

SLOW, NO GO

Slow lifting means slow performance



Original Research
Complete reference
provided in issue.

DESPITE WHAT ALL OF THE SILLY SELF-PROCLAIMED TRAINING GURUS OUT THERE TELL YOU, TRAIN SLOW AND BE SLOW.

Whether you are an athlete who lifts weights for sport (like powerlifting) or an athlete who lifts weights to get better at sport (like football), you care a lot about optimizing all the variables in your program to make it as effective as possible. You have to consider a large number of variables when designing your training program. Everything from the number of sets you do to how many days a week you train can have an impact on your results. Another factor that some people do not pay as much attention to is lifting speed. Some athletes believe that if you train with very slow lifting speeds (taking almost 20 seconds per rep), you minimize momentum and maximize the work the muscle has to do. However, previous research shows that this is not the case, that slow lifting speeds are inferior to traditional speeds for improving strength.¹ However, researchers had never looked into *why* the slow speeds were not as effective until recently.

Power Key: strength, slow training, rep speed, power