

Of your whole training cycle, I say the week of the meet is the single most important one. 98 percent of your training is behind you, and this week should be approached a little differently than the previous ones. It should be used to boost confidence, check out lifting technique and supportive gear, and insure that you are not in an overtrained or fatigued state on the day of the meet. Let's look at training the lifts the last week.

A lifter should not go all out the last week of training. Why risk injury or soreness so close to the meet when there is little time to recuperate? You need to leave a little bit for the meet so you will be anxious to go all out there. I recommend that your last deadlift workout occur 10-14 days prior to the meet. It is the most strenuous lift and requires the most time to recover, and it can affect your squat. Take your last squat workout on the Monday or Tuesday of the week before the meet; take your last bench workout on Tuesday or Wednesday. This will allow plenty of recuperation for the meet.

I also recommend going up to your openers on the week of the meet. This will give you a chance to practice your warmup progression for the meet, and allow you to get the feel of your supportive gear. It will boost confidence or awaken you to potential problems on weight selection and technique, and you will not lose anything in the way of strength; you may even gain.

For a concrete example of suggested final workouts, let's examine a lifter who plans to open at a 400 pound squat, 300 pound bench, and a 450 pound deadlift. The following numbers could also be used as contest warmups, deleting any down sets and assistance work. (Supportive equipment is noted).

Squat - 135x8, 225x5, 275x2 (add belt and wraps), 315x2 (add suit with straps down), 375x1 (put straps up), opener 400 (with straps up), finish with ab work.

Bench - 135x8, 185x5, 225x3, 255x1 (bench shirt) and opener - 300 (with shirt), down set 245x5 (no shirt), finish with light curls and abs.

Deadlift - 135x5, 225x3, 315x2, 375x1, 415x1, 450x1, down set 355x3, finish with abs.

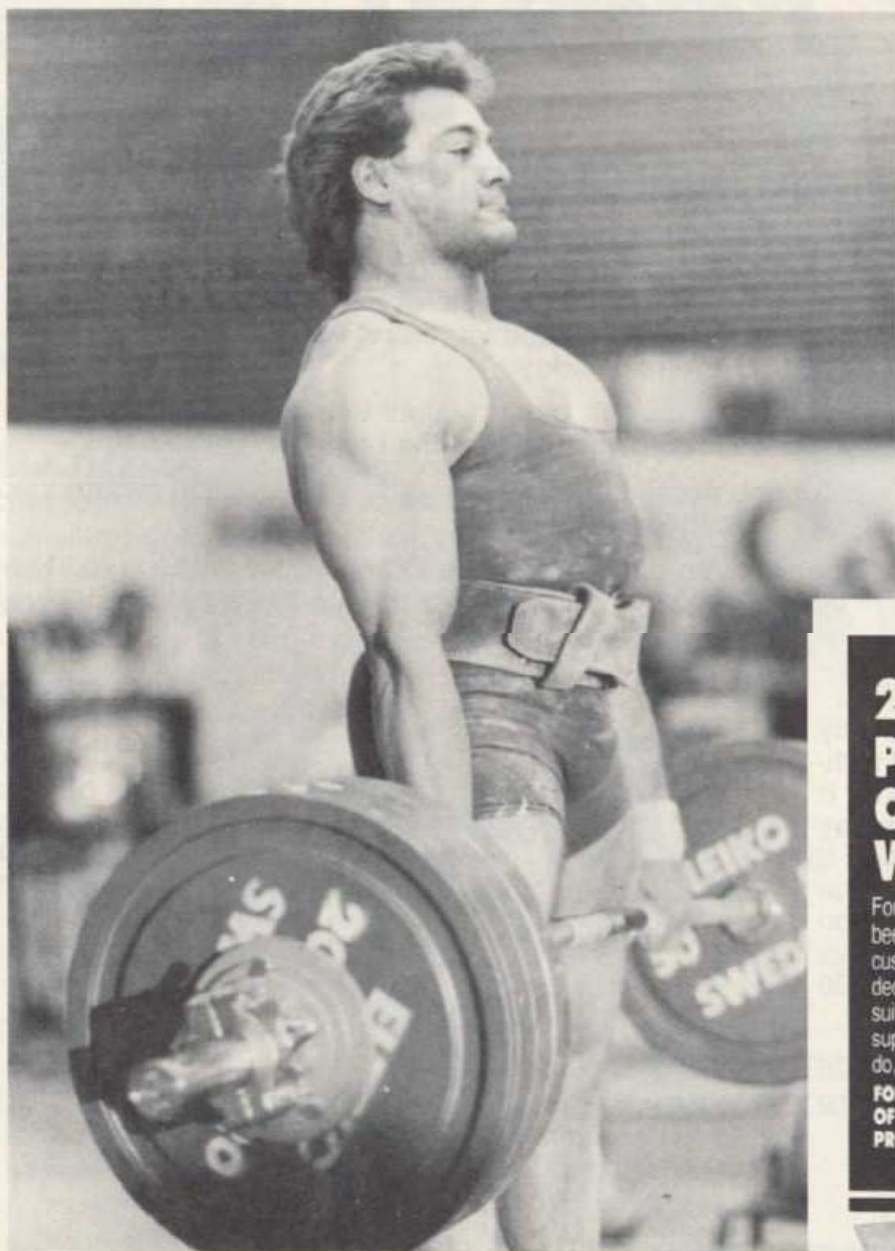
More experienced lifters may not need to finish the last week with a single. Some will work up to a double or triple with perhaps only partial supportive gear in use. These lifters

# STARTIN' OUT

A special section dedicated to the beginning lifter

## MEET WEEK

as told by Doug Daniels



*I.P.F. World Champion EDDIE COPPIN...knows just how important meet week preparation is, and did his required homework to produce this new I.P.F. standard in the deadlift (823) and total (2072), weighing a light 186, at the 1987 Worlds.*

know what to expect at a contest while newer, less experienced lifters need, in my opinion, this last practice session hitting a single with full gear. Adding the supportive gear in the order I described, will give you an extra 'kick' each set, which will help you move up in the weights while working into full battle gear gradually. You will also have a better idea

of your following attempts.

A few final tips. I strongly recommend that you forego any partying the final week or so. There will be time to resume recreational habits after the meet. Don't let yourself slide too much. I have known many lifters who have bragged they partied hard the night before. That just shows their lack of discipline and maturity.

Meanwhile, serious competitors were busy saving energy the last few days and are at the peaks while others suffer from lack of sleep and hangovers. It's not worth it!

If you have any aches and pains, try working on them. Ice, aspirin, sauna, whirlpool, and rest are your best bets. These aches and pains are usually at their peak at this point in your training cycle. A long cycle is the only thing more brutal on the body than a tag team match against Hulk Hogan and Mike Tyson. Keep away from activities like football. Don't expose yourself to any extra sources of pain and exertion.

Check your weight. If you need to lose more, remember to make adjustments in your opening attempts.

I think that if you follow a few of my suggestions, your final week before the contest will prove to be the most productive of your whole cycle. You may need to adjust a few things to fit your own situation, currently or down the road. Approach this final week with the right state of mind and with the proper goals in sight and your total will reflect it.

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