

The Russian Approach to Planning a Weightlifting Program

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IN THE PAST, ELITE WEIGHTlifters (1, 2, 5, 6, 8, 14) based their weightlifting programs on the parameters of volume and intensity, the volume parameter being based on repetitions, sets of repetitions, and amount of weight (in kilograms) lifted per workout, microcycle, mesocycle, period of training, and years (6). Around 1970, however, coaches and trainers began using the number of repetitions when calculating the volume parameter in planning.

Saksonov attempted to find other parameters to control the volume of training (11, 12). He argued that tons and repetitions did not reflect the volume of training. Instead, he developed a new control system based on kilograms multiplied by the height of the lift. This control system was not readily accepted in weightlifting circles, however, due to the difficulty in calculating the volume, the varying heights of the weightlifters, and the fact that the system did not correlate with the various weightlifting exercises.

The intensity parameter in planning was based on the average possible weight that could be lifted per exercise, workout, mi-

crocycle, mesocycle, and period of training (6). Another way to plan the intensity parameter in a long period of training was through relative intensity (7), that is, intensity of training based on the athlete's best performance.

Bernshtein explains that the human body not only adapts to training but can also surpass the planned goals (3). The establishment of individualized short-term and long-term goals is critical in this new methodology of planning, as opposed to previous planning based on predetermined numbers of repetitions. The goals must reflect a new concept of weight training cycles when applied to weightlifting.

■ Traditional Versus New Concept of Planning

Traditional Planning

Traditionally, weightlifting programs were based on several factors:

- Distribution of volume per years based on repetitions per week
- Planning of weightlifting exercises per cycle of training

- Measurement of the volume and intensity per cycle of training and groups of exercises
- Planning of volume based on group of exercises in each training cycle
- Distribution of volume and intensity per 4-week training cycle
- Planning the number of repetitions between 90% and 100% in each month.

However, I consider the calculation of the number of repetitions to be neither a reliable nor accurate indication of one's potential in future weightlifting events.

New Method of Planning

The new method of planning weightlifting programs comprises four main points:

1. Yearly goals are based on competition results and fluctuations in weight, height, and other factors.
2. Training is cycled according to competitions and goals in each competition.

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Russian Approach To Weightlifting

Tobias Bleicker



Russian Approach To Weightlifting:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Russian Approach To Weightlifting**

In some sort of inundated with displays and the cacophony of fast transmission, the profound energy and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the constant assault of sound and distractions. Yet, set within the musical pages of **Russian Approach To Weightlifting**, a interesting work of literary splendor that impulses with fresh thoughts, lies an memorable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that magical opus instructions readers on a psychological odyssey, delicately revealing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect their charming publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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