



TRAINING PRINCIPLES

1) STRESS-REST PRINCIPLE:

Training is a form of stress to the body's muscular system. Weight training stimulates a compensatory buildup of strength which allows the body to cope with the stress of intense exercise again in the near future with fewer demands on the body's limited resources. First the body must be stressed followed by sufficient rest to allow for recovery and adaptation. Failure to allow for sufficient rest between physical stresses is counter-productive as maximal gains are not achieved and one becomes susceptible to overuse injuries.

The optimal rest period between weight training workouts is 48 hours.

2) PROGRESSIVE RESISTANCE OVERLOAD PRINCIPLE:

With every increase in strength there must be a corresponding increase in resistance used in training. The increase in strength gained is compensatory in nature to the applied resistance. If the applied resistance is not increased in conjunction with the increases in strength there will no longer be any stresses applied to the muscular system. If there is no stress applied to the muscular system no strength gains will be achieved.

Program progression should be considered every 4 weeks.

3) PRINCIPLE OF SPECIFICITY:

The SAID principle states that Specific Adaptations occur in response to Imposed Demands. Simply this states that the body adapts specifically to the stresses placed upon it; thus training should be as sports specific as possible to ensure specific adaptation to imposed demands.

4) PRINCIPLE OF SYMMETRY:

Symmetry is the overall balanced development of the body. This relates to sports performance because an overall-conditioned athlete will achieve greater results than a athlete with only specific development.

Symmetrical muscle development surrounding joints is imparitive. Over development of one muscle group on one side of a joint predisposes that joint to injury. Also, a weak muscle forms a weak link in the kinematic chain which often becomes the limiting factor in performance.

5) CONTRACTION CONTROL PRINCIPLE:

Contraction control means doing an exercise in a steady, controlled fashion. It is essential that all exercises be performed from beginning to end in a slow, deliberate fashion. Jerky movements should be avoided at all times during the exercise. Both the raising and lowering of the weight should take 2 to 4 seconds to ensure that the work done is a result of muscular contraction.

For strength and endurance weight training the raising and lowering of the weights should take 4 seconds. For power weight training the raising and lowering of the weights should take 2 seconds. If proper technique and control can be achieved with faster raising and lowering of the weight during power weight training then one should attempt to decrease the time of raising and lowering of the weight.

6) CEILING PRINCIPLE:

As fitness level increases, strength and endurance also increase. Conversely, relative and absolute improvements will decrease. As athletes tend to reach their potential, increases tend to slow down and tend to be smaller. In addition, many plateaus may occur during training.

Do Not get discouraged. You will continue to improve if you continue to work!

7) PRINCIPLE OF REVERSIBILITY:

If you don't use it ... you lose it!