

STRENGTH FOR POWER

Develop maximal strength, not power, for athletic success



Original Research

Peterson, M., et al. The contribution of maximal force production to explosive movement among young collegiate athletes. *Journal of Strength and Conditioning Research* 20(4):867-873, 2006.

TO DEVELOP MAXIMAL POWER, YOU MUST BE MAXIMALLY STRONG. SO TRAIN FOR STRENGTH, NOT FOR SPEED.

From the traditional strength sports of powerlifting, strongman, and weightlifting to football, volleyball, and wrestling, and any sport that requires explosiveness, current training methods tend to revolve around two main considerations: sport-specific training and speed training. The rationale to adopt these approaches is that research has demonstrated great levels of improvement in sport-specific skills when you train specifically for those sport skills. To demonstrate, a football lineman needs to be able to explode off the line; a powerlifter needs to explode out of the hole in the squat for a successful lift. And since research has demonstrated that an athlete can produce more power with lighter weights, common thinking suggests that the athlete must train with less weight and focus on speed for more power. That is why so many power athletes take weight off the bar and explode. But this thinking overlooks the contribution of strength toward maximal power. This new study sheds some important light upon the relationship between strength and power that will likely change your training approach.

Power Key: strength, power, maximal performance enhancement