

# GENDER TRAINING

## Research explores gender differences in how to train for strength

Everybody seems to know that men and women are different. However, if you were to watch how men and women undertake strength training and conditioning for sport, you would find them essentially training the same way. We suppose that the new research we have reviewed in many past issues of *JOPP*, indicating that women should approach training differently than men, has not quite taken hold in gyms around the world. But in all fairness, this groundbreaking information can be difficult for people to accept. Then again, when it comes to actual outcomes of training, there is little scientific information available that pinpoints how men and women would respond differently to a specific training regimen. And that is precisely what a scientist from the Exercise Physiology Laboratory at the University of Alberta wanted to know...



**Traditional periodized training allows for the most significant gains in strength. But how do the gains compare between men and women?**

### Original Research

Kell, R. The influence of periodized resistance training on strength changes in men and women. *Journal of Strength and Conditioning Research* 25(3):735-744, 2011.

**Power Key:** gender, strength, periodized training