

Strongman Training Program for 2008 OSM

W E E K 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Light	Day 1-Gym	Day 2-Events	Day 3-Gym	Light	Day 4-Events	Day 5-Gym
	Cardio	Deadlifts (Heavy) + Rack	Tire Flips	Bent-over Rows	Cardio	Tire Flips	Legs (lunges, calves, mach)
	Core	Shrugs (BB/DB)	FW	Zurcher Lifts	Core	Log Press	Squats
		Bench Press	Atlas Stones	Push Press+Rack		Atlas Stones	Front Squats
	DB Flyes	Keg Toss	Bi's (BB, DB)		Stone Carry	Smith Press	
					FW (speed/heavy/hold)	Triceps	
W E E K 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Light	Day 1-Gym	Day 2-Events	Day 3-Gym	Light	Day 4-Events	Day 5-Gym
	Cardio	Deadlift (Reps)	Tire Flips	Weighted Pullups	Cardio	Tire Flips	Legpress
	Core	Upright Rows	Log Press	Cable Rows	Core	Log Press	3/4 Rack Squats
		Incline DB Press	Atlas Stones	DB Shoulder Press		Atlas Stones	Straight Legs
	Incline DB Flys	Keg Toss	Bi's (BB, DB)		Stone Carry	Triceps	
			Shoulders		FW (speed/heavy/hold)		
					Keg Toss		

Things I still Need

14" Tires

Large Tires (800lbs & 950lbs)

Atlas Stones (290 & 340lbs)

Field Stones

Hussafel Stone

Thick Bar

Sand Bags

Kegs/oil drums (stands for atlas stones)

Log + Weight

2008 OSM Events

Stones to 54" (245, 275, 308, 345, 365)

Yoke 750

Keg Toss 50

Viking Press 275

Tire 900

Log (240, 275, 310, 340)

Fingals Fingers

Car DL