

Off-Season Pre-

×80 weeks

Pre-Contest

≈20 weeks

Peak Week

1 week

Post-Contest

1-4 weeks

COMPETITION 1 day

Training strategy

Split training regimen
Higher loads
Lower repetitions
Longer interest rest intervals
Repetitions until muscle failure
Emphasis on multi joint exercises
Advanced resistance training systems

Training strategy

Split training regimen

Lower loads

Higher repetitions

Shorter interest rest intervals

Aerobic exercise (higher frequency)

Greater inclusion on single joint exercises

Advanced resistance training systems

Pousing training

Training strategy

Full Body training regimen

Lower loads

Higher repetitions

Shorter interest rest intervals

Aerobic exercise (lower frequency)

Greater inclusion on single joint exercises

"The training regimen may be altered to
accommodate peaking strategies

Training strategy

Split training regimen

Lower loads

Higher repetitions

Moderate Aerobic exercise

Emphasis on multi joint exercises

6 Guide Sports Training

Henry M. Seidel,Rosalyn W.
Stewart,Jane W. Ball,Joyce E.
Dains,John A. Flynn,Barry S. Solomon



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