

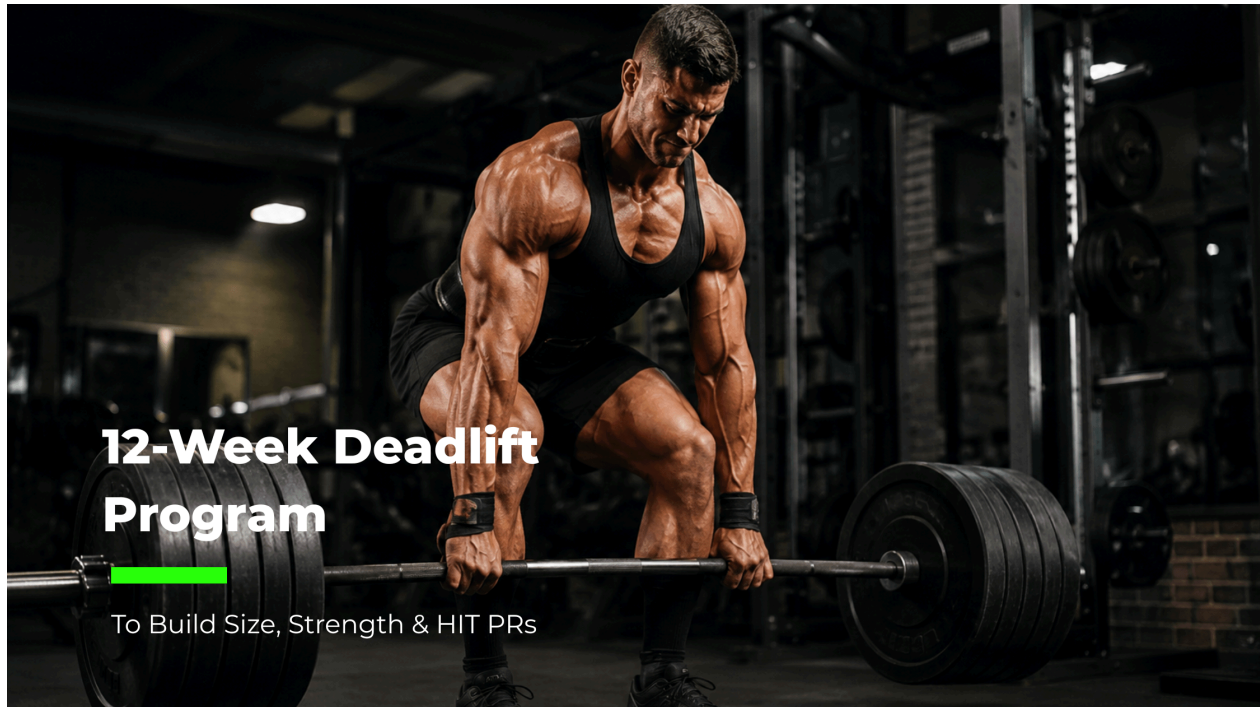
12-Week Deadlift Program to Reach a 500 lb Deadlift

 musclesizeandstrength.com/12-week-deadlift-program-to-reach-a-500-lb-deadlift

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Build Maximum Pulling Strength, Improve Lockout Power & Smash Your Deadlift PR



Workout Overview

Goal: 500 lb Conventional Deadlift

Program Length: 12 Weeks

Training Frequency: 2 Deadlift Sessions Per Week

Primary Lift: Conventional Deadlift

Secondary Lift: Deficit Deadlift

Accessory Lift: Romanian Deadlift

Training Style: Block Periodization

Difficulty: Advanced

Workout Description

Deadlifting 500 pounds is one of the biggest milestones in strength sports. Unlike the squat or bench press, the deadlift produces tremendous systemic fatigue, meaning simply pulling heavy every workout is one of the fastest ways to stall progress.

This 12-week deadlift specialization program is built around modern powerlifting principles, balancing high-intensity work with strategic volume and recovery to maximize strength while minimizing fatigue.

Whether you're currently pulling 365, 405, or 455 pounds, this program is designed to help you safely and efficiently reach the coveted 500 lb deadlift.

Why This Program Works

Elite powerlifters rarely deadlift heavy multiple times per week.

Instead, they use carefully planned variations to attack weak points while allowing the nervous system to recover.

This program develops every phase of the lift:

- Breaking the bar from the floor
- Maintaining position through the knees
- Explosive hip extension
- Lockout strength
- Grip endurance
- Core stiffness
- Posterior chain hypertrophy

Each training block builds upon the previous one to produce a peak in Week 12.

[*American College of Sports Medicine \(ACSM\) – Resistance Training Guidelines*](#)

Weekly Training Schedule

Day 1 — Max Strength

Day 2 — Speed & Weak Point Training

The Training Program

Phase 1 Weeks 1-4

Foundation & Volume

Objective: Increase work capacity while refining technique.

Day 1

Exercise	Sets	Reps
Deadlift	5	5 @70-75%
Romanian Deadlift	4	8
Chest Supported Row	4	10
Reverse Hyper	3	15
Hanging Leg Raise	3	15

Day 2

Exercise	Sets	Reps
Deficit Deadlift	6	3 @65%
Hip Thrust	4	10
Pendlay Row	4	8
Lying Leg Curl	3	15
Farmer's Carry	4	40 m

Phase 2 Weeks 5-8

Maximum Strength Development

Objective: Intensity increases while total volume decreases.

Day 1

Exercise	Sets	Reps
Deadlift	5	3 @80-87%
Romanian Deadlift	3	6
Weighted Pull-Up	4	6
Reverse Hyper	3	12
Ab Wheel Rollout	3	12

Day 2

Exercise	Sets	Reps
Pause Deadlift (1 sec below knee)	5	3
Barbell Hip Thrust	4	8
Barbell Row	4	8
Glute Ham Raise	3	10
Heavy Farmer's Carry	5	30 m

Phase 3 Weeks 9-11

Peak Strength

Objective: Training becomes highly specific.

Day 1

Exercise	Sets	Reps
Competition Deadlift	5	2 @88-94%
Romanian Deadlift	3	5
Chest Supported Row	3	8
Reverse Hyper	2	15
Plank	3	60 sec

Day 2

Exercise	Sets	Reps
Speed Deadlift	8	2 @60%
Hip Thrust	3	8
Cable Row	3	10
Hamstring Curl	3	12
Farmer Carry	4	30 m

Week 12

Peak & Test

Monday

Deadlift

3 × 2 @60%

Light mobility

Wednesday

Deadlift

2 × 2 @50%

Technique only

Saturday

Test New One-Rep Maximum

Warm-up gradually before attempting:

90%

95%

100%

102-105%

Target:

500 lb Deadlift

Weak Point Guide

1. If You Miss the Lift Off The Floor

Prioritize:

- Deficit Deadlifts
- Paused Deadlifts
- Quad Strength

2. If You Miss At The Knee

Prioritize:

- Romanian Deadlifts
- Tempo Deadlifts
- Barbell Rows

3. If You Miss Lockout

Prioritize:

- Hip Thrusts
- Glute Bridges
- Reverse Hyperextensions

4. If Grip Fails First

Add:

- Farmer Carries
- Double Overhand Deadlifts
- Static Holds

Technical Coaching Cues

Before every rep:

- Pull the slack out of the bar
- Brace 360° around your core
- Keep the bar against your legs
- Drive your feet through the floor
- Push the hips through the bar—not lean backward at lockout
- Maintain a neutral spine throughout the lift

[*National Strength and Conditioning Association \(NSCA\) – Strength Training Resources*](#)

Recovery Protocol

Because the deadlift places a high demand on the nervous system, recovery should be treated as part of the program.

Sleep: 8-9 hours per night

Protein: 0.8-1.0 g per pound of body weight

Hydration: Minimum 3-4 liters daily

Rest Between Heavy Deadlift Sessions: At least 72 hours

Deload: Never skip Week 12's taper before testing your max.

Common Deadlift Mistakes

- Jerking the bar from the floor instead of creating tension
- Allowing the bar to drift away from the body
- Rounding the upper back excessively
- Hyperextending at lockout
- Training to failure too often
- Neglecting upper-back and grip strength

| [Are DEADLIFTS Good For Building Muscle?](#)

Expected Results

Athletes who complete this program while following proper nutrition and recovery can typically expect:

- 20-50 lb increase in deadlift strength
- Stronger glutes, hamstrings, spinal erectors, and upper back
- Improved bar speed and lockout power
- Better pulling mechanics and confidence with maximal loads
- Increased grip endurance and core stability

The 500 lb deadlift is one of strength training's most respected milestones. By combining progressive overload, intelligent exercise selection, and structured fatigue management, this 12-week program provides a proven roadmap to help experienced lifters reach that goal.

| [Are Muscle and Strength the Same Thing?](#)

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