sandbag Runs 6x45 second runs Beat W2 distances	Neutral & Narrow Grip Rows 4x12 (Controlled Eccentric) +2.5-5% from Week 1	Safety Bar Squat 3x6 @ RPE 9 +1.25-2.5% from Week 3	Deep Static Lunges 4x15 +1.25-2.5% from Week 3	Core Work
Workout D	Forward Hold Max Time x 4 Decrease weight with each set Beat W3 times	Seated Paused Barbell Overhead Press 3x12 +1.25-2.5% from Week 3	Rear Barbell Hold 4x30 seconds +2.5-5% from Week 3	Triceps Extensions 4x15 +2.5-5% from Week 3	Rear Delt Fly 3xFailure +1.25-2.5% from Week 3

<u>Week 5</u>	Exercises (Sets/Reps)				
Workout A	Competition Deadlift 4x2 @ RPE 8.5	Beltless Deadlift 3x4 ~80% of top set weight	Barbell Rows w/ Body English 3x5 +5-10% from Week 4	Static Hold (no straps) 1xFailure (same weight as W4). Then, 2x45 seconds @ 70%	Bicep Pump
Workout B	Comp. Overhead Press 5x2 @ RPE 8.5	Close Grip Bench Press 5x3 @ RPE 8.5	Incline (Near 90°) Dumbbell Press 4x8	Dumbbell Front Raises 3x12 per side	Rear Barbell Hold 4x30 seconds +1.25-2.5% from Week 4
Workout C	Sandbag to Shoulder 60s AMRAP x 4	Speed Good-Mornings 5x3 ~30% of Deadlift IRM	Paused Front Squats 3x3 @ RPE 8.5	Quad Extensions (Control Eccentrics) 4x12	Core Work
Workout D	Forward Hold Max Time x 3 Decrease weight with each set	Seated Barbell Overhead Press 2x8 @ RPE 8.5 +2.5-5% from Week 4	Neutral & Narrow Grip Rows 4x10 +5-10% from Week 4	Triceps Extensions 3x12 +5-10% from Week 4	Rear Delt Fly 3xFailure +1.25-2.5% from Week 4

Jack PGM's You are now entering the taper phase of the programme.

Training Tip: The focus is on ramping up the intensity and specificity of the main compound lifts, whilst tapering down overall volume.

<u>Week 6</u>	Exercises (Sets/Reps)				
Workout A	Competition Deadlift 3x2 @ RPE 9 +5-10% from Week 5	Beltless Deadlift 3x4 ~80% of top set weight	Barbell Rows w/ Body English 3x5 +2.5-5% from Week 5	Static Hold (no straps) 1xFailure (+5-10% from W5) Then, 2x45 seconds @ 70%	Bicep Pump
Workout B	Comp. Overhead Press 60s AMRAP with 90% of IRM	Comp. Overhead Press 2x60s AMRAP ~80% of top set weight	Incline (Near 90°) Dumbbell Press 4x8 +2.5-5% from Week 5	Dumbbell Front Raises 3x12 per side +1.25-2.5% from Week 5	Rear Barbell Hold 4x30 seconds +1.25-2.5% from Week 5
Workout C	Sandbag Sprints 60s Sprints x 3	Speed Good-Mornings 4x3 +5-10% from Week 5	Paused Front Squats 3x3 @ RPE 8.5 +5-10% from Week 5	Quad Extensions (Control Eccentrics) 4x12	Core Work
Workout D	Forward Hold Max Time x 3 Decrease weight with each set (beat W5 times)	Seated Barbell Overhead Press 2x8 @ RPE 8.5 +2.5-5% from Week 5	Neutral & Narrow Grip Rows 4x8 +5-10% from Week 6	Triceps Extensions 3x10 +2.5-5% from Week 5	Rear Delt Fly 2xFailure Beat Week 5 reps

<u>Week 7</u>	Exercises (Sets/Reps)				
Workout A	Competition Deadlift 2x2 @ RPE 9.5 +5-10% from Week 6	Beltless Deadlift 2x4 ~80% of top set weight	Barbell Rows w/ Body English 2x5 +2.5-5% from Week 6	Static Hold (no straps) 1x Failure (+2.5-5% from W6). Then, 1x45 seconds @ 70%	Bicep Pump
Workout B	Comp. Overhead Press 5x1 @ RPE 9	Close Grip Bench Press 3x3 @ RPE 8.5 +5-10% from Week 5	Incline (Near 90°) Dumbbell Press 3x8 +2.5-5% from Week 6	Dumbbell Front Raises 2x15 per side +1.25-2.5% from Week 6	Rear Barbell Hold 3x30 seconds +1.25-2.5% from Week 6
Workout C	Sandbag to Shoulder 60s AMRAP x 2 (Beat W5 reps)	Speed Good-Mornings 3x3 +2.5-5% from Week 6	Paused Front Squats 4x2 @ RPE 8.5 +2.5-5% from Week 6	Quad Extensions (Control Eccentrics) 3x12	Core Work
Workout D	Forward Hold Max Time x 3 Decrease weight with each set (beat W6 times)	Seated Barbell Overhead Press 2x6 @ RPE 9 +2.5-5% from Week 6	Neutral & Narrow Grip Rows 3x8 +2.5-5% from Week 6	Triceps Extensions 2x10 +2.5-5% from Week 6	Rear Delt Fly 2x12 +2.5-5% from Week 6

Jack PGM's You're in the final two weeks of the peak. Systemic fatigue will be high, but you must push through to week nine.

Training Tip: Volume is steadily decreasing (whilst attempting to maintain some work capacity) and the weight and intensity at its greatest.

<u>Week 8</u>	Exercises (Sets/Reps)				
Workout A	Competition Deadlift 1x2 @ RPE 9.9 +2.5-5% from Week 7	Beltless Deadlift 1x4 ~80% of top set weight	Barbell Rows w/ Body English 2x4 +1.25-2.5% from Week 5	Static Hold (no straps) 1x Failure (+2.5-5% from W7). Then, 1x45 seconds @ 70%	Bicep Pump
Workout B	Comp. Overhead Press 60s AMRAP +5-10% from Week 6	Comp. Overhead Press 1x60s AMRAP ~80% of top set weight	Incline (Near 90°) Dumbbell Press 2x8 +1.25-2.5% from Week 7	Dumbbell Front Raises 2x15 per side +1.25-2.5% from Week 5	Rear Barbell Hold 2x30 seconds +1.25-2.5% from Week 5
Workout C	Sandbag Sprints 60s Sprints x 2 (Beat W6 distances)	Speed Good-Mornings 2x3 +2.5-5% from Week 7	Paused Front Squats 2x2 @ RPE 9 +2.5-5% from Week 7	Quad Extensions (Control Eccentrics) 2x12	No Core Work This Week
Workout D	Forward Hold Max Time x 2 Decrease weight with each set (beat W7 times)	Seated Barbell Overhead Press 1x6 @ RPE 9 +1.25-2.5% from Week 7	Neutral & Narrow Grip Rows 2x8 +2.5-5% from Week 7	Triceps Extensions 2x8 +2.5-5% from Week 7	Rear Delt Fly 2x10 +2.5-5% from Week 7

<u>Week 9</u>	Exercises (Sets/Reps)			
Workout A	Competition Deadlift 3x2 @ ~50% of 1RM	Barbell Rows 2x5 ~60% of Week 8 weight	Static Hold (no straps) 1x45 seconds ~60% of Week 8 top set weight	Very Light & Low Volume Bicep & Tricep Work
Workout B	Comp. Overhead Press 3x2 @ ~50% of 1RM	Incline Dumbbell Press 2x8 ~60% of Week 8 weight	Light Sandbag Work Sandbag to Shoulder 2x2 Or, 1x60s Sprint	Front Squat 1x8 @ ~50% of 1RM
Workout C	Continue the deload for the remainder of the week OR MAX OUT YOUR CHOSEN LIFTS			

Jack PGM's This is the deload week. I have two very light sessions early in the week, but make sure to remain explosive in my execution.

Training Tip: At the end of the week, you can either continue the deload however you see fit, or, MAX OUT/Compete.

