

FREE

STRONGMAN
TEMPLATE

Introduction

This 6-week program was designed for individuals who want to get into training strongman. The program could also be used as a general strength and conditioning program without the strongman conditioning work.

This template programs training 3-days per week as an introduction to this style of training. The full [Strongman Template](#) has more training volume that is split up into 4 or 5-days per week. If an individual newer to training wanted to eventually run the full Strongman Template, this program would work great to prepare them for that task.

Finally, any and all movements in this template can be substituted with different implements based on the individual's preferences, e.g. logs, axles, various barbells, etc. Minor details such as whether to use low bar or high bar for the "squat" movement don't matter much. Pick a squat you like and run with it.

If you have any questions, shoot us an email at support@barbellmedicine.com or post up on our [forum](#)!

The Program

Week 1		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)
6 reps @ RPE 6 x 1 set	10 reps @ RPE 6 x 1 set	9 reps @ RPE 6 x 1 set
6 reps @ RPE 7 x 1 set	10 reps @ RPE 7 x 1 set	9 reps @ RPE 7 x 1 set
6 reps @ RPE 8 x 1 set	10 reps @ RPE 8 x 1 set	9 reps @ RPE 8 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)
6 reps @ RPE 6 x 1 set	10 reps @ RPE 6 x 1 set	9 reps @ RPE 6 x 1 set
6 reps @ RPE 7 x 1 set	10 reps @ RPE 7 x 1 set	9 reps @ RPE 7 x 1 set
6 reps @ RPE 8 x 1 set	10 reps @ RPE 8 x 1 set	9 reps @ RPE 8 x 1 set

Carry (sandbag, yoke, farmers, husafell, etc.)	Weighted Pull-Up Holds (hold top of pull-up)	Load (stone, sandbag, keg)
120ft x 4 sets (light weight)	20-30 secs x 4 sets	6-8 reps in 60 secs x 2 sets

Week 2		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)
6 reps @ RPE 6 x 1 set	10 reps @ RPE 6 x 1 set	9 reps @ RPE 6 x 1 set
6 reps @ RPE 7 x 1 set	10 reps @ RPE 7 x 1 set	9 reps @ RPE 7 x 1 set
6 reps @ RPE 8 x 2 sets	10 reps @ RPE 8 x 2 sets	9 reps @ RPE 8 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)
6 reps @ RPE 6 x 1 set	10 reps @ RPE 6 x 1 set	9 reps @ RPE 6 x 1 set
6 reps @ RPE 7 x 1 set	10 reps @ RPE 7 x 1 set	9 reps @ RPE 7 x 1 set
6 reps @ RPE 8 x 2 sets	10 reps @ RPE 8 x 2 sets	9 reps @ RPE 8 x 2 sets
Carry (sandbag, yoke, farmers, husafell, etc.)	Weighted Pull-Up Holds (hold top of pull-up)	Load (stone, sandbag, keg)
120ft x 6 sets (light weight)	20-30 secs x 4 sets	6-8 reps in 60 secs x 3 sets

Week 3		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)
4 reps @ RPE 6 x 1 set	8 reps @ RPE 6 x 1 set	7 reps @ RPE 6 x 1 set
4 reps @ RPE 7 x 1 set	8 reps @ RPE 7 x 1 set	7 reps @ RPE 7 x 1 set
4 reps @ RPE 8 x 2 sets	8 reps @ RPE 8 x 2 sets	7 reps @ RPE 8 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)

4 reps @ RPE 6 x 1 set	8 reps @ RPE 6 x 1 set	7 reps @ RPE 6 x 1 set
4 reps @ RPE 7 x 1 set	8 reps @ RPE 7 x 1 set	7 reps @ RPE 7 x 1 set
4 reps @ RPE 8 x 2 sets	8 reps @ RPE 8 x 2 sets	7 reps @ RPE 8 x 2 sets
Carry (sandbag, yoke, farmers, husafell, etc.)	Pull-Ups	Load (stone, sandbag, keg)
60ft x 6 sets (moderate weight)	7 Minute AMRAP (use band for assistance if needed)	4-6 reps in 60 secs x 3 sets

Week 4		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)
1 rep @ RPE 8 x 1 set	8 reps @ RPE 6 x 1 set	7 reps @ RPE 6 x 1 set
4 reps @ RPE 9 x 1 set	8 reps @ RPE 7 x 1 set	7 reps @ RPE 7 x 1 set
-10% x 4 reps x 3 sets	8 reps @ RPE 8 x 2 sets	7 reps @ RPE 8 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)
1 rep @ RPE 8 x 1 set	8 reps @ RPE 6 x 1 set	7 reps @ RPE 6 x 1 set
4 reps @ RPE 9 x 1 set	8 reps @ RPE 7 x 1 set	7 reps @ RPE 7 x 1 set
-10% x 4 reps x 3 sets	8 reps @ RPE 8 x 2 sets	7 reps @ RPE 8 x 2 sets
Carry (sandbag, yoke, farmers, husafell, etc.)	Pull-Ups	Load (stone, sandbag, keg)
60ft x 4 sets (heavy weight)	7 Minute AMRAP (use band for assistance if needed)	4-6 reps in 60 secs x 3 sets

Week 5		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)

1 rep @ RPE 8 x 1 set	6 reps @ RPE 6 x 1 set	5 reps @ RPE 6 x 1 set
4 reps @ RPE 9 x 1 set	6 reps @ RPE 7 x 1 set	5 reps @ RPE 7 x 1 set
-5% x 4 reps x 3 sets	6 reps @ RPE 8 x 2 sets	5 reps @ RPE 8 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)
1 rep @ RPE 8 x 1 set	6 reps @ RPE 6 x 1 set	5 reps @ RPE 6 x 1 set
4 reps @ RPE 9 x 1 set	6 reps @ RPE 7 x 1 set	5 reps @ RPE 7 x 1 set
-5% x 4 reps x 3 sets	6 reps @ RPE 8 x 2 sets	5 reps @ RPE 8 x 2 sets
Carry (sandbag, yoke, farmers, husafell, etc.)	Pendlay Rows	Load (stone, sandbag, keg)
60ft x 4 sets (heavy weight)	8 reps @ RPE 7-8 x 3 sets	2-3 reps x 4 sets

Week 6		
Day 1	Day 2	Day 3
Deadlift	Squat (high bar, low bar, front)	Rack Pull (just below knee)
1 rep @ RPE 9 x 1 set	6 reps @ RPE 6 x 1 set	5 reps @ RPE 7 x 1 set
4 reps @ RPE 9 x 1 set	6 reps @ RPE 7 x 1 set	5 reps @ RPE 8 x 1 set
-5% x max reps in 60 secs	6 reps @ RPE 8 x 2 sets	5 reps @ RPE 9 x 1 set
Push Press or Jerk (any implement - bar, axle, log)	Strict Press (any implement - bar, axle, log)	Close Grip Incline Bench (if no incline, flat bench)
1 rep @ RPE 8 x 1 set	6 reps @ RPE 6 x 1 set	5 reps @ RPE 7 x 1 set
4 reps @ RPE 9 x 1 set	6 reps @ RPE 7 x 1 set	5 reps @ RPE 8 x 1 set
-5% x max reps in 60 secs	6 reps @ RPE 8 x 2 sets	5 reps @ RPE 9 x 2 sets
Carry (sandbag, yoke, farmers, husafell, etc.)	Pendlay Rows	Load (stone, sandbag, keg)
Work up to 1 heavy carry x 50-60ft	8 reps @ RPE 7-8 x 3 sets	1-3 reps x 3 sets