

Powerlifting Using VBT

Welcome to the Eleiko Velocity-Based Training (VBT) Powerlifting program. This is a 12-week, 4 sessions/week program using velocity-based training principles. There are 3 phases, each 4 weeks in length. The key with VBT is to stay within the target velocity for each set. The set ends when bar speed drops below the target velocity. Select a weight that can be performed at the desired velocity for the number of reps suggested. Start each VBT exercise with a velocity-based warm-up set to measure speed/readiness. If warm-up sets are slower, the body is more fatigued, and weight should be adjusted to ensure target velocity is maintained during sets. If using the Eleiko RAW Scoring System, compare your RAW Score to the velocity of your warm-up to validate your level of readiness. Prior to and following each training session, warm-up and cool down for 5-10 minutes.

Phase 1: Base (Volume & Technique)					
Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Back Squat	2,3,4,4	8,8,6,6	0.55 - 0.75	2-3 min
	Bench Press	2,3,4,4	8,8,8,8	0.6 - 0.8	2-3 min
	Split Squats (reps for each leg)	2,2,3,3	10,10,10,10	-	1-2 min
	Dumbbell Row	2,2,3,3	10,10,10,10	-	1-2 min
	Calf Raises	2,2,3,3	10,10,10,10	-	1-2 min
	Planks (3-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Deadlift (Conventional or Sumo - switch each week)	2,3,4,4	6,6,6,6	0.6 - 0.7	2-3 min
	Barbell Row	2,3,4,4	10,10,10,10	-	2-3 min
	Leg Press	2,2,3,3	10,10,10,10	-	1-2 min
	Hollow Holds	1,1,1,1	6,8,10,10	-	1-2 min
	Side Planks (3-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Bench Press	2,3,4,4	8,8,6,6	0.65 - 0.75	2-3 min
	Back Squat	2,3,4,4	8,8,8,8	0.7 - 0.8	2-3 min
	Incline Dumbbell Press	2,2,3,3	10,10,10,10	-	1-2 min
	Lat Pulldown	2,2,3,3	10,10,10,10	-	1-2 min
	Paloff Press	2,2,3,3	10,10,10,10	-	1-2 min
4	Deadlift (Other style than Day 2 - switch each week)	2,3,4,4	5,5,5,5	0.5 - 0.65	2-3 min
	Chin-ups (use assistance if necessary)	2,2,3,3	8,8,8,8	-	1-2 min
	Bicep Curl	2,2,3,3	10,10,10,10	-	1-2 min
	Triceps Rope Pushdown	2,2,3,3	10,10,10,10	-	1-2 min
	Calf Raises	2,2,3,3	10,10,10,10	-	1-2 min
	Reverse Crunch	2,2,3,3	10,10,10,10	-	1-2 min

Velocity-based adjustments: On VBT exercises, to ensure you achieve all reps within desired velocity range, reduce load by ~5% for every ~5-7% decrease in warm-up set velocity.

RAW Score adjustments: using the same load - 4-6 take 1 set off accessory lifts; 7-9 take 2 reps off accessory lifts.

Phase 2: Build (Strength)					
Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Back Squat	5,5,5,3	5,5,5,3	0.45 - 0.6	2-3 min
	Incline Bench Press	4,4,4,3	8,8,8,8	-	2-3 min
	Reverse Lunges (reps for each leg)	3,3,3,3	8,8,8,8	-	1-2 min
	Dumbbell Pullovers	3,3,3,3	10,10,10,10	-	1-2 min
	Calf Raises	3,3,3,3	10,10,10,10	-	1-2 min
	Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Romanian Deadlift	4,4,4,3	8,8,8,8	-	2-3 min
	Barbell Row	4,4,4,3	8,8,8,8	-	2-3 min
	Face Pulls	3,3,3,2	8,8,8,8	-	1-2 min
	Cable Woodchops (reps each side)	3,3,3,2	8,8,8,8	-	1-2 min
	Side Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Bench Press	5,5,5,3	5,5,5,3	0.5 - 0.65	2-3 min
	Dips	3,3,3,2	8,8,8,8	-	2-3 min
	Lat Pulldown	3,3,3,2	8,8,8,8	-	1-2 min
	Dumbbell Flys	3,3,3,2	8,8,8,8	-	1-2 min
	Hanging Leg Raises	3,3,3,2	8,8,8,8	-	1-2 min
4	Deadlift (of choice)	5,5,5,3	5,5,5,3	0.4 - 0.6	2-3 min
	Chin-ups (use assistance if necessary)	3,3,3,2	8,8,8,8	-	1-2 min
	Bicep Curl	3,3,3,2	8,8,8,8	-	1-2 min
	Triceps Rope Pushdown	3,3,3,2	8,8,8,8	-	1-2 min
	Calf Raises	3,3,3,2	8,8,8,8	-	1-2 min
	Reverse Crunch	3,3,3,2	10,10,10,10	-	1-2 min

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Phase 3: Peak (Max Strength)					
Training Session	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Velocity (m/s) wk 1,2,3,4	Rest
1	Back Squat	3,3,2,2	3,3,2,2	0.35 - 0.5	2-3 min
	Incline Bench Press	4,4,3,3	6,6,6,4	-	2-3 min
	Split Squats (reps for each leg)	3,3,2,2	6,6,6,6	-	1-2 min
	Dumbbell Pullovers	3,3,2,2	8,8,8,8	-	1-2 min
	Calf Raises	3,3,2,2	8,8,8,8	-	1-2 min
	Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
2	Romanian Deadlift	3,3,2,2	6,6,6,6	-	2-3 min
	Barbell Row	3,3,2,2	6,6,6,6	-	2-3 min
	Face Pulls	3,3,2,2	8,8,8,8	-	1-2 min
	Cable Woodchops (reps each side)	3,3,2,2	8,8,8,8	-	1-2 min
	Side Planks (5-sec hold per rep each side)	1,1,1,1	6,8,10,10	-	1-2 min
3	Bench Press	3,3,2,2	3,3,2,2	0.4 - 0.6	2-3 min
	Dips	3,3,3,3	8,8,8,8	-	2-3 min
	Lat Pulldown	3,3,3,3	8,8,8,8	-	1-2 min
	Dumbbell Flys	3,3,3,3	8,8,8,8	-	1-2 min
	Hanging Leg Raises	3,3,3,3	8,8,8,8	-	1-2 min
4	Deadlift (of choice)	3,3,2,2	3,3,2,2	0.35 - 0.5	2-3 min
	Dumbbell Rear Delts	3,3,2,2	8,8,8,8	-	1-2 min
	Hammer Curl	3,3,2,2	8,8,8,8	-	1-2 min
	Triceps Rope Pushdown	3,3,2,2	8,8,8,8	-	1-2 min
	Calf Raises	3,3,2,2	8,8,8,8	-	1-2 min
	Reverse Crunch	3,3,2,2	10,10,10,10	-	1-2 min

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