

SPECIFIC MAXIMUM STRENGTH TRAINING METHODS.

(García Badillo y Gorostiaga, 1995).

METHOD NAME	Objective	Intensity	Reps	Sets	Reps. Speed	Rest (*)	Remarks
<i>MAXIMUM INTENSITY I</i>	Increases strenght without hypertrophy.	90- 100%	1- 3	4- 8	High	3- 5'	Not for beginners.
<i>MAXIMUM INTENSITY II</i>	Increases strength, low hypertrophy, intramuscular coordination.	85- 90%	3- 5	4- 5	Max	3- 5'	Not for beginners.
<i>REPETITIONS I</i>	Maximun Strength with moderate hypertrophy.	80- 85%	5- 7	3- 5	Medium-high.	3- 5'	
<i>REPETITIONS II</i>	Important hypertrophy	70- 80%	6- 12	3- 5	Medium-high.	2- 5'	
<i>REPETITIONS III</i>	General basic strenght.	60- 75%	6- 12	3- 5	Medium	3- 5'	Basic health programs.
<i>PYRAMID</i>	Strenght and hypertrophy	60- 100%	1- 8	7- 14	Medium-max.	3- 5'	

Less Reps during the last sets.



More Reps during the first set.

<i>ISOMETRIC</i>	Static strain. Intramuscular coordination. Fibers recruitment.	60- 90%	6- 20 sec.	4- 6	<i>Static. To be considered the joint angle.</i>	3'	
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(*) Adaptable to the Metabolic Objectives

SIFF PARAMETERS FOR STRENGTH TRAINING

Variable	Training goal				
	Strength	Power	Hypertrophy	Endurance	Speed
Load (% of 1RM)	80-90	45-60	60-80	40-60	30
Reps per set	1-5	1-5	6-12	13-60	1-5
Sets per exercise	4-7	3-5	4-8	2-4	3-5
Rest between sets (mins)	2-6	2-6	2-5	1-2	2-5
Duration (seconds per set)	5-10	4-8	20-60	80-150	20-40
Speed per rep (% of max)	60-100	90-100	60-90	60-80	100
Training sessions per week	3-6	3-6	5-7	8-14	3-6

Siff MC (2003). *Supertraining*. Supertraining Institute.

SPECIFIC ENDURANCE TRAINING METHODS (3*).

(Navarro y Valdivieso, 1996).

METHOD NAME	
<i>CONTINUOUS</i>	No rest time during the training period. Steady pace. Aerobic Endurance training.
<i>EXTENSIVE</i>	30- 120 min. between 50 - 60 % of maximum intensity.
<i>INTENSIVE</i>	30- 60 min between 60- 65% of maximum intensity.
<i>VARIABLE</i>	Change training pace and intensity between 60- 95% (160- 180 b/min), during 1 to 10 min. Anaerobic Endurance Training.
<i>INTERVAL</i>	(*) We perform sets of work with rest time after each one of them.
<i>LONG</i>	6- 10 sets x 2- 8 ' load (70%) Rest. 2- 5'
<i>MEDIUM</i>	12- 16 sets x 60- 90 " load (75- 85%) Rest. 90- 120 "
<i>SHORT</i>	14- 30 sets x 20- 30 " load (90%) Rest. 2- 3 '
<i>VERY SHORT</i>	14- 30 sets x 8- 10 " load (95- 100%) Rest. 2- 3 '
<i>REPETITIONS</i>	(*) By increasing resting time, between sets and reps we can use it as a Speed Training Method.
<i>LONG</i>	3-4 sets x 3- 5 reps x 2- 3' loads (80-90%) Rest 8- 10 ' (sets).
<i>MEDIUM</i>	4- 6 sets x 4- 5 reps x 45- 60 " loads (95%) Rest 8-10 ' (sets).
<i>SHORT</i>	4- 6 sets x 6- 10 reps x 8- 10 " loads (95%) Rest 6- 8 ' (sets).
<i>COMPETITION</i>	We reproduce competition conditions.
	3- 4 sets x 3- 4 reps x \pm 5%- 10 Competition distance x \pm 5- 10% Maximum Intensity.

(3*) Travel Speed Training Methods could use the REPETITIONS methods.