

# 12-Week Squat Program to Reach a 315 lb Back Squat

---



[musclesizeandstrength.com/12-week-squat-program-to-reach-a-315-lb-back-squat](https://musclesizeandstrength.com/12-week-squat-program-to-reach-a-315-lb-back-squat)

H.S. DHILLON

June 26, 2026

If your goal is to squat 315 lbs (three plates), this 12-week advanced powerlifting squat program is designed to build lower-body strength, improve squat technique, and increase confidence under heavy loads.



Whether you're currently squatting 185 lbs, 225 lbs, or 275 lbs, this program uses progressive overload, accessory work, and strategic volume to help you break through plateaus and achieve a new personal best.

## Program Overview

---

**Goal:** 315 lb Back Squat

**Program Length:** 12 Weeks

**Training Frequency:** 3 Squat Sessions Per Week

**Primary Lift:** Barbell Back Squat

**Secondary Lift:** Pause Squat

**Accessory Lift:** Romanian Deadlift

**Skill Level:** Intermediate to Advanced

## How To Squat

---

Use this quick video tutorial to learn or refine your Barbell Squat exercise technique before starting this Squat Program:



[Watch on YouTube](#)

## Why This Program Works

---

A bigger squat requires more than simply squatting heavier every week.

This program focuses on:

- Building maximal leg strength
- Improving squat mechanics
- Strengthening the posterior chain
- Increasing core stability
- Developing confidence under heavy weights

By combining heavy, volume, and speed-focused squat sessions, you'll improve both strength and technique simultaneously.

## Weekly Training Schedule

---

### Day 1 – Monday – Heavy Squat Day

---

### Day 2 – Wednesday – Volume Squat Day

---

### Day 3 – Friday – Technique & Speed Day

---

### Day 1 – Heavy Strength Day

---

| Exercise           | Sets | Reps   |
|--------------------|------|--------|
| Barbell Back Squat | 5    | 5      |
| Romanian Deadlift  | 4    | 6      |
| Walking Lunges     | 3    | 10/leg |
| Leg Curl           | 3    | 12     |
| Hanging Leg Raise  | 3    | 15     |

### Purpose

---

Develop maximal strength and reinforce proper squat mechanics.

## Day 2 – Volume Day

---

| Exercise              | Sets | Reps   |
|-----------------------|------|--------|
| Barbell Back Squat    | 4    | 8      |
| Bulgarian Split Squat | 3    | 10     |
| Leg Press             | 4    | 12     |
| Leg Extension         | 3    | 15     |
| Plank                 | 3    | 60 sec |

### Purpose

---

Increase muscle mass in the quads, glutes, and adductors.

## Day 3 – Technique & Speed Day

---

| Exercise            | Sets | Reps |
|---------------------|------|------|
| Pause Squat         | 6    | 3    |
| Front Squat         | 4    | 5    |
| Glute Ham Raise     | 3    | 10   |
| Standing Calf Raise | 4    | 15   |
| Ab Wheel Rollout    | 3    | 12   |

### Purpose

---

Improve explosive power, positioning, and stability.

## Progression Plan

---



### Weeks 1-4

---

#### Heavy Day

---

5 × 5

#### Volume Day

---

4 × 8

#### Speed Day

---

6 × 3

Increase squat weight by 5-10 lbs weekly.

### Weeks 5-8

---

#### Heavy Day

---

5 × 4

## Volume Day

---

$4 \times 6$

## Speed Day

---

$6 \times 2$

Continue progressing while maintaining excellent technique.

## Weeks 9-11

---

### Heavy Day

---

$5 \times 3$

### Volume Day

---

$4 \times 5$

### Speed Day

---

$5 \times 2$

Focus on moving heavier weights explosively.

## Week 12 – Peak Week

---

### Day 1

---

Back Squat

$3 \times 3 @ 60\%$

### Day 2

---

Back Squat

$2 \times 3 @ 50\%$

## Day 3

---

Rest

## Day 4

---

Max-Out Day

Work up gradually and attempt:

## 315 lb Back Squat

---

### Technique Tips for a Bigger Squat

---



### Brace Hard

---

Take a deep breath into your stomach before every rep and maintain tightness throughout the lift.

### Drive Through Mid-Foot

---

Stay balanced and avoid shifting onto your toes.

## **Push Your Knees Out**

---

Create space for proper depth and maintain stability.

## **Control The Descent**

---

Don't dive-bomb into the hole. Stay tight and controlled.

## **Explode Out Of The Bottom**

---

Aggressively drive your traps into the bar and push the floor away.

## **Recovery Recommendations**

---



## **Protein**

---

Consume 0.8-1 gram of protein per pound of bodyweight daily.

## **Sleep**

---

Aim for 7-9 hours of quality sleep every night.

## **Mobility**

---

Perform regular hip, ankle, and hamstring mobility work.

## Nutrition

---

Maintain a slight calorie surplus if strength is your primary goal.

## Common Squat Mistakes

---



- Allowing knees to cave inward
- Losing upper-back tightness
- Cutting depth short
- Rising hips too quickly
- Neglecting core training

Addressing these issues can add significant weight to your squat over time.

## Expected Results

---

Most lifters who consistently follow this program can expect:

- 20-50 lb increase in squat strength
- Increased leg and glute development
- Improved squat depth and technique
- Better overall lower-body power

The 315 lb squat is one of the most respected strength milestones in powerlifting and strength training. Stay patient, train hard, recover properly, and you'll put yourself in a great position to add three plates to the bar.