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TOUR PEAKING PROGRAM



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That stone had lain in that place as long as the oldest traditions in the village could remember. And from time immemorial it had been the custom of the young men of the village to test their strength by lifting it.

— Liam O’Flaherty, ‘The Stone’, 1937

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Stonelifting tour peaking program overview

Welcome to the liftingstones.org stonelifting tour peaking program developed by Sean Urquhart. Sean created this program based on his own successful training plan that he used leading up towards his stone lifting tour of Ireland.

This program accompanies Sean's article on the same topic and provides a more comprehensive look at the whole program - along with the full program for you to use. However, you can read the accompanying article on liftingstones.org:

[Peaking for a stonelifting tour](#)

Like Sean's previous articles and templates, this could be easily sold as a product. However, Sean has generously offered to publish his expertise for **FREE** to the stonelifting community.

So, if you've learnt *anything* thanks to Sean's articles and templates, follow him on [Instagram](#).

Introduction

Back in June, I traveled to Ireland and completed my fourth overseas stone tour. Although I only lifted 16 stones compared to the 30+ on each of my last two trips, the average weight and difficulty of these stones far exceeded my expectations. However, reflecting on my performance, I would say that this is likely my best stone lifting to date.

Of the stones I lifted in Ireland, 14 of the 16 were as heavy or heavier than Iceland's Fullsterkur stones; imagine lifting the Húsafell stone multiple times a day, five days in a row. To say that the Irish stones took a toll on my body is an understatement. However, I feel that my detailed stone prep plan is what allowed me to be successful.

While on the trip, an old gentleman in his late 80's witnessed me lifting the Claregalway stone to my chest. Upon setting the stone down, he was left practically speechless. All he could muster was that he had never witnessed someone lift that stone so high in his lifetime and he didn't think it would ever be possible if he hadn't seen it for himself. That is proof enough for me that the program worked.



Whether you are planning a stone tour or just want to lift the biggest stone possible at your gym, I think this plan has what it takes to bring your stone lifting game up to the next level.

Who is this program for?

This program is aimed at a few groups of people:

1. People who have been training for over a year.
2. People aiming to 'max out' on their stone lifts.
3. People preparing for a stonelifting tour.

This program is designed to develop your strength and then taper it to allow you to display your strength when it matters. If you're looking for a framework for consistent long-term progression, I'd recommend my [stone lifting template](#) instead.

How to use this program

Choose your test days - whether that's a stone lifting tour or just maxing out with your own stones. Then count back to figure out your start day.

Adjust your exercises as needed and follow the program.

Progression

Waves are three weeks long, starting with higher volume on main lifts and lower volume on stones & accessories. As the weeks progress through the wave, the main lifts decrease in volume and increase in intensity. While the stones & accessories increase in volume and stay similar in intensity.

The total plan is three 3-week waves; 9 weeks worth of lifting. But it takes place over roughly 10.5 weeks.

For the main lift, intensity drives adaptation. For stones and accessories, volume drives adaptation. I could have chosen to drive adaptation through intensity for all exercises, but I felt like that would be a fast track towards injury and burnout. I wanted to avoid both at all costs leading up to the stone trip.

At the end of a 3-week wave, I take a mini deload on the upper and lower speed days — so not a week-long deload like many people

recommend. This is more of a reset so that I am ready to go again for my next wave.

The final wave is the taper which is designed to help me demonstrate my strength on the stone tour.

Training concepts

Work capacity

The plan here was to build work capacity with a higher volume of main lifts and accessories. This would allow me to feel fresher when lifting stones and to lift heavier stones each week without feeling like the stones were burning me out.

In the past, my stone volume was extremely high. This worked well for trips where I needed to lift more than 30 historic stones, but it took its toll on my recovery and usually left me feeling beat up for the duration of my prep.

Building work capacity with barbell work is much easier to regulate compared to stones; I can adjust sets, reps, and weight, but I can't do that as easily with a stone. This approach worked very well throughout the prep for Ireland — I just wish I had thought of this sooner in my earlier stone trip preps!

Max effort

Traditionally, I would work up to one heavy top set, which worked great for learning to strain and fight through a lift. But with my plan to build work capacity while lifting lower stone volume than normal, I had to make a change here. As a result, I chose to make max effort into heavy submaximal effort for multiple sets of low reps.

Training with heavy submaximal effort meant I could still train heavy but also acquire the volume I was looking for to build the work capacity I wanted for multiple heavy stone lifts without such high volume on stones.

Each week, the volume decreases for the main lift while intensity increases. An inverse relationship between stone and squat volume each week makes up for the drop in volume on the main lift.

Intensity was adjusted using a step loading method from wave to wave:

1. 5x3 @ 495 (~85%) / 3x3 @ 515 (~88%) / 1x3 @ 535 (9 RPE)
2. 5x2 @ 515 (~88%) / 3x2 @ 535 (~91%) / 1x2 @ (9 RPE)
3. 5x1 @ 535 (~91%) / 3x1 @ 555 (~94%) / 1x1 @ (9 RPE)

Dynamic effort

Dynamic effort did not change much for this prep from what I normally do in training. The biggest difference was keeping the same movement throughout the entire 9-week prep like I did for the max effort movement.

Intensity and volume maintained the inverse relationship to what is normally prescribed. I chose to use step loading from wave to wave:

1. 10x2 @ 55% / 8x2 @ 60% / 6x2 @ 65%
2. 10x2 @ 60% / 8x2 @ 65% / 6x2 @ 70%
3. 10x2 @ 65% / 8x2 @ 70% / 6x2 @ 75%

Stones

When preparing for previous trips, I lifted stones three times per week on a Heavy – Light – Medium schedule. During the Ireland trip, I would be lifting fewer stones (roughly 15-20) than previous trips (30 and 35 stones), and the average weight lifted to chest would be higher this time, too.

To compensate for fewer stones and greater weights, I felt that the third (light) day for stones was unnecessary. Instead, I opted to build volume through barbell work and focus on bringing up the lifts that I knew translated to heavier stone lifts. I also chose to reduce the volume and weight of stones lifted on my lower body speed days.

For my previous trip, I lifted my 370 lbs stone and 425 lbs Hav on speed days. This time, I primarily lifted my 345 lbs stone and occasionally my 370 lbs stone. Since I lowered the intensity and

volume of stone lifts on speed days, I wanted to make sure that I still challenged myself. To do this, I decreased the rest periods between sets.

Previously, I would rest as needed, but this time around, I used a timer and performed EMOM sets, lifting the 345 lbs stone one rep every minute on the minute. This proved to be a great workout, and I felt muscles in my back that I wouldn't normally feel lifting even heavier stones with longer rest periods.

Word to the wise: natural stones are a pain in the butt to reset for the next lift when training alone on limited rest. That 50 seconds you thought you had quickly turns into 30.

If you have the luxury of a training partner, this would be a great time to have them assist in resetting the stone. Otherwise, increase the rest from 60 seconds to something more manageable like, 70 seconds. As your conditioning improves, you can easily decrease the rest back to 60 seconds or even less. By the end of my prep, I was completing stone lifts with 45 seconds on the clock.

I was gassed the first time I performed these EMOM sets. By the third week, I looked forward to the challenge and even increased the weight of the stone to 370 lbs. Throughout the prep I kept thinking of how great the challenge would be to lift my 410 lbs stone for a 10-minute EMOM. This may be something that I visit in the future, but pushing that kind of intensity before the trip would quickly lead to unnecessary fatigue and diminished recovery.

Heavy days remained similar to previous stone trip preps, with two small changes. For the first change, I reduced volume from about 12 lifts down to an average of 6 and increased the volume on each week of the wave:

- Week 1: 4 lifts
- Week 2: 6 lifts
- Week 3: 8 lifts

The second change I made was to drop back down to 4 lifts on the following wave, but to try and increase the intensity of the stone lift. I

would either add weight with ratchet straps and steel plates or increase the number of stone extension reps for each lapped rep.

Certain stone shapes made adding weight very easy. For those I kept the lifts to single reps. Other stone shapes were more difficult to add weight, so I increased the number of extensions that I performed each time I lapped the stone.

For example, week 1 – lap the stone perform 2 extensions per lift, week 2 – lap the stone perform 3 extensions per lift, week 3 – lap the stone and perform as many extensions as possible on the last lift.

If I chose to work with my 410 lbs stone and increase extensions per lap, I would not increase the number of total lifts from 4 to 6 to 8 over the wave. I would instead stay with 6 lifts each week but increase the extensions instead.

All of this was focused on building intensity from week to week and wave to wave while maintaining my ability to recover and progress. I easily could have increased all those things from week to week, but eventually I would have hit a wall that wouldn't allow me to recover. My focus was to be successful on my stone trip, not to lift the largest stone I could in my garage.

Upper body

Max Effort was replaced by submaximal effort for multiple sets of low reps just the same as max effort work on lower body days. Dynamic effort was eliminated, and I instead chose to follow the same max effort protocols for bench press on one day and overhead press on another. The same inverse relationship between volume and intensity applied to upper body lifts.

Rows were also programmed throughout this prep. I usually kept rows heavy and did whatever I felt on any given day. This time I was more methodical. Rows followed a very similar approach to the max effort work, increasing in weight each week while decreasing volume in sets. Then a step load approach was used from wave to wave.

Intensity was the driver for adaptation for rows:

- Wave 1: DB Row – 150 x 5x6 / 160 x 4x6 / 170 x 3x6
- Wave 2: DB Row – 160 x 5x5 / 170 x 4x5 / 180 x 3x5
- Wave 3: DB Row – 170 x 5x4 / 180 x 4x4 / 190 x 3x4

For accessories, I chose step loading from week to week and wave to wave by using volume to drive adaptation. I did not change the intensity of the accessory exercises for the entire prep. This served two purposes, it allowed me to use a lower intensity movement to not further deplete my ability to recover and by using volume to drive adaptation, I could hopefully facilitate a little hypertrophy during the prep. On bench days, I did seated overhead press and lat pulldowns. On overhead press days, I did incline bench press and lat pulldowns. Weights were kept relatively light at the start, probably something in the 6-7 RPE range and nowhere close to failure.

- Wave 1: 2x6 / 3x6 / 4x6
- Wave 2: 2x8 / 3x8 / 4x8
- Wave 3: 2x10 / 3x10 / 4x10

There was also an inverse relationship between max effort and accessory exercises for upper body days just like there was for max effort and stones on lower body days.

- Max Effort – 5x3 / 3x3 / 1x3 — 5x2 / 3x2 / 1x2 — 5x1 / 3x1 / 1x1
- Accessories – 2x6 / 3x6 / 4x6 — 2x8 / 3x8 / 4x8 — 2x10 / 3x10 / 4x10

Goodmornings

In the past, I would treat goodmornings as a second max-effort movement, working up to a heavy set of 3 or 5 reps. This time around, I am following a step approach with weights planned out for each wave. These are also done as the very last exercise on heavy days after all accessory lifts, squats, and stones to prevent me from turning this supplemental movement into a second max effort movement. This has had a huge effect on feeling fresh each week even though weights are increasing.

Stones have been feeling better, and overall, my body is not feeling beat up. My best beltless camber bar goodmorning is 495 lbs for a double, so as you can see, starting at 5 reps with 315 lbs (roughly 65%) and ending at 3 reps with 415 lbs (84%), was more than manageable to handle and recover from.

- 4x5 @ 315 / 3x5 @ 335 / 2x5 @ 355
- 4x4 @ 345 / 3x4 @ 365 / 2x4 @ 385
- 4x3 @ 375 / 3x3 @ 395 / 2x3 @ 415

Exercise selection

I chose to stick with the same lifts throughout the 3-week waves on upper and lower body. I wanted to be as specific as possible with my exercise choices, opting for variations that I knew had good carryover to my stones and where I could easily manage fatigue. I also needed exercises that I knew my relative max so that I could easily plan my weights from week to week without any uncertainty that I would miss a lift. This was important since my max effort work was now submaximal effort for multiple sets of low reps.

How would I know that I was getting stronger if I only tested each exercise variation once every few months? By changing my methods, I could get weekly feedback on my progress. For example, my first wave I squatted 535 lbs for 3 reps on my last week of the wave, which only has one top set. It wasn't a true max effort, but a 4th rep would've been a real grind. On my second wave, I squatted 535 lbs for 5 reps after completing two sets of doubles. I had instant feedback that my program was working. This was 9 total reps with 535 lbs that were all easy and allowed for recovery whereas my previous wave was 3 total reps with 535 lbs and left me feeling drained.

Tapering

Over the first two waves, I gradually built up the intensity of the main lifts while decreasing volume. For accessories and stones, I kept

intensity relatively level while increasing volume. Each wave's intensity was higher than the last, but volume reset at the start of each wave.

For the final wave of my training block, I needed to make sure I could display the strength I developed over previous waves to peak for my trip to Ireland. How did I do this? The key was to decrease the fatigue I had accumulated from the last two waves. There is plenty of research on this topic, and the consensus is this: Strength can be maintained by keeping intensity high while reducing volume. i.e., fatigue decreases and allows us to display our strength.

High volume is one of the best ways to accumulate fatigue — something we are actively trying not to do during the taper. One thing that will be out of my norm is overreaching a little bit on the first week of the taper with higher-than-normal volumes at a high intensity. The focus of this is a bit of a supercompensation. The thinking is that the fitness developed will be maintained longer by reaching your limits of recoverability right before dropping the volume for the taper. I probably will ruffle some feathers by suggesting people still lift heavy weights and stones so close to a stone trip (10 days out heaviest squat/stones and 7 days out speed squat/stones) but I feel that this works well for me.

Some people will completely deload from lifting for the week before a trip. I don't think that works well for a stone trip as we are not maxing out on a lift like you would in a powerlifting meet. We're still lifting heavy, but most of the stone lifts (at least for what I have found) are not max effort lifts.

Example taper

Week 1 - High volume, medium to high intensity

Week 2 - Medium volume, high intensity

- Volume drops to around 70%-80% of week 1

Week 3 - Low volume, highest intensity

- Volume drops to around 50%-60% of week 1

Week 4 - Deload

- Total body deload (3 days out)

The total body deload should consist of very light, low volume exercises. For example:

- Power swings
- Squats
- Dips
- Band rows

How does this taper look on paper?

- Intensity stays high on the main lift, supplemental lift, and stone lifts
- Volume drops for the main lift and supplemental lift, following the same progression as previous waves
- Volume for stone lifts decreases over the course of the wave
- No longer maxing out or taking final sets close to failure
- Final max testing is 4 weeks before the trip at the end of wave 2
- Volume for accessory work is the reverse of previous waves
 - 5 sets – 4 sets – 3 sets instead of 3 sets – 4 sets – 5 sets

Here's what my taper looked like planned out leading up to the trip. You can see the volume drop across the weeks and the schedule leading up to my Ireland tour.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
May 28 Super-Compensation WEEK 1	May 29 GHD – 3x Swing – 2x Squat – 8x Stone – 8x GM – 5x	May 30 Shrug – 3x Bench – 5x Row – 5x Lateral – 2x Lat Pull – 2x	May 31	June 1 GHD – 4x Swing – 3x Squat – 12x Stone – 10x Belt Sq – 5x	June 2	June 3 Face Pull – 4x OHP – 5x Row – 5x Incline – 3x Lat Pull – 3x
June 4 Start Taper WEEK 2	June 5 GHD – 5x Swing – 4x Squat – 5x Stone – 6x GM – 4x	June 6 Shrug – 5x Bench – 3x Row – 4x Lateral – 4x Lat Pull – 4x	June 7	June 8 GHD – 4x Swing – 3x Squat – 8x Stone – 6x Belt Sq – 4x	June 9	June 10 Face Pull – 5x OHP – 3x Row – 4x Incline – 4x Lat Pull – 4x
June 11 Cont Taper WEEK 3	June 12 GHD – 4x Swing – 3x Squat – 3x Stone – 3x GM – 3x	June 13 Shrug – 4x Bench – 1x Row – 3x Lateral – 3x Lat Pull – 3x	June 14	June 15 GHD – 3x Swing – 2x Squat – 5x Stone – 4x Belt Sq – 3x	June 16	June 17 Face Pull – 3x OHP – 1x Row – 3x Incline – 2x Lat Pull – 2x
June 18 Deload WEEK 4	June 19 Full Body Workout Deload	June 20	June 21 Fly to Ireland	June 22 First stones Ireland	June 23 Ireland	June 24 Ireland
June 25 Ireland	June 26 Ireland	June 27 Ireland	June 28 Fly Home USA			

Program

This program is a 4-day week plan. I trained on Monday, Tuesday, Thursday, and Saturday - but you can change the days to fit your schedule.

Intensities are prescribed as weight, a percentage of your 1RM, or as RPE. Weights in lbs are the weights I used for this prep, but you can adjust as needed.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lower body (max effort)	Upper body (bench)	Off	Lower body (dynamic effort)	Off	Upper body (overhead press)	Off

Wave 1

Week 1

W1, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	3 sets
Power swing	2 sets @ 150 lbs
Camber box squat	5x3 @ 85%
Stones (heavy)	4 lifts
Camber goodmorning	4x5 @ 65%

W1, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Bench Press	5x3 @ 85%
Dumbbell row	5x6
Seated dumbbell overhead press	2x6
Lat pulldowns	2x6

W1, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	3 sets
Power swing	2 sets @ 100 lbs
SSB box squat + chains	10x2 @ 55%
Stones (EMOM)	8 lifts @ 320 lbs

Exercise	Sets, reps, intensity
Belt squat	4@10 @ 65%

W1, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Standing overhead press	5x3 @ 85%
Meadow rows	5x10
Incline bench press	2x6
Lat pulldowns	2x6

Week 2

W2, training day 1, lower body (max effort)

Exercise	Sets, reps, intensity
GHD	4 sets
Power swing	3 sets @ 150 lbs
Camber box squat	3x3 @ 88%
Stones (heavy)	6 lifts
Camber goodmorning	3x5 @ 68%

W2, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	4 sets
Bench Press	3x3 @ 88%
Dumbbell row	4x6

Exercise	Sets, reps, intensity
Seated dumbbell overhead press	3x6
Lat pulldowns	3x6

W2, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	4 sets
Power swing	3 sets @ 100 lbs
SSB box squat + chains	8x2 @ 60%
Stones (EMOM)	8 lifts @ 320/345 lbs
Belt squat	3@10 @ 68%

W2, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	4 sets
Standing overhead press	3x3 @ 88%
Meadow rows	4x10
Incline bench press	3x6
Lat pulldowns	3x6

Week 3

W3, training day 1, lower body (max effort)

Exercise	Sets, reps, intensity
GHD	5 sets
Power swing	4 sets @ 150 lbs

Exercise	Sets, reps, intensity
Camber box squat	1x3 @ RPE 9
Stones (heavy)	8 lifts
Camber goodmorning	2x5 @ 72%

W3, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Bench Press	1x3 @RPE 9
Dumbbell row	3x6
Seated dumbbell overhead press	4x6
Lat pulldowns	4x6

W3, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	5 sets
Power swing	4 sets @ 100 lbs
SSB box squat + chains	6x2 @ 65%
Stones (EMOM)	8 lifts @ 345 lbs
Belt squat	2@10 @ 72%

W3, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Standing overhead press	1x3 @ RPE 9
Meadow rows	3x10

Exercise	Sets, reps, intensity
Incline bench press	4x6
Lat pulldowns	4x6

Wave 2

Week 1

W1, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	3 sets
Power swing	2 sets @ 175 lbs
Camber box squat	5x2 @ 88%
Stones (heavy)	4 lifts
Camber goodmorning	4x4 @ 70%

W1, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Bench Press	5x2 @ 88%
Dumbbell row	5x5
Seated dumbbell overhead press	2x8
Lat pulldowns	2x8

W1, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	3 sets
Power swing	2 sets @125
SSB box squat + chains	10x2 @ 60%
Stones (EMOM)	8 lifts @ 345 lbs
Belt squat	4x8 @ 70%

W1, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Standing overhead press	5x2 @ 88%
Meadow rows	5x8
Incline bench press	2x8
Lat pulldowns	2x8

Week 2

W2, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	4 sets
Power swing	3 sets @ 175 lbs
Camber box squat	3x2 @ 91%
Stones (heavy)	6 lifts
Camber goodmorning	3x4 @ 74%

W2, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	4 sets
Bench Press	3x2 @ 91%
Dumbbell row	4x5
Seated dumbbell overhead press	3x8
Lat pulldowns	3x8

W2, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	4 sets
Power swing	3 sets @125
SSB box squat + chains	8x2 @ 65%
Stones (EMOM)	8 lifts @ 345/370 lbs
Belt squat	3x8 @ 74%

W2, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	4 sets
Standing overhead press	3x2 @ 91%
Meadow rows	4x8
Incline bench press	3x8
Lat pulldowns	3x8

Week 3

W3, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	5 sets
Power swing	4 sets @ 175 lbs
Camber box squat	1x2 @ RPE 9
Stones (heavy)	8 lifts
Camber goodmorning	2x4 @ 78%

W3, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Bench Press	1x2 @ 9 RPE
Dumbbell row	3x5
Seated dumbbell overhead press	4x8
Lat pulldowns	4x8

W3, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	5 sets
Power swing	4 sets @125
SSB box squat + chains	6x2 @ 70%
Stones (EMOM)	8 lifts @ 370 lbs
Belt squat	2x8 @ 78%

W3, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Standing overhead press	1x2 @ 9 RPE
Meadow rows	3x5
Incline bench press	4x8
Lat pulldowns	4x8

Wave 3 (taper)

Week 1 (4 weeks out)

For the first tapering week, we use high volume and medium to high intensity.

W1, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	5 sets
Power swing	4 sets @ 200 lbs
Camber box squat	8x1 @ 91%
Stones (heavy)	8 lifts
Camber goodmorning	5x3 @ 73%

W1, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Bench Press	5x1 @ 91%
Dumbbell row	8x4
Seated dumbbell overhead press	2x10
Lat pulldowns	2x10

W1, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	5 sets
Power swing	4 sets @150
SSB box squat + chains	12x2 @ 65%

Exercise	Sets, reps, intensity
Stones (EMOM)	10 lifts @ 370 lbs
Belt squat	5x6 @ 76%

W1, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	5 sets
Standing overhead press	5x1 @ 91%
Meadow rows	8x6
Incline bench press	2x10
Lat pulldowns	2x10

Week 2 (3 weeks out)

Start reducing volume by 70-80% of week 1 and keep intensity high.

W2, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	4 sets
Power swing	3 sets @ 200 lbs
Camber box squat	4x1 @ 94%
Stones (heavy)	6 lifts
Camber goodmorning	3x3 @ 80%

W2, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	4 sets

Exercise	Sets, reps, intensity
Bench Press	3x1 @ 94%
Dumbbell row	4x4
Seated dumbbell overhead press	2x10
Lat pulldowns	2x10

W2, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	4 sets
Power swing	3 sets @150
SSB box squat + chains	8x2 @ 70%
Stones (EMOM)	6 lifts @ 370/395 lbs
Belt squat	3x6 @ 80%

W2, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	4 sets
Standing overhead press	3x1 @ 94%
Meadow rows	4x6
Incline bench press	2x10
Lat pulldowns	2x10

Week 3 (2 weeks out)

Further reduce volume to 50-60% of week1 and increase intensity.

W3, training day 1, lower body (max effort)

Exercise	Reps, sets, intensity
GHD	3 sets
Power swing	2 sets @ 200 lbs
Camber box squat	1x1 @ RPE 9
Stones (heavy)	4 lifts
Camber goodmorning	2x3 @ 84%

W3, training day 2, upper body (bench)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Bench Press	1x1 @ 9 RPE
Dumbbell row	3x4
Seated dumbbell overhead press	2x10
Lat pulldowns	2x10

W3, training day 3, lower body (dynamic effort)

Exercise	Sets, reps, intensity
GHD	3 sets
Power swing	2 sets @150
SSB box squat + chains	6x2 @ 75%
Stones (EMOM)	4 lifts @ 370 lbs
Belt squat	2x6 @ 84%

W3, training day 4, upper body (overhead press)

Exercise	Sets, reps, intensity
Shrugs	3 sets
Standing overhead press	1x1 @ 9 RPE
Meadow rows	3x6
Incline bench press	2x10
Lat pulldowns	2x10

Week 4 (deload)

W4, training day 1, full body deload

Exercise
Power swing
Squat
Dips
Band rows

Now that you've finished the taper, you can go and demonstrate your strength.

Resources and contact

For stonelifting articles, news, and resources visit liftingstones.org.

If you have any questions about this program (or if you've made huge stonelifting gains with it), you can contact Sean at [instagram.com/seanurq](https://www.instagram.com/seanurq)