

Strongman Training Program- Summer/Fall 2008

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1		Day 1-Events Atlas Stones FW	Day 2-Gym Deadlifts- Rack DB Rows Push Press (heavy reps) Bi's & Tri's Facepulls	Light Cardio Core		Day 4-Events Tire Flips Log Press (reps) Stone Carry	Day 5-Gym Legs (lunges, calves, mach) Squats Front Squats Bench Press DB Flies
WEEK 2		Day 1-Events Atlas Stones FW	Day 2-Gym Deadlift (Reps) Upright Rows Cable Rows Bi's & Tri's Push press reps + Rack Press	Light Cardio Core		Day 4-Events Tire Flips Log Press (reps) Stone Carry	Day 5-Gym Legpress 3/4 Rack Squats Straight Legs Incline DB Press Incline DB Flies
WEEK 3		Day 1-Events Atlas Stones FW	Day 2-Gym Bentover Rows Shrugs Pullups Push Press Facepulls	Light Cardio Core		Day 4-Events Tire Flips Log Press (max) Stone Carry	Day 5-Gym Hack Squat Good Mornings Calves Bi's & Tri's

Things I still Need

Field Stones	Constants
Hussafel Stone	FW
Thick Bar	Atlas Stones
Sand Bags	Log for max

Focus for upcoming comps

July 12th	Tire (stop Aug 2nd) Front Squat hold to 640lbs Push Press 275lbs for reps
July 19th	Hussafelt Carry Yoke
Aug 2nd	Crucifix Truck Pull Yoke