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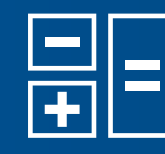
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## JASON BLAHA'S OFF SEASON LINEAR PERIODIZATION INTERMEDIATE STRENGTH

Jason Blaha presents a twelve week off season strength building program for seasoned intermediate lifters. Accessory work is left open based on needs and weaknesses.

Link to Workout: <https://www.muscleandstrength.com/workouts/jason-blah-intermediate-strength-program>

**Main Goal:** Increase Strength

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Dumbbells

**Author:** Team Muscle & Strength

### Intermediate Strength Program Week 1

Exercise	Sets	Reps
<b>Monday</b>		
<a href="#">Squat</a>	3	10
<a href="#">Deadlift</a>	3	10
Accessories	As Needed	
<b>Tuesday</b>		
<a href="#">Bench Press</a>	3	10
<a href="#">Barbell Row</a>	3	10
<a href="#">Overhead Press</a>	3	10
Accessories	As Needed	
<b>Thursday</b>		
<a href="#">Squat</a>	3	10
<a href="#">Deadlift</a>	3	10
Accessories	As Needed	
<b>Friday</b>		
<a href="#">Bench Press</a>	3	10
<a href="#">Barbell Row</a>	3	10
<a href="#">Overhead Press</a>	3	10
Accessories	As Needed	

Week 1: Use 70% of 1 Rep Max. Editor's note: Assesory work is left open to the individual's needs, weaknesses and individual sport. This is intended as a general off season program for any athlete that needs to build strength.

### Intermediate Strength Program Weeks 2 - 12

Week	Percentage of 1 RM	Sets x Reps
Week 2	70%	4 x 10
Week 3	70%	5 x 10
Week 4	75%	3 x 8
Week 5	75%	4 x 8
Week 6	75%	5 x 8
Week 7	80%	3 x 5
Week 8	80%	4 x 5
Week 9	80%	5 x 5
Week 10	85%	3 x 3
Week 11	Day 1 & 2: 90% x 3 sets x 1 rep Day 3 & 4: Test Maxes	
Week 12	Deload 50% x 3 sets x 5 reps	

Use exercises outlined in Week 1 for the remainder of the program.