

SPEED RECOVERY

New research shows how long you need to recover depending on your rep speed

For several years now, a great deal has been made about the speed of your training movements—in other words, the speed at which you perform a rep of any given exercise. There are those who recognize that sport requires explosion and thus they train explosively. Then there are those who subscribe to the notion that if you move a weight slowly, you are stressing your muscles more because they are under tension for a greater time and because you are not taking advantage of momentum. Via research, this latter concept has been deemed fiction. There is, however, a different consideration that athletes, coaches, and scientists have not attended to: how might the speed of your repetitions impact recovery? Naturally, you need to make sure that you are adequately recovered before you hit the training center again, but if recovery times depend on speed of reps, then you need to make adjustments accordingly.



If max strength, power, and muscle size are your goal, then you must attend to the speed of your reps—and decrease it.

Original Research

Full citation available to subscribers.

Power Key: recovery, weight training, supercompensation, periodization