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Practical Programming strength coach will likely spend more individual time with an athlete than any other coach during the athlete's career. Would we send an untrained, unmentored, or uneducated person out to run a season of practices for a football

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or volleyball team? Obviously not. Just because someone has run a marathon or

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with a longer-term goal in mind, the constituent workouts of which are specifically designed to produce that goal. Training is how athletes prepare to win, and how all motivated people approach physical preparation. Practical Programming for Strength Training

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packages that apply these guidelines to novice, intermediate, and superior lifters.

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" is the fact that Rippetoe and Kilgore give so many strategies to break through plateaus at all levels (novice, intermediate, advanced, and elite), that this book could be used for years to make continued strength gains.

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The Texas Method is a strength program that focuses on training 3 days a week and hitting a new PR each week, making it ideal for intermediate lifters that can still progress on a weekly basis. Each training week represents one cycle: Monday is volume day,

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Wednesday is an active recovery day, and Friday is an intensity day where a new PR is set. It was popularized by Glenn Pendlay at the Wichita Falls Athletic Club.

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Simple, practical ways of structuring a strength program for optimal performance. Strong focus on athletic ability rather than size and aesthetics. Can be a bit regimented in his prescribed method but the principles are extremely useful.

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