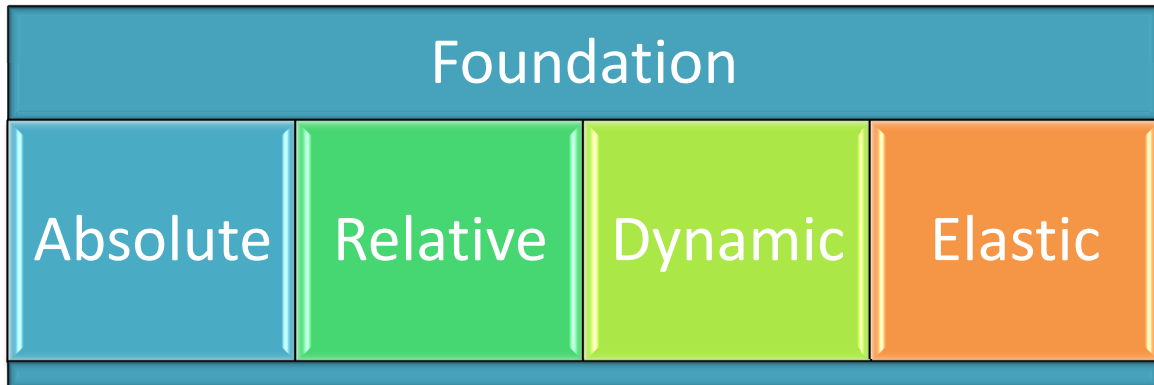


Implementing the strength programme

Once the lifts have been classified into different movements, then you can think about what you are trying to achieve in those movements. First achieve a Foundation (where you can control your own body)



Absolute: The amount of weight you can lift (Squat 150KG)

Relative: How much weight can you lift in relation to body weight (squat 1.5x bw)

Dynamic: How you co-ordinate with a degree of speed (Vertical Jump)

Elastic: How you repeat that (repeated jumps)

Absolute and relative strength are slower, dynamic and elastic are faster. Think about needs of sport, do you need absolute strength, or dynamic?

Athletic Application

Strength training is not just about external loading of weight. There are 3 types of overload, all sports require the athlete to have all 3, but the emphasis in training should vary.

