



Date	Subject	Link
1/2/2018	N/A	
1/9/2018	Beginner Programs	<a href="https://www.reddit.com/r/weightroom/comments/7p6t80/training_tuesdays_beginner_programs_part_1/">https://www.reddit.com/r/weightroom/comments/7p6t80/training_tuesdays_beginner_programs_part_1/</a>
1/16/2018	Beginner Programs(5x5) cont	<a href="https://www.reddit.com/r/weightroom/comments/7qrsn7/training_tuesdays_beginner_programs_part_2_5x5/">https://www.reddit.com/r/weightroom/comments/7qrsn7/training_tuesdays_beginner_programs_part_2_5x5/</a>
1/23/2018	Off season Programming for Strength Athletes	<a href="https://www.reddit.com/r/weightroom/comments/7se8n6/training_tuesdays_offseason_programming_for/">https://www.reddit.com/r/weightroom/comments/7se8n6/training_tuesdays_offseason_programming_for/</a>
1/30/2018	Free Talk/Program Critique/Mini Reviews	<a href="https://www.reddit.com/r/weightroom/comments/7ufsh0/training_tuesday_january_free_talk/">https://www.reddit.com/r/weightroom/comments/7ufsh0/training_tuesday_january_free_talk/</a>
2/6/2018	531 for general strength	<a href="https://www.reddit.com/r/weightroom/comments/7yn04u/training_tuesdays_531_part_1/">https://www.reddit.com/r/weightroom/comments/7yn04u/training_tuesdays_531_part_1/</a>
2/13/2018	531 for sport specific training	<a href="https://www.reddit.com/r/weightroom/comments/7yn04u/training_tuesdays_531_part_1/">https://www.reddit.com/r/weightroom/comments/7yn04u/training_tuesdays_531_part_1/</a>
2/20/2018	Programming for Combat Athletes	<a href="https://www.reddit.com/r/weightroom/comments/7yyz9y/training_tuesdays_programming_for_combat_athletes/">https://www.reddit.com/r/weightroom/comments/7yyz9y/training_tuesdays_programming_for_combat_athletes/</a>
2/27/2018	Discussion on Specificity	<a href="https://www.reddit.com/r/weightroom/comments/8154mz/training_tuesdays_specificity/">https://www.reddit.com/r/weightroom/comments/8154mz/training_tuesdays_specificity/</a>
3/6/2018	Conjugate for Powerlifting	<a href="https://www.reddit.com/r/weightroom/comments/820lk/training_tuesdays_conjugate_for_powerlifting/">https://www.reddit.com/r/weightroom/comments/820lk/training_tuesdays_conjugate_for_powerlifting/</a>
3/13/2018	Conjugate for Other Sports	<a href="https://www.reddit.com/r/weightroom/comments/843e1r/training_tuesdays_conjugate_continued/">https://www.reddit.com/r/weightroom/comments/843e1r/training_tuesdays_conjugate_continued/</a>
3/20/2018	Programming for Throwers	<a href="https://www.reddit.com/r/weightroom/comments/858ba7/training_tuesdays_programming_for_throwers/">https://www.reddit.com/r/weightroom/comments/858ba7/training_tuesdays_programming_for_throwers/</a>
3/27/2018	Free Talk/Program Critique/Mini Reviews	<a href="https://www.reddit.com/r/weightroom/comments/880u9e/training_tuesdays_march_free_talk/">https://www.reddit.com/r/weightroom/comments/880u9e/training_tuesdays_march_free_talk/</a>
4/3/2018	Paul Carter Programming	<a href="https://www.reddit.com/r/weightroom/comments/89d18g/training_tuesdays_paul_carter/">https://www.reddit.com/r/weightroom/comments/89d18g/training_tuesdays_paul_carter/</a>
4/10/2018	Jaime Lewis Programming	<a href="https://www.reddit.com/r/weightroom/comments/8b7aaq/training_tuesdays_jaime_lewis/">https://www.reddit.com/r/weightroom/comments/8b7aaq/training_tuesdays_jaime_lewis/</a>
4/17/2018	Programming for Team Sports	<a href="https://www.reddit.com/r/weightroom/comments/8c2lpc/training_tuesdays_programming_for_fielteam_sport/">https://www.reddit.com/r/weightroom/comments/8c2lpc/training_tuesdays_programming_for_fielteam_sport/</a>
4/24/2018	Discussion on Overload	<a href="https://www.reddit.com/r/weightroom/comments/8ep51q/training_tuesdays_overload/">https://www.reddit.com/r/weightroom/comments/8ep51q/training_tuesdays_overload/</a>
5/1/2018	Gzcl Programming	<a href="https://www.reddit.com/r/weightroom/comments/8g869c/training_tuesdays_gzcl_method/">https://www.reddit.com/r/weightroom/comments/8g869c/training_tuesdays_gzcl_method/</a>
5/8/2018	Stronger by Science Programming	<a href="https://www.reddit.com/r/weightroom/comments/8i1s4l/training_tuesdays_stronger_by_science/">https://www.reddit.com/r/weightroom/comments/8i1s4l/training_tuesdays_stronger_by_science/</a>
5/15/2018	Peaking for Strength Athletes	<a href="https://www.reddit.com/r/weightroom/comments/8jkyh/training_tuesdays_peaking_for_strength_athletes/">https://www.reddit.com/r/weightroom/comments/8jkyh/training_tuesdays_peaking_for_strength_athletes/</a>
5/22/2018	Free Talk/Program Critique/Mini Reviews	<a href="https://www.reddit.com/r/weightroom/comments/8j9pr0/training_tuesdays_may_free_talk/">https://www.reddit.com/r/weightroom/comments/8j9pr0/training_tuesdays_may_free_talk/</a>
5/29/2018	Block Periodization	<a href="https://www.reddit.com/r/weightroom/comments/8n3vh/training_tuesdays_block_periodization/">https://www.reddit.com/r/weightroom/comments/8n3vh/training_tuesdays_block_periodization/</a>
6/5/2018	Linear Periodization	<a href="https://www.reddit.com/r/weightroom/comments/8odhfz/training_tuesdays_linear_periodization/">https://www.reddit.com/r/weightroom/comments/8odhfz/training_tuesdays_linear_periodization/</a>
6/12/2018	Peaking for Other Sports	<a href="https://www.reddit.com/r/weightroom/comments/8qgmba/training_tuesdays_peaking_for_other_sports/">https://www.reddit.com/r/weightroom/comments/8qgmba/training_tuesdays_peaking_for_other_sports/</a>
6/19/2018	Discussion on Fatigue Management	<a href="https://www.reddit.com/r/weightroom/comments/8sw7xj/training_tuesdays_fatigue_management/">https://www.reddit.com/r/weightroom/comments/8sw7xj/training_tuesdays_fatigue_management/</a>
6/26/2018	Juggernaut Training Methods	<a href="https://www.reddit.com/r/weightroom/comments/8u4uz2/training_tuesdays_juggernaut_training_programs/">https://www.reddit.com/r/weightroom/comments/8u4uz2/training_tuesdays_juggernaut_training_programs/</a>
7/10/2018	RP Training Methods	<a href="https://www.reddit.com/r/weightroom/comments/8vx8ya/training_tuesdays_renaissance_periodization/">https://www.reddit.com/r/weightroom/comments/8vx8ya/training_tuesdays_renaissance_periodization/</a>
7/17/2018	Modifying Programs	<a href="https://www.reddit.com/r/weightroom/comments/905cig/training_tuesdays_modifying_programs/">https://www.reddit.com/r/weightroom/comments/905cig/training_tuesdays_modifying_programs/</a>
7/24/2018	Free Talk/Program Critique/Mini Reviews	<a href="https://www.reddit.com/r/weightroom/comments/91ene2/training_tuesdays_july_free_talk/">https://www.reddit.com/r/weightroom/comments/91ene2/training_tuesdays_july_free_talk/</a>
7/31/2018	Weightlifting Programs	<a href="https://www.reddit.com/r/weightroom/comments/93k4ni/training_tuesdays_olympic_weightlifting/">https://www.reddit.com/r/weightroom/comments/93k4ni/training_tuesdays_olympic_weightlifting/</a>
8/7/2018	CrossFit Programs	<a href="https://www.reddit.com/r/weightroom/comments/95fkg/training_tuesdays_crossfit_programming/">https://www.reddit.com/r/weightroom/comments/95fkg/training_tuesdays_crossfit_programming/</a>
8/14/2018	Programming Conditioning/Cardio	<a href="https://www.reddit.com/r/weightroom/comments/97cxwr/training_tuesday_programming_for/">https://www.reddit.com/r/weightroom/comments/97cxwr/training_tuesday_programming_for/</a>
8/21/2018	Discussion on Stimulus, Recovery, Adapatio	<a href="https://www.reddit.com/r/weightroom/comments/997wrz/training_tuesdays_the_principle_of_stimulus/">https://www.reddit.com/r/weightroom/comments/997wrz/training_tuesdays_the_principle_of_stimulus/</a>
9/4/2018	RTS programming	<a href="https://www.reddit.com/r/weightroom/comments/9a0fyt/training_tuesdays_rts_programming/">https://www.reddit.com/r/weightroom/comments/9a0fyt/training_tuesdays_rts_programming/</a>
9/11/2018	Sheiko programming	<a href="https://www.reddit.com/r/weightroom/comments/9728kr/training_tuesdays_sheiko?">https://www.reddit.com/r/weightroom/comments/9728kr/training_tuesdays_sheiko?</a>
9/18/2018	Programming Around Injuries	<a href="https://www.reddit.com/r/weightroom/comments/9gzkcw/training_tuesdays_programming_around_injuries/?utm_content=title&amp;utm_medium=hot&amp;utm_source=reddit&amp;utm_name=weightroom">https://www.reddit.com/r/weightroom/comments/9gzkcw/training_tuesdays_programming_around_injuries/?utm_content=title&amp;utm_medium=hot&amp;utm_source=reddit&amp;utm_name=weightroom</a>
9/25/2018	Free Talk/Program Critique/Mini Reviews	<a href="https://www.reddit.com/r/weightroom/comments/9ixpya/training_tuesdays_september_free_talk/">https://www.reddit.com/r/weightroom/comments/9ixpya/training_tuesdays_september_free_talk/</a>
10/2/2018	Bodybuilding Programs	<a href="https://www.reddit.com/r/weightroom/comments/9kvfb/training_tuesdays_bodybuilding_programs/">https://www.reddit.com/r/weightroom/comments/9kvfb/training_tuesdays_bodybuilding_programs/</a>
10/9/2018	Yoga/Mobility Programs	
10/16/2018	Program Changes for Cutting/Bulking	<a href="https://www.reddit.com/r/weightroom/comments/9ottt3/training_tuesdays_programming_changes_for/">https://www.reddit.com/r/weightroom/comments/9ottt3/training_tuesdays_programming_changes_for/</a>
10/23/2018	Discussion on Variation	<a href="https://www.reddit.com/r/weightroom/comments/9qufw/training_tuesdays_principle_of_variation/">https://www.reddit.com/r/weightroom/comments/9qufw/training_tuesdays_principle_of_variation/</a>
10/30/2018		
11/6/2018		
11/13/2018		
11/20/2018	Free Talk/Program Critique/Mini Reviews	
11/27/2018	How did you get to X	
12/4/2018	FrakenPrograms	
12/11/2018	DC training	
12/18/2018	Discussion on Phase Potentiation	
12/25/2018	2018 recap thread	
1/1/2019	2019 thread	
1/8/2019	N/A	
1/15/2019	N/A	
1/22/2019		

Scheduled Date	Topic	Link
1/31/2017	Moving forward for the year	<a href="https://www.reddit.com/r/weightroom/comments/5r87um/training_tuesday_forward_into_2017/">https://www.reddit.com/r/weightroom/comments/5r87um/training_tuesday_forward_into_2017/</a>
2/7/2017	Picking the right program	<a href="https://www.reddit.com/r/weightroom/comments/5sldf6/training_tuesday_picking_the_right_program/">https://www.reddit.com/r/weightroom/comments/5sldf6/training_tuesday_picking_the_right_program/</a>
2/14/2017	GZCL Method	<a href="https://www.reddit.com/r/weightroom/comments/5u080z/training_tuesday_gzcl_method/">https://www.reddit.com/r/weightroom/comments/5u080z/training_tuesday_gzcl_method/</a>
2/21/2017	General Physical Preparedness	<a href="https://www.reddit.com/r/weightroom/comments/5wnu6b/training_tuesday_gpp/">https://www.reddit.com/r/weightroom/comments/5wnu6b/training_tuesday_gpp/</a>
2/28/2017	Hepburn Method	<a href="https://www.reddit.com/r/weightroom/comments/5y06fg/training_tuesdays_hepburn_method/">https://www.reddit.com/r/weightroom/comments/5y06fg/training_tuesdays_hepburn_method/</a>
3/7/2017	Strength Theory programming	<a href="https://www.reddit.com/r/weightroom/comments/5zbnrv/training_tuesday_greg_nuckols_programming/">https://www.reddit.com/r/weightroom/comments/5zbnrv/training_tuesday_greg_nuckols_programming/</a>
3/14/2017		
3/21/2017	Texas Method, Bill Star 5x5, & Madcow 5x5	<a href="https://www.reddit.com/r/weightroom/comments/60n3dv/training_tuesdays_5x5/">https://www.reddit.com/r/weightroom/comments/60n3dv/training_tuesdays_5x5/</a>
3/28/2017	Cutting & bulking - tips for, methods of, and training while	<a href="https://www.reddit.com/r/weightroom/comments/61ysnl/training_tuesdays_cutting_bulking/">https://www.reddit.com/r/weightroom/comments/61ysnl/training_tuesdays_cutting_bulking/</a>
4/4/2017	Crossfit	<a href="https://www.reddit.com/r/weightroom/comments/63dmub/training_tuesdays_crossfit/">https://www.reddit.com/r/weightroom/comments/63dmub/training_tuesdays_crossfit/</a>
4/11/2017	5/3/1	<a href="https://www.reddit.com/r/weightroom/comments/64qbfu/training_tuesdays_531/">https://www.reddit.com/r/weightroom/comments/64qbfu/training_tuesdays_531/</a>
4/18/2017	cube method	<a href="https://www.reddit.com/r/weightroom/comments/66270s/training_tuesdays_cube_method/">https://www.reddit.com/r/weightroom/comments/66270s/training_tuesdays_cube_method/</a>
4/25/2017	yoga	<a href="https://www.reddit.com/r/weightroom/comments/67g2gg/training_tuesday_yoga_flexibility_mobility/">https://www.reddit.com/r/weightroom/comments/67g2gg/training_tuesday_yoga_flexibility_mobility/</a>
5/2/2017	weightlifting	<a href="https://www.reddit.com/r/weightroom/comments/68smev/training_tuesdays_olympic_weightlifting_programs/">https://www.reddit.com/r/weightroom/comments/68smev/training_tuesdays_olympic_weightlifting_programs/</a>
5/9/2017	sheiko	<a href="https://www.reddit.com/r/weightroom/comments/6a4tj4/training_tuesdays_sheiko/">https://www.reddit.com/r/weightroom/comments/6a4tj4/training_tuesdays_sheiko/</a>
5/16/2017	Conjugate/Westside	<a href="https://www.reddit.com/r/weightroom/comments/6bgwt1/training_tuesdays_conjugatecurrentwestside/">https://www.reddit.com/r/weightroom/comments/6bgwt1/training_tuesdays_conjugatecurrentwestside/</a>
5/23/2017	Block Periodization	<a href="https://www.reddit.com/r/weightroom/comments/6cu08x/training_tuesday_block_periodization/">https://www.reddit.com/r/weightroom/comments/6cu08x/training_tuesday_block_periodization/</a>
5/30/2017	Linear Periodization	<a href="https://www.reddit.com/r/weightroom/comments/6e6xua/training_tuesdays_linear_periodization/">https://www.reddit.com/r/weightroom/comments/6e6xua/training_tuesdays_linear_periodization/</a>
6/6/2017	Throwers/Highland games training	<a href="https://www.reddit.com/r/weightroom/comments/6f92t/training_tuesdays_training_for_throwers/">https://www.reddit.com/r/weightroom/comments/6f92t/training_tuesdays_training_for_throwers/</a>
6/13/2017	Juggernaut Method/CWS	<a href="https://www.reddit.com/r/weightroom/comments/6gzd5d/training_tuesdays_juggernaut_training_methods_of/">https://www.reddit.com/r/weightroom/comments/6gzd5d/training_tuesdays_juggernaut_training_methods_of/</a>
6/20/2017		
6/27/2017	Paul Carters Methods	<a href="https://www.reddit.com/r/weightroom/comments/6jscb7/training_tuesdays_paul_carter/">https://www.reddit.com/r/weightroom/comments/6jscb7/training_tuesdays_paul_carter/</a>
7/4/2017	Jamie Lewis Methods	<a href="https://www.reddit.com/r/weightroom/comments/6l71xa/training_tuesdays_jaime_lewis_chaos_and_pain/">https://www.reddit.com/r/weightroom/comments/6l71xa/training_tuesdays_jaime_lewis_chaos_and_pain/</a>
7/11/2017	Beginner Programs	<a href="https://www.reddit.com/r/weightroom/comments/6mlqqk/training_tuesdays_beginner_programs/">https://www.reddit.com/r/weightroom/comments/6mlqqk/training_tuesdays_beginner_programs/</a>
7/18/2017		
7/25/2017	Bulgarian Light	<a href="https://www.reddit.com/r/weightroom/comments/6pfg8d/training_tuesdays_bulgarian_light/">https://www.reddit.com/r/weightroom/comments/6pfg8d/training_tuesdays_bulgarian_light/</a>
8/1/2017	Mike Israetel's/RP methods	<a href="https://www.reddit.com/r/weightroom/comments/6qvpsp/training_tuesdays_renaissance_periodization/">https://www.reddit.com/r/weightroom/comments/6qvpsp/training_tuesdays_renaissance_periodization/</a>
8/8/2017	Bodyweight/Gymnastic training	<a href="https://www.reddit.com/r/weightroom/comments/6scshc/training_tuesdays_body_weight_gymnastic_routines/">https://www.reddit.com/r/weightroom/comments/6scshc/training_tuesdays_body_weight_gymnastic_routines/</a>
8/15/2017	Bulgarian(classical)	<a href="https://www.reddit.com/r/weightroom/comments/6ttmwq/training_tuesdays_bulgarian_method/">https://www.reddit.com/r/weightroom/comments/6ttmwq/training_tuesdays_bulgarian_method/</a>
8/22/2017	Crossfit Programs	<a href="https://www.reddit.com/r/weightroom/">https://www.reddit.com/r/weightroom/</a>
8/29/2017	5/3/1	<a href="https://www.reddit.com/r/weightroom/comments/6wqn3p/training_tuesdays_531/">https://www.reddit.com/r/weightroom/comments/6wqn3p/training_tuesdays_531/</a>
9/5/2017	Reactive Training System (RTS)	
9/12/2017	Jonnie Candito's programs	
9/19/2017	Cardio/conditioning	
9/26/2017	Training grip strength	
10/3/2017	Smolov & Smolov Jr	
10/10/2017	70s Big S&C Program	<a href="https://www.reddit.com/r/weightroom/comments/78f39c/training_tuesdays_70s_big_programming/">https://www.reddit.com/r/weightroom/comments/78f39c/training_tuesdays_70s_big_programming/</a>
10/17/2017		
10/24/2017		
10/31/2017	Brian Alsrue's programs	
11/7/2017		
11/14/2017		
11/21/2017	Offseason Training	
11/28/2017	GZCL Method	
12/5/2017	Jamie Lewis Methods	
12/12/2017	Conjugate/Westside	
12/19/2017		
12/26/2017	End of year review for you	

Scheduled Date	Topic	Link						
3/15/17	Circus DB/Viking Press	<a href="https://www.reddit.com/r/Strongman/comments/5zivzp/strongman_wednesdays_2017_circus_db_and_viking/">https://www.reddit.com/r/Strongman/comments/5zivzp/strongman_wednesdays_2017_circus_db_and_viking/</a>						
3/22/17	Farmers	<a href="https://www.reddit.com/r/Strongman/comments/60u2tm/strongman_wednesdays_2017_farmers_walk/">https://www.reddit.com/r/Strongman/comments/60u2tm/strongman_wednesdays_2017_farmers_walk/</a>						
3/29/17	Log	<a href="https://www.reddit.com/r/Strongman/comments/6263ls/strongman_wednesdays_2017_log_press/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/6263ls/strongman_wednesdays_2017_log_press/?ref=search_posts</a>						
4/5/17	Deadlifts	<a href="https://www.reddit.com/r/Strongman/comments/63l23f/strongman_wednesdays_deadlifts/">https://www.reddit.com/r/Strongman/comments/63l23f/strongman_wednesdays_deadlifts/</a>						
4/12/17	Axle Clean and Press	<a href="https://www.reddit.com/r/Strongman/comments/64xlq2/strongman_wednesdays_axle_clean_and_press/">https://www.reddit.com/r/Strongman/comments/64xlq2/strongman_wednesdays_axle_clean_and_press/</a>						
4/19/17	tire flip	<a href="https://www.reddit.com/r/Strongman/comments/669k0m/strongman_wednesday_tire_flip/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/669k0m/strongman_wednesday_tire_flip/?ref=search_posts</a>						
4/26/17	Yoke Walk	<a href="https://www.reddit.com/r/Strongman/comments/67niy3/strongman_wednesdays_yoke_walk/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/67niy3/strongman_wednesdays_yoke_walk/?ref=search_posts</a>						
5/3/17	First Competitions	<a href="https://www.reddit.com/r/Strongman/comments/68zx7p/strongman_wednesdays_first_competitions/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/68zx7p/strongman_wednesdays_first_competitions/?ref=search_posts</a>						
5/10/17	Diet/bulking/cutting	<a href="https://www.reddit.com/r/Strongman/comments/6ac9ar/strongman_wednesdays_diet_bulking_cutting/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/6ac9ar/strongman_wednesdays_diet_bulking_cutting/?ref=search_posts</a>						
5/17/17	Atlas Stones	<a href="https://www.reddit.com/r/Strongman/comments/6bo47l/strongman_wednesdays_atlas_stones/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/6bo47l/strongman_wednesdays_atlas_stones/?ref=search_posts</a>						
5/24/17	Grip Events	<a href="https://www.reddit.com/r/Strongman/comments/6d1qxg/strongman_wednesdays_grip_training_events/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/6d1qxg/strongman_wednesdays_grip_training_events/?ref=search_posts</a>						
5/31/17	Truck/Arm over Arm p	<a href="https://www.reddit.com/r/Strongman/comments/6eeec7s/strongman_wednesdays_truck_arm_over_arm_pulls/?ref=search_posts">https://www.reddit.com/r/Strongman/comments/6eeec7s/strongman_wednesdays_truck_arm_over_arm_pulls/?ref=search_posts</a>						
6/7/17	Gym Bag	<a href="https://www.reddit.com/r/Strongman/comments/6fsvs2/strongman_wednesdays_gym_bag/">https://www.reddit.com/r/Strongman/comments/6fsvs2/strongman_wednesdays_gym_bag/</a>						
6/14/17								
6/21/17								
6/28/17	Prep/Peaking							
7/5/17	Mobility/Rehab							
7/12/17	Squat Training	<a href="https://www.reddit.com/r/Strongman/comments/6mtg68/strongman_wednesdays_squat_training_and_events/">https://www.reddit.com/r/Strongman/comments/6mtg68/strongman_wednesdays_squat_training_and_events/</a>						
7/19/17	Oly lifts	<a href="https://www.reddit.com/r/Strongman/comments/6o7x0y/strongman_wednesdays_the_olympic_lifts/">https://www.reddit.com/r/Strongman/comments/6o7x0y/strongman_wednesdays_the_olympic_lifts/</a>						
7/26/17	NAS Natinonals	<a href="https://www.reddit.com/r/Strongman/comments/6pni1x/strongman_wednesdays_2017_nas_nationals/">https://www.reddit.com/r/Strongman/comments/6pni1x/strongman_wednesdays_2017_nas_nationals/</a>						
8/2/17	Drag/push/pulls							
8/9/17	SOS	<a href="https://www.reddit.com/r/Strongman/comments/6skwab/strongman_wednesday_stone_of_steel/">https://www.reddit.com/r/Strongman/comments/6skwab/strongman_wednesday_stone_of_steel/</a>						
8/16/17	Keg/Sandbags	<a href="https://www.reddit.com/r/Strongman/comments/6ul14z/strongman_wednesdays_kegsandbag/">https://www.reddit.com/r/Strongman/comments/6ul14z/strongman_wednesdays_kegsandbag/</a>						
8/23/17	The Off season							



5/31/2013	Program Mixing	<a href="http://www.reddit.com/r/weightroom/comments/1erc4k/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1erc4k/training_tuesdays/</a>		
8/20/2013	Reverse Pyramid Training	<a href="http://www.reddit.com/r/weightroom/comments/1kq8k1/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1kq8k1/training_tuesdays/</a>		
9/10/2013	Mobility	<a href="http://www.reddit.com/r/weightroom/comments/1m3lw/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1m3lw/training_tuesdays/</a>		
9/17/2013	Warming up	<a href="http://www.reddit.com/r/weightroom/comments/1mkm0k/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1mkm0k/training_tuesdays/</a>		
12/3/2013	Smolov & Smolov Jr	<a href="http://www.reddit.com/r/weightroom/comments/1rx7f/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1rx7f/training_tuesdays/</a>		
12/17/2013	Overhead work	<a href="http://www.reddit.com/r/weightroom/comments/1t46tf/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1t46tf/training_tuesdays/</a>		
1/14/2014	70s Big S&C Program	<a href="http://www.reddit.com/r/weightroom/comments/1v80ic/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1v80ic/training_tuesdays/</a>		
1/21/2014	Super meta	<a href="http://www.reddit.com/r/weightroom/comments/1vrwjx/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1vrwjx/training_tuesdays/</a>		
2/4/2014	Oddest lift/movement that's helped your training	<a href="http://www.reddit.com/r/weightroom/comments/1wzu9/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1wzu9/training_tuesdays/</a>		
2/11/2014	Powerlifting - then and now	<a href="http://www.reddit.com/r/weightroom/comments/1xm6l/training_tuesday/">http://www.reddit.com/r/weightroom/comments/1xm6l/training_tuesday/</a>		
2/25/2014	Training while cutting	<a href="http://www.reddit.com/r/weightroom/comments/1ywrhz/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/1ywrhz/training_tuesdays/</a>		
3/24/2014	Training for mass, size, appearance	<a href="http://www.reddit.com/r/weightroom/comments/1zlecv/training_tuesdayish/">http://www.reddit.com/r/weightroom/comments/1zlecv/training_tuesdayish/</a>		
3/27/2014	What program are you currently running?	<a href="http://www.reddit.com/r/weightroom/comments/21j3bc/training_tuesday_your_current_programming/">http://www.reddit.com/r/weightroom/comments/21j3bc/training_tuesday_your_current_programming/</a>		
4/8/2014	GPP	<a href="http://www.reddit.com/r/weightroom/comments/22ilgd/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/22ilgd/training_tuesdays/</a>		
4/15/2014	Linear Periodization	<a href="http://www.reddit.com/r/weightroom/comments/2330ay/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2330ay/training_tuesdays/</a>		
4/22/2014	Block Periodization	<a href="http://www.reddit.com/r/weightroom/comments/23od5t/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/23od5t/training_tuesdays/</a>		
4/29/2014	Wave Periodization	<a href="http://www.reddit.com/r/weightroom/comments/249ez0/training_tuesday/">http://www.reddit.com/r/weightroom/comments/249ez0/training_tuesday/</a>		
5/6/2014	Undulating Periodization	<a href="http://www.reddit.com/r/weightroom/comments/24ulrf/training_tuesday/">http://www.reddit.com/r/weightroom/comments/24ulrf/training_tuesday/</a>		
5/13/2014	Conjugate Periodization	<a href="http://www.reddit.com/r/weightroom/comments/25fjbt/training_tuesday/">http://www.reddit.com/r/weightroom/comments/25fjbt/training_tuesday/</a>		
5/20/2014	Chaos and Pain	<a href="http://www.reddit.com/r/weightroom/comments/260d3q/training_tuesday/">http://www.reddit.com/r/weightroom/comments/260d3q/training_tuesday/</a>		
5/27/2014	Cutting	<a href="http://www.reddit.com/r/weightroom/comments/26lcj2/training_tuesday/">http://www.reddit.com/r/weightroom/comments/26lcj2/training_tuesday/</a>		
6/3/2014	Powerlifting Specific	<a href="http://www.reddit.com/r/weightroom/comments/28y9vu/training_tuesday/">http://www.reddit.com/r/weightroom/comments/28y9vu/training_tuesday/</a>		
6/10/2014	Bodybuilding and Powerbuilding Specific	<a href="http://www.reddit.com/r/weightroom/comments/276rz7/training_tuesday/">http://www.reddit.com/r/weightroom/comments/276rz7/training_tuesday/</a>		
6/17/2014	Strongman and Highland Games Specific	<a href="http://www.reddit.com/r/weightroom/comments/27ruoz/training_tuesday/">http://www.reddit.com/r/weightroom/comments/27ruoz/training_tuesday/</a>		
6/24/2014	Olympic Weightlifting Specific	<a href="http://www.reddit.com/r/weightroom/comments/28cx0p/training_tuesday/">http://www.reddit.com/r/weightroom/comments/28cx0p/training_tuesday/</a>		
7/1/2014	Bulking	<a href="http://www.reddit.com/r/weightroom/comments/29lkd0/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/29lkd0/training_tuesdays/</a>		
7/8/2014	Meet Prep	<a href="http://www.reddit.com/r/weightroom/comments/2a5ibz/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2a5ibz/training_tuesdays/</a>		
7/15/2014	Combat Sports Specific	<a href="http://www.reddit.com/r/weightroom/comments/2aru5o/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2aru5o/training_tuesdays/</a>		
7/22/2014	Training Frequency and Volume	<a href="http://www.reddit.com/r/weightroom/comments/2besyt/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2besyt/training_tuesdays/</a>		
7/29/2014	Strength and Endurance Sports Specific (Crossfit)	<a href="http://www.reddit.com/r/weightroom/comments/2c0xr3/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2c0xr3/training_tuesdays/</a>		
8/5/2014	Other Sports Specific	<a href="http://www.reddit.com/r/weightroom/comments/2cpdbn/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2cpdbn/training_tuesdays/</a>		
8/12/2014	Lift Specific Routines	<a href="http://www.reddit.com/r/weightroom/comments/2dcm3e/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2dcm3e/training_tuesdays/</a>		
8/19/2014	Cardio	<a href="http://www.reddit.com/r/weightroom/comments/2dzuf1/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2dzuf1/training_tuesdays/</a>		
8/26/2014	Intensity	<a href="http://www.reddit.com/r/weightroom/comments/2ena31/training_tuesday/">http://www.reddit.com/r/weightroom/comments/2ena31/training_tuesday/</a>		
9/2/2014	Stalling	<a href="http://www.reddit.com/r/weightroom/comments/2f884t/training_tuesday/">http://www.reddit.com/r/weightroom/comments/2f884t/training_tuesday/</a>		
9/9/2014	Rehabbing and Injury Recovery	<a href="http://www.reddit.com/r/weightroom/comments/2fwosi/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2fwosi/training_tuesdays/</a>		
9/16/2014	Safety	<a href="http://www.reddit.com/r/weightroom/comments/2gjahs/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2gjahs/training_tuesdays/</a>		
9/23/2014	Supportive Gear	<a href="http://www.reddit.com/r/weightroom/comments/2h8aig/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2h8aig/training_tuesdays/</a>		
9/30/2014	Prehabbing and Mobility	<a href="http://www.reddit.com/r/weightroom/comments/2hweyr/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2hweyr/training_tuesdays/</a>		
10/7/2014	Technique Work	<a href="http://www.reddit.com/r/weightroom/comments/2ij59d/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2ij59d/training_tuesdays/</a>		
10/14/2014	Accessory, Vanity, and Assistance	<a href="http://www.reddit.com/r/weightroom/comments/2j7u6l/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2j7u6l/training_tuesdays/</a>		
10/21/2014	Recovery	<a href="http://www.reddit.com/r/weightroom/comments/2jw1jm/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2jw1jm/training_tuesdays/</a>		
10/28/2014	Your Motivation & Inspiration	<a href="http://www.reddit.com/r/weightroom/comments/2kkgl1/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2kkgl1/training_tuesdays/</a>		
11/4/2014	Building the Overhead Lifts	<a href="http://www.reddit.com/r/weightroom/comments/2l9ldt/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2l9ldt/training_tuesdays/</a>		
11/11/2014	Building the Bench Press	<a href="http://www.reddit.com/r/weightroom/comments/2lybyb/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2lybyb/training_tuesdays/</a>		
11/18/2014	Free Discussion	<a href="http://www.reddit.com/r/weightroom/comments/2mo3bs/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2mo3bs/training_tuesdays/</a>		
11/25/2014	PHUL	<a href="http://www.reddit.com/r/weightroom/comments/2ndnph/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2ndnph/training_tuesdays/</a>		
12/2/2014	Reactive Training System (RTS)	<a href="http://www.reddit.com/r/weightroom/comments/2o1tgy/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2o1tgy/training_tuesdays/</a>		
12/9/2014	Building the Squat	<a href="http://www.reddit.com/r/weightroom/comments/2orjqy/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2orjqy/training_tuesdays/</a>		
12/16/2014	Building the Deadlift	<a href="http://www.reddit.com/r/weightroom/comments/2phgs8/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2phgs8/training_tuesdays/</a>		
12/23/2014	Front squat and other squat variations	<a href="http://www.reddit.com/r/weightroom/comments/2q7pr0/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2q7pr0/training_tuesdays/</a>		
12/30/2014	How did 2014 go training-wise, and what are your plans for 2015?	<a href="http://www.reddit.com/r/weightroom/comments/2qtq2d/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2qtq2d/training_tuesdays/</a>		
1/6/2015	Rows 101	<a href="http://www.reddit.com/r/weightroom/comments/2riizs/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2riizs/training_tuesdays/</a>		
1/13/2015	Lifting Cues	<a href="http://www.reddit.com/r/weightroom/comments/2sahhd/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2sahhd/training_tuesdays/</a>		
1/20/2015	Group Training	<a href="http://www.reddit.com/r/weightroom/comments/2t26kn/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2t26kn/training_tuesdays/</a>		
1/27/2015	Kettlebells	<a href="http://www.reddit.com/r/weightroom/comments/2tumjl/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2tumjl/training_tuesdays/</a>		
2/3/2015	Obscure or Uncommon Lifts	<a href="http://www.reddit.com/r/weightroom/comments/2ungiy/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2ungiy/training_tuesdays/</a>		
2/10/2015	Deadlift Stances	<a href="http://www.reddit.com/r/weightroom/comments/2vffb7/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2vffb7/training_tuesdays/</a>		
2/17/2015	Lifting/Training gear	<a href="http://www.reddit.com/r/weightroom/comments/2w7gbo/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2w7gbo/training_tuesdays/</a>		
2/24/2015	Nutrition & Supplements	<a href="http://www.reddit.com/r/weightroom/comments/2x05ts/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2x05ts/training_tuesdays/</a>		
3/3/2015	Steroids & AAS	<a href="http://www.reddit.com/r/weightroom/comments/2xsu2o/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2xsu2o/training_tuesdays/</a>		
3/17/2015	Beginner Programs	<a href="http://www.reddit.com/r/weightroom/comments/2zcy9y/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/2zcy9y/training_tuesdays/</a>		
3/24/2015	Barbell complexes, circuits, and super-sets	<a href="http://www.reddit.com/r/weightroom/comments/3053j6/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/3053j6/training_tuesdays/</a>		
3/31/2015	The Future of Strength Sports	<a href="http://www.reddit.com/r/weightroom/comments/30xkhe/training_tuesdays/">http://www.reddit.com/r/weightroom/comments/30xkhe/training_tuesdays/</a>		

<b>Topic</b>	<b>Preference Rank (5 being highest)</b>		
Foundations, concepts, and principles underlying programs (wave and linear periodization)		<b>3.79</b>	
Lifting principles, ideas, tips, (lifting cues, powering through a stall, technique work)		<b>3.22</b>	
Specific lifts and variations (rows, building the _____, grip training)		<b>3.16</b>	
Tailored discussion about specific programs (Smolov, Texas Method)		<b>2.94</b>	
Supplementary topics not directly related to lifting (nutrition, cardio, bulking)		<b>1.89</b>	

<b>Topic</b>	<b>Percentage</b>	<b>Count</b>
How to make progress - altering # of reps, # of sets, intensities, frequencies how much weight being used, etc.	76.04%	73
Overhead Work	70.83%	68
Powerlifting-specific training	70.83%	68
Bodybuilding- and Powerbuilding-specific training	64.58%	62
Picking the right program	62.50%	60
General Physique Preparadness	56.25%	54
Undulating Periodization	54.17%	52
Conjugate Periodization	50.00%	48
Training for speed, explosiveness, power, and vertical/horizontal jump	47.92%	46
Strongman- and Highland-specific training	45.83%	44
Block Periodization	44.79%	43
Wave Periodization	43.75%	42
Linear Periodization	43.75%	42
Training & age - introducing children to strength training; how training matures as you age	39.58%	38
Olympic-specific training	35.42%	34
Strength and Endurance Sports-specific (Crossfit) training	20.83%	20
Other Sports-specific training	14.58%	14
Combat Sports-specific	8.33%	8



<b>Topic</b>	<b>Percentage</b>	<b>Count</b>
GZCL Method	60.64%	57
Strength Theory programming	57.45%	54
Program Mixing	55.32%	52
Hypertrophy Programs	47.87%	45
Wendler's 5/3/1 Program	45.74%	43
Upper/Lower Splits	44.68%	42
Reactive Training System (RTS)	41.49%	39
Texas Method, Bill Star 5x5, & Madcow 5x5	41.49%	39
Sheiko	40.43%	38
Big-3 specific routines	39.36%	37
Juggernaut Method	38.30%	36
Programs centered around lifts other than the big 3	37.23%	35
Chaos and Pain	37.23%	35
Smolov & Smolov Jr	32.98%	31
70s Big S&C Program	27.66%	26
German Volume Training	24.47%	23
Reverse Pyramid Training	24.47%	23
Beginner Programs	17.02%	16

<b>Topic</b>	<b>Percentage</b>	<b>Count</b>
Building the squat/deadlift/bench/press/etc.	78.13%	75
Training the back	75.00%	72
Intensities, frequencies, and volume	66.67%	64
Training variations of certain lifts (hack squats, rack pulls, floor presses, etc.)	58.33%	56
Mobility and prehab work	58.33%	56
Cutting & bulking - tips for, methods of, and training while	56.25%	54
Working through stalls/plateaus	54.17%	52
Injury recovery & rehabbing	47.92%	46
Rest and recovery	47.92%	46
Lifting cues	46.88%	45
Accessory equipment (belts, shoes, prowlers, ab wheels, etc.)	45.83%	44
Training grip strength	44.79%	43
Obscure or uncommon lifts	43.75%	42
Warming up	42.71%	41
Barbell complexes, circuits, super-sets	42.71%	41
Cardio	37.50%	36
Nutrition & supplements	36.46%	35
Steroids & AAS	30.21%	29
Meet and competition preparation	28.13%	27
Safety	28.13%	27
Your motivation & inspiration	25.00%	24

Kettlebell training	20.83%	20
Group training	10.42%	10
Geared lifting (bench shirts, squat suits, etc.)	9.38%	9

<b>Topic</b>	<b>Percentage</b>	<b>Count</b>
Building the squat/deadlift/bench/press/etc.	78.13%	75
How to make progress - altering # of reps, # of sets, intensities, frequencies how much weight being used, etc.	76.04%	73
Training the back	75.00%	72
Overhead Work	70.83%	68
Powerlifting-specific training	70.83%	68
Intensities, frequencies, and volume	66.67%	64
Bodybuilding- and Powerbuilding-specific training	64.58%	62
Picking the right program	62.50%	60
GZCL Method	60.64%	57
Training variations of certain lifts (hack squats, rack pulls, floor presses, etc.)	58.33%	56
Mobility and prehab work	58.33%	56
Strength Theory programming	57.45%	54
General Physique Preparadness	56.25%	54
Cutting & bulking - tips for, methods of, and training while	56.25%	54
Program Mixing	55.32%	52
Undulating Periodization	54.17%	52
Working through stalls/plateaus	54.17%	52
Conjugate Periodization	50.00%	48
Training for speed, explosiveness, power, and vertical/horizontal jump	47.92%	46
Injury recovery & rehabbing	47.92%	46
Rest and recovery	47.92%	46
Hypertrophy Programs	47.87%	45

Lifting cues	46.88%	45
Strongman- and Highland-specific training	45.83%	44
Accessory equipment (belts, shoes, prowlers, ab wheels, etc.)	45.83%	44
Wendler's 5/3/1 Program	45.74%	43
Block Periodization	44.79%	43
Training grip strength	44.79%	43
Upper/Lower Splits	44.68%	42
Wave Periodization	43.75%	42
Linear Periodization	43.75%	42
Obscure or uncommon lifts	43.75%	42
Warming up	42.71%	41
Barbell complexes, circuits, super-sets	42.71%	41
Reactive Training System (RTS)	41.49%	39
Texas Method, Bill Star 5x5, & Madcow 5x5	41.49%	39
Sheiko	40.43%	38
Training & age - introducing children to strength training; how training matures as you age	39.58%	38
Big-3 specific routines	39.36%	37
Juggernaut Method	38.30%	36
Cardio	37.50%	36
Programs centered around lifts other than the big 3	37.23%	35
Chaos and Pain	37.23%	35
Nutrition & supplements	36.46%	35

Olympic-specific training	35.42%	34
Smolov & Smolov Jr	32.98%	31
Steroids & AAS	30.21%	29
Meet and competition preparation	28.13%	27
Safety	28.13%	27
70s Big S&C Program	27.66%	26
Your motivation & inspiration	25.00%	24
German Volume Training	24.47%	23
Reverse Pyramid Training	24.47%	23
Strength and Endurance Sports-specific (Crossfit) training	20.83%	20
Kettlebell training	20.83%	20
Beginner Programs	17.02%	16
Other Sports-specific training	14.58%	14
Group training	10.42%	10
Geared lifting (bench shirts, squat suits, etc.)	9.38%	9
Combat Sports-specific	8.33%	8

Program Creation	Miscellaneous	General	Specifics
Building the squat/deadlift/bench/press/etc.	Overhead Work	Mobility and prehab work	GZCL Method
How to make progress - altering # of reps, # of sets, intensities, frequencies how much weight being used, etc.	Powerlifting-specific training	Cutting & bulking - tips for, methods of, and training while	Strength Theory programming
Intensities, frequencies, and volume	Bodybuilding- and Powerbuilding-specific training	Injury recovery & rehabbing	General Physique Preparedness
Picking the right program	Training variations of certain lifts (hack squats, rack pulls, floor presses, etc.)	Rest and recovery	Undulating Periodization
Program Mixing	Training for speed, explosiveness, power, and vertical/horizontal jump	Lifting cues	Conjugate Periodization
Working through stalls/plateaus	Strongman- and Highland-specific training	Accessory equipment (belts, shoes, prowlers, ab wheels, etc.)	Hypertrophy Programs
Training the back	Olympic-specific training	Training grip strength	Wendler's 5/3/1 Program
		Obscure or uncommon lifts	Block Periodization
		Warming up	Upper/Lower Splits
		Barbell complexes, circuits, super-sets	Wave Periodization
		Training & age - introducing children to strength training; how training matures as you age	Linear Periodization
		Cardio	Reactive Training System (RTS)
		Nutrition & supplements	Texas Method, Bill Star 5x5, & Madcow 5x5
		Steroids & AAS	Sheiko
		Meet and competition preparation	Big-3 specific routines
		Safety	Juggernaut Method
		Your motivation & inspiration	Programs centered around lifts other than the big 3
			Chaos and Pain
			Smolov & Smolov Jr
			70s Big S&C Program
			German Volume Training
			Reverse Pyramid Training

Scheduled Date	Topic	Link			
4/28/2015	How to make progress - altering # of reps, # of sets, intensities, frequencies how much weight being used, etc.	<a href="http://www.reddit.com/r/weightroom">http://www.reddit.com/r/weightroom</a>	*Subject to change - feel free to contact /u/trebemot to suggest topics and resources!		
5/5/2015	Bodybuilding- and Powerbuilding-specific training	<a href="http://www.reddit.com/r/weightroom/comments/34xx8g/training_tu">http://www.reddit.com/r/weightroom/comments/34xx8g/training_tu</a>			
5/12/2015	Picking the right program	<a href="http://www.reddit.com/r/weightroom/comments/35qacr/training_tue">http://www.reddit.com/r/weightroom/comments/35qacr/training_tue</a>			
5/19/2015	GZCL Method	<a href="http://www.reddit.com/r/weightroom/comments/36n98w/training_tu">http://www.reddit.com/r/weightroom/comments/36n98w/training_tu</a>			
5/26/2015	General Physical Preparadness	<a href="http://www.reddit.com/r/weightroom/comments/37fkwl/training_tue">http://www.reddit.com/r/weightroom/comments/37fkwl/training_tue</a>			
6/2/2015	Building the Olympic Lifts - snatch, clean & jerk	<a href="http://www.reddit.com/r/weightroom/comments/388111/training_tue">http://www.reddit.com/r/weightroom/comments/388111/training_tue</a>			
6/9/2015	Wave Periodization	<a href="https://www.reddit.com/r/weightroom/comments/396zxf/training_tu">https://www.reddit.com/r/weightroom/comments/396zxf/training_tu</a>			
6/16/2015	Strength Theory programming	<a href="https://www.reddit.com/r/weightroom/comments/3a3ayy/training_tu">https://www.reddit.com/r/weightroom/comments/3a3ayy/training_tu</a>			
6/23/2015	Program Mixing	<a href="https://www.reddit.com/r/weightroom/comments/3aucjr/training_tu">https://www.reddit.com/r/weightroom/comments/3aucjr/training_tu</a>			
6/30/2015	Cutting & bulking - tips for, methods of, and training while	<a href="https://www.reddit.com/r/weightroom/comments/3bmy5f/training_t">https://www.reddit.com/r/weightroom/comments/3bmy5f/training_t</a>			
7/7/2015	Training the back	<a href="https://www.reddit.com/r/weightroom/comments/3cis8o/training_tu">https://www.reddit.com/r/weightroom/comments/3cis8o/training_tu</a>			
7/14/2015	Strongman- and Highland-specific training	<a href="https://www.reddit.com/r/weightroom/comments/3dai16/training_tu">https://www.reddit.com/r/weightroom/comments/3dai16/training_tu</a>			
7/21/2015	Sheiko	<a href="https://www.reddit.com/r/weightroom/comments/3e9gg8/training_tu">https://www.reddit.com/r/weightroom/comments/3e9gg8/training_tu</a>			
7/28/2015	Jonnie Candito's programs	<a href="https://www.reddit.com/r/weightroom/comments/3ewlws/training_t">https://www.reddit.com/r/weightroom/comments/3ewlws/training_t</a>			
8/4/2015	Training & age - introducing children to strength training; how training matures as you age	<a href="https://www.reddit.com/r/weightroom/comments/3frfse/training_tue">https://www.reddit.com/r/weightroom/comments/3frfse/training_tue</a>			
8/11/2015	"Big shot perspectives" - Regarding the big names of strength-sports: what has worked out of the advice they give, what hasn't, what you like, what you don't, etc.	<a href="https://www.reddit.com/r/weightroom/comments/3glz34/training_tu">https://www.reddit.com/r/weightroom/comments/3glz34/training_tu</a>			
8/18/2015	Hepburn Method	<a href="https://www.reddit.com/r/weightroom/comments/3hggac/training_tu">https://www.reddit.com/r/weightroom/comments/3hggac/training_tu</a>			
8/25/2015	Training for speed, explosiveness, power, and vertical/horizontal jump	<a href="https://www.reddit.com/r/weightroom/comments/3idxf7/training_tu">https://www.reddit.com/r/weightroom/comments/3idxf7/training_tu</a>			
9/1/2015	Powerlifting-specific training	<a href="https://www.reddit.com/r/weightroom/comments/3j6jty/training_tue">https://www.reddit.com/r/weightroom/comments/3j6jty/training_tue</a>			
9/8/2015	Working through stalls/plateaus	<a href="https://www.reddit.com/r/weightroom/comments/3k3dj7/training_tu">https://www.reddit.com/r/weightroom/comments/3k3dj7/training_tu</a>			
9/15/2015	Training variations of certain lifts (hack squats, rack pulls, floor presses, etc.)	<a href="https://www.reddit.com/r/weightroom/comments/3l2532/training_tu">https://www.reddit.com/r/weightroom/comments/3l2532/training_tu</a>			
9/22/2015	Mobility and prehab work	<a href="https://www.reddit.com/r/weightroom/comments/3lxoud/training_tu">https://www.reddit.com/r/weightroom/comments/3lxoud/training_tu</a>			
9/29/2015	Wendler's 5/3/1 Program	<a href="https://www.reddit.com/r/weightroom/comments/3mtyhy/training_t">https://www.reddit.com/r/weightroom/comments/3mtyhy/training_t</a>			
10/6/2015	Accessory equipment (belts, shoes, prowlers, ab wheels, etc.)	<a href="https://www.reddit.com/r/weightroom/comments/3npxiu/training_tu">https://www.reddit.com/r/weightroom/comments/3npxiu/training_tu</a>			
10/13/2015	Injury recovery & rehabbing	<a href="https://www.reddit.com/r/weightroom/comments/3ojndw/training_t">https://www.reddit.com/r/weightroom/comments/3ojndw/training_t</a>			
10/20/2015	Cardio	<a href="https://www.reddit.com/r/weightroom/comments/3pirh5/training_tu">https://www.reddit.com/r/weightroom/comments/3pirh5/training_tu</a>			
10/27/2015	Linear Periodization	<a href="https://www.reddit.com/r/weightroom/comments/3qdmaa/training_t">https://www.reddit.com/r/weightroom/comments/3qdmaa/training_t</a>			
11/3/2015	Overhead Work	<a href="https://www.reddit.com/r/weightroom/comments/3rdbbc/training_tu">https://www.reddit.com/r/weightroom/comments/3rdbbc/training_tu</a>			
11/10/2015	Hypertrophy Programs	<a href="https://www.reddit.com/r/weightroom/comments/3s9yx0/training_tu">https://www.reddit.com/r/weightroom/comments/3s9yx0/training_tu</a>			



11/17/2015	Undulating Periodization	<a href="https://www.reddit.com/r/weightroom/comments/3t5utg/training_tu">https://www.reddit.com/r/weightroom/comments/3t5utg/training_tu</a>
11/24/2015	Safety	<a href="https://www.reddit.com/r/weightroom/comments/3u1qzq/training_tu">https://www.reddit.com/r/weightroom/comments/3u1qzq/training_tu</a>
12/1/2015	Building lifts OTHER THAN powerlifting's Big 3 or the Olympic lifts	<a href="https://www.reddit.com/r/weightroom/comments/3v02vs/training_tu">https://www.reddit.com/r/weightroom/comments/3v02vs/training_tu</a>
12/8/2015	Training grip strength	<a href="https://www.reddit.com/r/weightroom/comments/3vyk6c/training_tu">https://www.reddit.com/r/weightroom/comments/3vyk6c/training_tu</a>
12/15/2015	Block Periodization	<a href="https://www.reddit.com/r/weightroom/comments/3wzd6p/training_tu">https://www.reddit.com/r/weightroom/comments/3wzd6p/training_tu</a>
12/22/2015	Texas Method, Bill Star 5x5, & Madcow 5x5	<a href="https://www.reddit.com/r/weightroom/comments/3xvjb6/training_tu">https://www.reddit.com/r/weightroom/comments/3xvjb6/training_tu</a>
12/29/2015	How was 2015 for you training-wise, and what do you hope to achieve in 2016?	<a href="https://www.reddit.com/r/weightroom/comments/3yooom/training_tu">https://www.reddit.com/r/weightroom/comments/3yooom/training_tu</a>
1/5/2016	Meet and competition preparation	<a href="https://www.reddit.com/r/weightroom/comments/3zm28a/training_tu">https://www.reddit.com/r/weightroom/comments/3zm28a/training_tu</a>
1/12/2016	Building the Bench Press	<a href="https://www.reddit.com/r/weightroom/comments/40n517/training_tu">https://www.reddit.com/r/weightroom/comments/40n517/training_tu</a>
1/19/2016	Conjugate Periodization	<a href="https://www.reddit.com/r/weightroom/comments/41rf4w/training_tu">https://www.reddit.com/r/weightroom/comments/41rf4w/training_tu</a>
1/26/2016	Chaos and Pain programming	<a href="https://www.reddit.com/r/weightroom/comments/42s9zr/training_tu">https://www.reddit.com/r/weightroom/comments/42s9zr/training_tu</a>
2/2/2016	Big-3 specific routines	<a href="https://www.reddit.com/r/weightroom/comments/43unpk/training_tu">https://www.reddit.com/r/weightroom/comments/43unpk/training_tu</a>
2/9/2016	Reactive Training System (RTS)	<a href="https://www.reddit.com/r/weightroom/comments/44zd21/training_tu">https://www.reddit.com/r/weightroom/comments/44zd21/training_tu</a>
2/16/2016	Olympic-specific training	<a href="https://www.reddit.com/r/weightroom/comments/468rmi/training_tu">https://www.reddit.com/r/weightroom/comments/468rmi/training_tu</a>
2/23/2016	Intensities, frequencies, and volume	<a href="https://www.reddit.com/r/weightroom/comments/476tr7/training_tu">https://www.reddit.com/r/weightroom/comments/476tr7/training_tu</a>
3/1/2016	Warming up	<a href="https://www.reddit.com/r/weightroom/comments/48g8vf/training_tu">https://www.reddit.com/r/weightroom/comments/48g8vf/training_tu</a>
3/8/2016	Building the Deadlift	<a href="https://www.reddit.com/r/weightroom/comments/49if4b/training_tu">https://www.reddit.com/r/weightroom/comments/49if4b/training_tu</a>
3/15/2016	Yoga	<a href="https://www.reddit.com/r/weightroom/comments/4ajkxx/training_tu">https://www.reddit.com/r/weightroom/comments/4ajkxx/training_tu</a>
3/22/2016	Juggernaut Method	<a href="https://www.reddit.com/r/weightroom/comments/4bkw4z/training_tu">https://www.reddit.com/r/weightroom/comments/4bkw4z/training_tu</a>
3/29/2016	Obscure or uncommon lifts	<a href="https://www.reddit.com/r/weightroom/comments/4cftq/training_tu">https://www.reddit.com/r/weightroom/comments/4cftq/training_tu</a>
4/5/2016	Nutrition & supplements	<a href="https://www.reddit.com/r/weightroom/comments/4gdgtj/training_tu">https://www.reddit.com/r/weightroom/comments/4gdgtj/training_tu</a>
4/12/2016	Programs centered around lifts other than the big 3	<a href="https://www.reddit.com/r/weightroom/comments/4eg49e/training_tu">https://www.reddit.com/r/weightroom/comments/4eg49e/training_tu</a>
4/19/2016	Barbell complexes, circuits, super-sets	<a href="https://www.reddit.com/r/weightroom/comments/4fi4sj/training_tue">https://www.reddit.com/r/weightroom/comments/4fi4sj/training_tue</a>
4/26/2016	Steroids & AAS	<a href="https://www.reddit.com/r/weightroom/comments/4gjod6/training_tu">https://www.reddit.com/r/weightroom/comments/4gjod6/training_tu</a>
5/3/2016	Building the squat	<a href="https://www.reddit.com/r/weightroom/comments/4hwflt/training_tu">https://www.reddit.com/r/weightroom/comments/4hwflt/training_tu</a>
5/10/2016	Upper/Lower Splits	<a href="https://www.reddit.com/r/weightroom/comments/4iva9g/training_tu">https://www.reddit.com/r/weightroom/comments/4iva9g/training_tu</a>
5/17/2016	Your motivation & inspiration	<a href="https://www.reddit.com/r/weightroom/comments/4jrkfs/training_tue">https://www.reddit.com/r/weightroom/comments/4jrkfs/training_tue</a>
5/24/2016	Smolov & Smolov Jr	<a href="https://www.reddit.com/r/weightroom/comments/4kuevr/training_tu">https://www.reddit.com/r/weightroom/comments/4kuevr/training_tu</a>
5/31/2016	Lifting cues	<a href="https://www.reddit.com/r/weightroom/comments/4lyy4e/training_tu">https://www.reddit.com/r/weightroom/comments/4lyy4e/training_tu</a>
6/7/2016	German Volume Training	<a href="https://www.reddit.com/r/weightroom/comments/4n2f0o/training_tu">https://www.reddit.com/r/weightroom/comments/4n2f0o/training_tu</a>
6/14/2016	Meta/Free Talk	<a href="https://www.reddit.com/r/weightroom/comments/4o4cs1/training_tu">https://www.reddit.com/r/weightroom/comments/4o4cs1/training_tu</a>

6/21/2016	Building the overhead lifts				
6/28/2016	Reverse Pyramid Training				
7/5/2016	70s Big S&C Program				
7/12/2016	Strongman Training Programs	<a href="https://www.reddit.com/r/weightroom/comments/4sfby1/training_tu">https://www.reddit.com/r/weightroom/comments/4sfby1/training_tu</a>			
7/19/2016	Upcoming topics	<a href="https://www.reddit.com/r/weightroom/comments/4tjhpj/training_tu">https://www.reddit.com/r/weightroom/comments/4tjhpj/training_tu</a>			
7/26/2016	Juggernaut Method/Other CWS programs	<a href="https://www.reddit.com/r/weightroom/comments/4ure3y/training_tu">https://www.reddit.com/r/weightroom/comments/4ure3y/training_tu</a>			
8/2/2016	Hepburn Method				
8/9/2016	Westside/Conjugate/Cocurrent training for Strength Sports	<a href="https://www.reddit.com/r/weightroom/comments/4wuivv/training_tu">https://www.reddit.com/r/weightroom/comments/4wuivv/training_tu</a>			
8/16/2016	Westside/Conjugate/Cocurrent training for Other sports				
8/23/2016	Olympic Weightlifting Programs				
8/30/2016	GZCL method				
9/6/2016	Cube Method for powerlifting/strongman				
9/13/2016	Sheiko				
9/20/2016	RTS				
9/27/2016	Triphasic Training				
10/4/2016	5 / 3 / 1				
10/11/2016	Linear Periodization				
10/18/2016	Training Methods of Paul Carter				
10/25/2016	Block Periodization				
11/1/2016	Bulgarian Method				
	Squat everyday				
11/22/2016	Training Methods of Dan John				
11/29/2016	Push Pull Leg Routines				
12/6/2016	Sport Specific Training				
12/13/2016					
12/20/2016					
12/27/2016					
1/3/2017	Greg Nucklos Programs	<a href="https://www.reddit.com/r/weightroom/comments/5lrv77/training_tu">https://www.reddit.com/r/weightroom/comments/5lrv77/training_tu</a>			
1/10/2017	Bodybuilding Specific Programs	<a href="https://www.reddit.com/r/weightroom/comments/5n5049/training_tu">https://www.reddit.com/r/weightroom/comments/5n5049/training_tu</a>			
1/17/2017	Training Methods of Jamie Lewis				
1/24/2017	Moving forward				

<b>Fundamentals</b>	<b>Specifics</b>	<b>General</b>
Training minimalism	Candito's 6-Week	Yoga
OHP Programs	Juggercube Method	<b>Agility - training speed &amp; footwork for sports, boxing, etc.</b>
Programs Without Bench	Dan Green's BBSM	The various governing federations
Texas Method Modifications	<b>Strength Theory 28 free programs</b>	
Bulgarian, every-day type programs	10/20/Life	
Olympic Lifting Shoes	Bill Kazmaier Squat & Deadlift program	
Exercises to build a functional & healthy body	George Leeman's linear periodization	
Strongman training at a commercial gym	DUP a la Mike Zourdos	
what it took for you guys for example to get bench from 200-300	Personalized programs from r/weightroom members and how to personalize your own program.	
<b>Perspectives of top lifters</b>	Alex Viada's Strength/Endurance conjugate templates	
Alternative/homemade equipment better than standard equipment		
Training in different personal circumstances (caloric deficit, general stress, injuries which prevent some core lifts)		
Training in different contexts & limitations (globo gym, garage with limited equipment, time limitations)		
Training for supertotal		
* I think these are good ideas OR already have planned this or similar discussions		