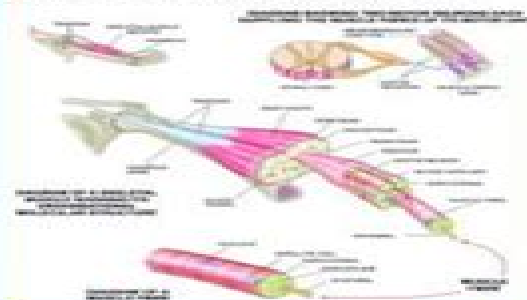


STRENGTH AND POWER TRAINING

UNDERSTANDING MUSCLE, MUSCLE CONTRACTION AND MUSCLE FIBRES

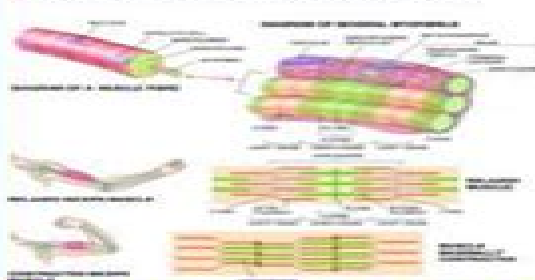
STRUCTURE OF STRIATED MUSCLE

- The muscle is made up of fibres wrapped in bundles (sarcomeres).
- The muscle fibres have an energy and nerve supply.
- The fibres are made up of smaller units (myofibrils) which contain the filaments responsible for muscle contraction.
- Within the muscle there is connective tissue at all levels.



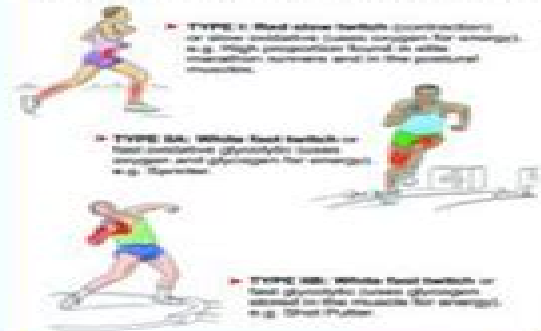
MUSCLE CONTRACTION

- During contraction the thin filaments slide over the thick filaments to reduce the length of each myofibril so that the whole muscle shortens.
- Cross bridges are formed between the filaments and are responsible for "pulling" the thin filaments into the space between the thick filaments, like a ratchet mechanism.
- Contraction is in response to the arrival of nerve impulses.



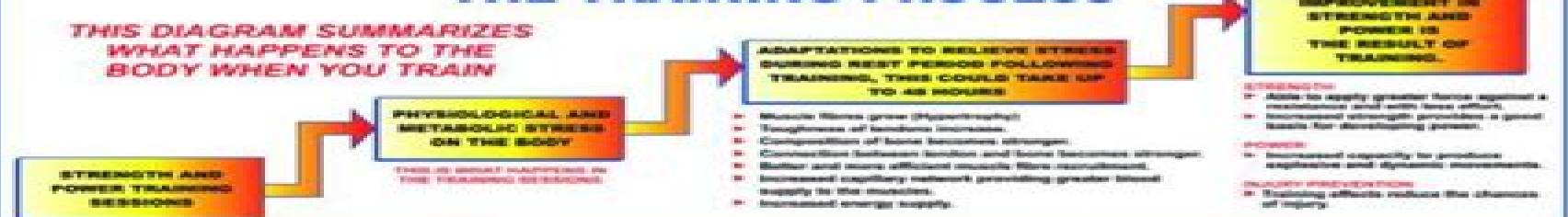
TYPES OF MUSCLE FIBRES

- Each individual has different proportions of fast-twitch and slow-twitch fibres in the various muscles of their body - a genetic factor.



THE TRAINING PROCESS

THIS DIAGRAM SUMMARIZES WHAT HAPPENS TO THE BODY WHEN YOU TRAIN



METHODS OF STRENGTH AND POWER TRAINING

- BODY RESISTANCE**
- Using proportions of body weight
 - Most available form of resistance



- FREE WEIGHTS**
- Using barbells and dumb-bells
 - Very effective and efficient way of developing strength



- WEIGHT TRAINING MACHINES**
- Provides a degree of comfort and safety
 - Convenient way of weight training



- RESISTANCE BALL TRAINING**
- Simple but valuable piece of equipment
 - Allows a wide range of movement to facilitate more sport specific training



- ACROBATIC TRAINING**
- An important area to train
 - Multi-use - Controls movement of trunk flexion - increases stability - this can help maintain proper alignment of the spine - Forms the pillar upon which the upper body operates



- CIRCUIT TRAINING**
- A circular arrangement of exercises either in terms of:
 - Type of exercise
 - Duration and intensity
 - Rest periods
 - Number of circuits
 - It is a suitable way of training



- POWER TRAINING WITH WEIGHTS**
- Most weight training exercises can be used
 - Speed of movement is the key factor in order to recruit fast-twitch fibres
 - Speed under control
 - Explosive movement
 - Resistance to be 60 - 80% of one-repetition maximum



- PLYOMETRICS**
- Bridges the gap between sheer strength and the power required to produce explosive reactive movements



TRAINING FOR YOUR SPORT

- AN APPROPRIATE AND SPECIFIC STRENGTH AND POWER PROGRAMME IS BENEFICIAL TO ALMOST EVERY SPORT
- TRAINING EFFECTS ARE REVERSIBLE - SO TRAINING SHOULD BE ON A REGULAR BASIS
- 2 TO 3 SESSIONS PER WEEK TO BUILD, 1 SESSION PER WEEK TO MAINTAIN STRENGTH AND POWER



FOLLOW THIS TRAINING PROCEDURE TO DEVELOP STRENGTH AND POWER

EVALUATE

SELECT

PLAN & RECORD

REFER TO CHAPTER "TRAINING FOR YOUR SPORT" CHART FOR MORE DETAILS



Strength Power Training Manual

David Baud



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