


PRACTICAL




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Training the Force-Velocity Curve with Weightlifting Derivatives



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Aims:



- To discuss the effects of exercise variation and load on the force velocity characteristics of weightlifting derivatives
- To perform some of the derivatives using a progressive model
- To discuss the practical application of the manipulation of exercise variation and load to train the force-velocity profile in athletes

Why weightlifting derivatives?



Methods of Increasing Strength & Power

- Strength Training (...Deceleration...)
- Ballistic Training (...Safety / Load...)
- Weightlifting (...Competence...)



Why?

University of Salford
MANCHESTER
1967-2017 50 YEARS

• Force velocity relationship < 250 ms during many sporting actions

Which aspect does your athlete need to emphasise?
How do you determine this?

Practical Application
Surfing The Force Velocity Curve

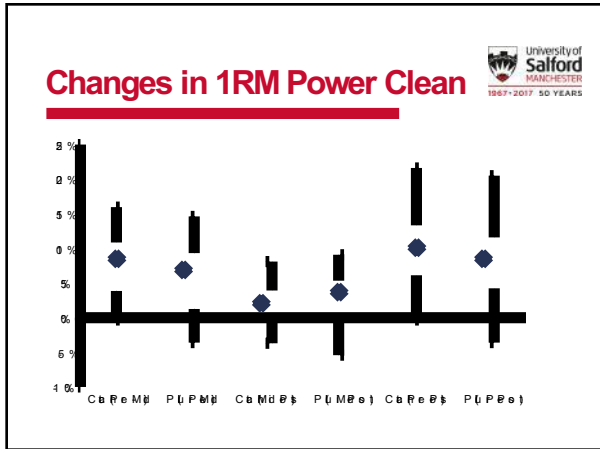
Adapted from Suchomei et al.,
SCJ. 39 (1): 10-20. 2017

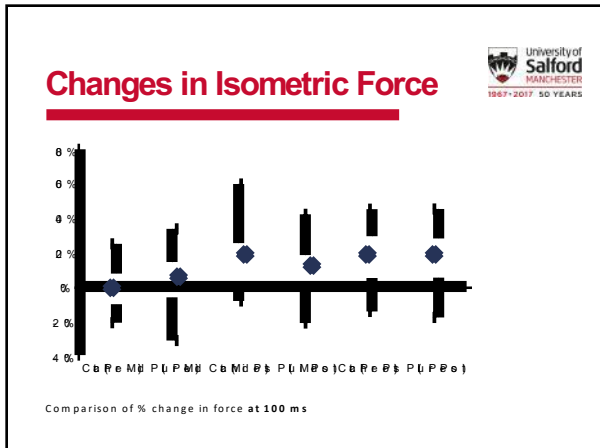
Critique this diagram...

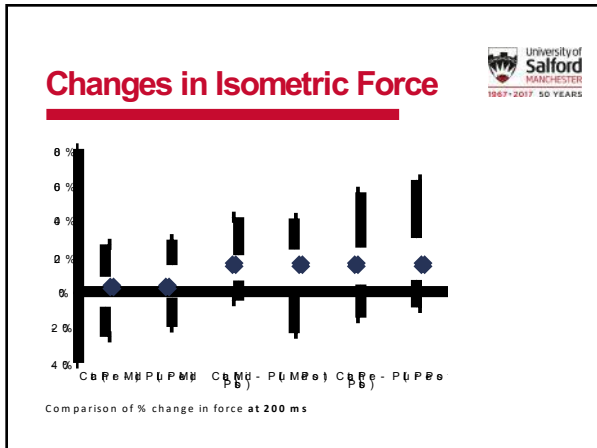
Countermovement force, velocity & power

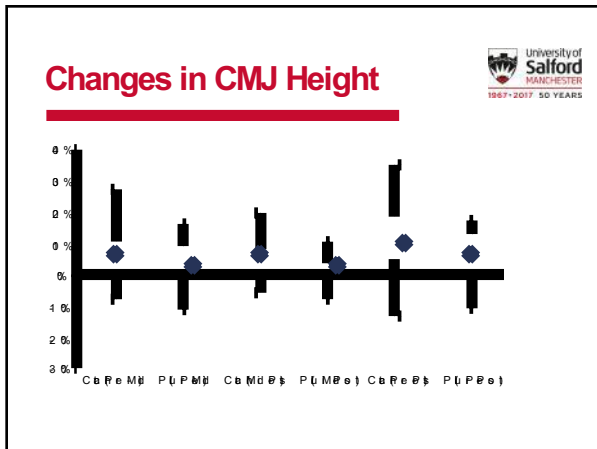
Catching vs. Pulling

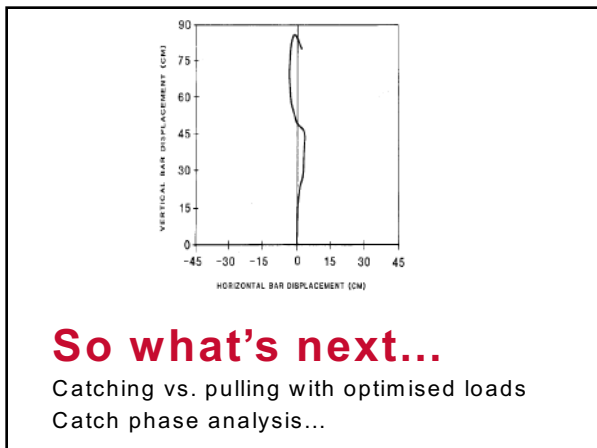
Volume and Intensity Matched
 Comfort et al. (2018) JSCR: In press











Thank you:



Co-investigators:
Dr Tim Suchomel
Dr John McMahon
Dr Paul Jones
Dr Jason Lake
Dr Pete Mundy
Dr Phil Graham-Smith
Dr Chris Thomas
Tom Dos'Santos

Questions?



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