

PERIODIZATION OBSERVATION

A comparison of different
periodization programs



Original Research
Hoffman, J.R., et al.
Comparison between
different off-season
resistance training
programs in Division III
American college
football players. *Journal
of Strength and
Conditioning Research*
23:11-19, 2009.

HOW YOU SHOULD TRAIN MAY VERY WELL DEPEND ON
WHETHER YOU'RE COMING BACK FROM A PERIOD OF
DETRAINING OR NOT.

When you hit the gym, your number one goal is the threesome of becoming stronger, more muscular, and more powerful. There are potentially thousands of ways to design your training program to help you reach this goal, and depending on the people you talk to, *their* program is always the best. Obviously, with all the different set, repetition, rest, frequency, and exercise combinations you can choose, designing your program can be quite confusing. Fortunately for you, we do not lay much stock in personal opinions and conjecture; instead, we give you science, so you can know nearly for certain what to expect out of a program. Luckily, scientists have been doing research to get a better handle as to what types of programs optimize gains in strength and power. Exercise scientists almost universally agree that periodization, the planned variation in your training intensity and volume over time, is the most productive training regimen. However, there are different ways to employ periodization in your training, leading scientists to dig even deeper for answers.

Power Key: periodization, strength, power, football, hypertrophy