



# European Powerlifting Federation

## Principles of training for Powerlifting for coaches

Before you design a training programme, there are some basic facts which you will need to know. Every individual is unique, each individual lifter will respond differently to the same training programme. This can be due to a number of factors, such as past experience, individual ability, personal commitment, or even the attitudes of Partners or parents.

### **Heredity**

Each lifter will have inherited different physical and mental qualities from his or her parents.

### **Maturity**

A young body will still be growing and developing, and will have less spare energy for training – a point to be remembered when coaching young lifters.

### **Nutrition**

Lifters will need an adequate, well-balanced diet. Without this, they will respond to training less effectively.

### **Rest**

When lifters are involved in a vigorous training programme they will need more rest than normal.

### **Level of fitness**

Each lifter will start from a different level of basic fitness.

### **Illness or Injury**

These will obviously influence your lifters response to training, and should be dealt with immediately.

### **Adaptation**

Subtle changes take place in the body as it adapts to the added demands imposed by training. The body adapts slowly, and if you try to rush the process, this may well result in injury, illness or both. As a coach, you need to know exactly how your lifters body adapts, and try and find the best way to get them into peak condition for competition.

## **Overload**

Unless the body is subjected to a certain specific level of stress, its condition is unlikely to improve. If a training programme is to be effective, it must place specific demands on the body's systems. The principle of overload is based on three factors. **Frequency:** Sessions per week, per month, per year. **Intensity:** The training loads per week, per month, per year. **Time:** The duration of training in hours per week, per month, per year.

## **Progression**

Make progress slowly. If you increase the training loads too quickly, the body will not be able to adapt, and this may result in injury, slow steady progress is the best way. Coach and lifter must keep a careful record of every training session. By this method you can plan the programme sensibly and build up gradually.

## **Variation**

Avoid boredom and staleness. When training becomes dull, it can become dangerous and will almost certainly lead to poor performance. It is important to vary the training programme so as to maintain motivation and stimulate interest.

## **Long-term planning**

It may take years of hard training to achieve excellence and reach the top. This doesn't rule out the fact that there are plenty of intermediate goals on the way to the top. As coach what you must do is discuss progress with your lifters, and set realistic short term goals as well as planning for the future. You must help them to realise that progress can be slow, and they have to learn to accept that fact for themselves.

## **Reversibility**

If you don't use it, you will lose it, most of the adaptations which result from hard training are reversible. Endurance can be lost in a third of the time it took to achieve it. Strength declines more slowly, but lack of training will cause even the best-trained muscles to wither away. You need to ensure that long periods of inactivity are avoided. If inactivity is forced on a lifter by illness or injury, then he or she will not be able to pick up where they left off, it may even be necessary to start training all over again.