

# Training Tips

## Functional Power lifts

“the next step in your training armour”

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**F**unctional power lifting is another form of training stimulus, and provides us, especially elite level athletes, with a means of improving our functional whole kinetic chain movements.

Making use of Olympic lifting power exercises incorporates whole body movement, stimulating muscle contraction in almost all muscles within the body. It is a great training tool in improving our functional movement capacity and power outputs required by our bodies, especially during sporting activities. Typical lifts that get included in this category is the Hang Clean, Power Clean, Power Snatch, Push Press (or Jerk) and the Clean and Jerk.

A few principles need to be considered prior to performing the Olympic lifts. These include:

**1** In your previous training phase certain preparatory lifts needs to be mastered to allow for optimal adaptation to the Olympic lifts, through breaking the lifts into their component parts. The preparatory lifts that need to be mastered include the Front Squat, Deadlift and High Pull.

**2** Proper warm up, especially of the shoulder joint and lower back, need to be performed prior to the Olympic and preparatory lifts.

**3** A good flexibility routine needs to be followed as having shortened muscles will limit your ability to generate power, have control over the movements required and perform the lifts appropriately.

**4** When performing the preparatory lifts the emphasis is placed on control, correct execution and to develop the necessary strength within the musculature associated with the lifts.

**5** When performing the Olympic lifts it needs to be remembered that it is about correct execution of the exercise through generating the appropriate powers at the right moment. This can be achieved through the triple extension principle, namely extension in the ankle, knee and hip joints during making use of the power generating zones of the body.

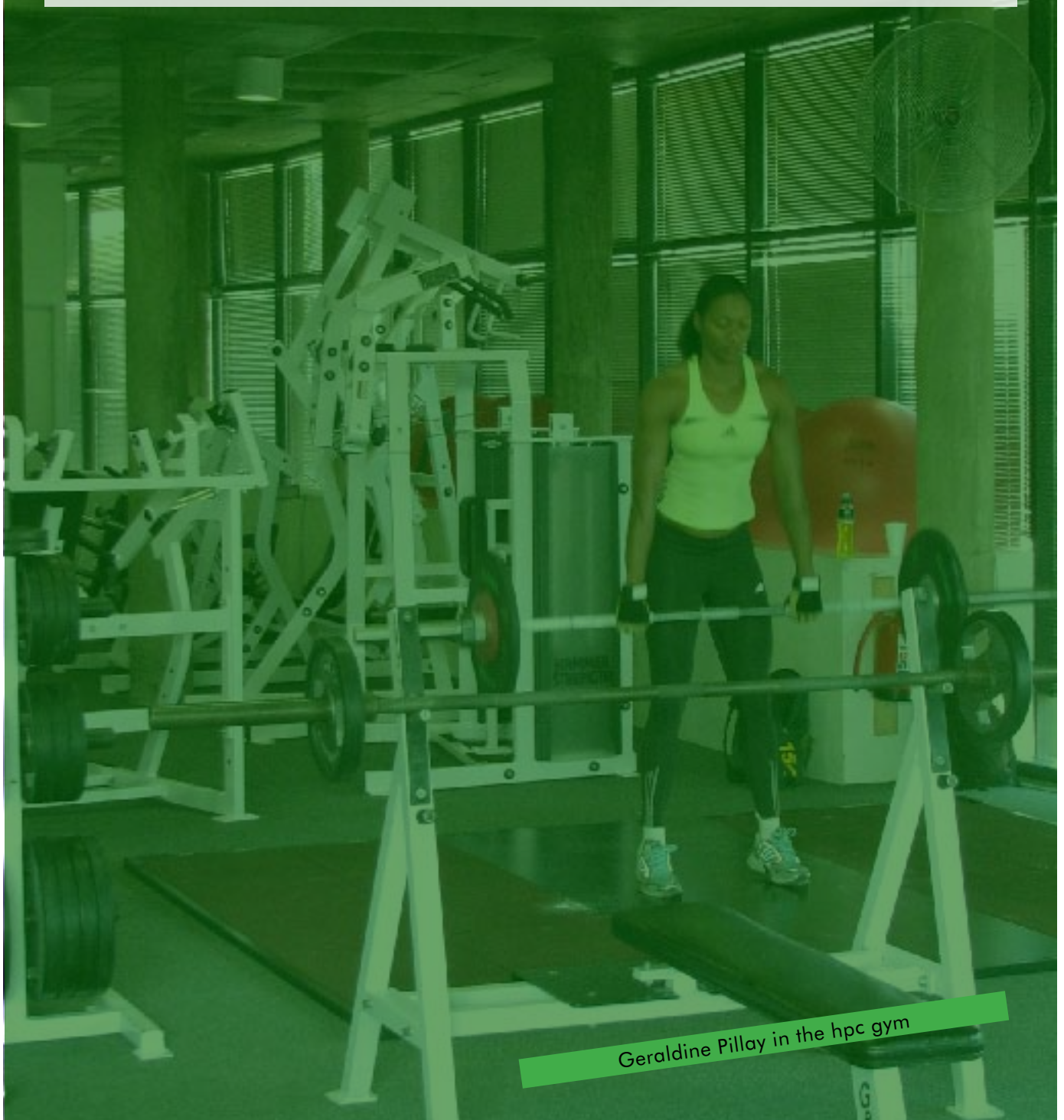
**6** Another aspect that needs to be considered in the Olympic lifts is that it is about power generation and by using a too heavy weight (namely a weight that allows quick powerful and speedy movement) for the allocated reps and sets.

**References:**

- 1/ Baechle & Earle (2000) **Essentials of Strength & Conditioning**. Human Kinetics
- 2/ Pearl B (1986) **Getting Stronger**. Shelter Publications Inc.

As for the reps and sets to be performed the following table summarizes the possible options.

	Reps	Sets	Rest Interval between sets	Training Load (% of 1RM)	Number of Sessions per week (Proposed)	Rest between Session (Proposed)
Single Power Event	1-3	3-5	3-5 min	90-100%	2-3	48 hours
Multiple Power Event	3-6	3-5	3-5 min	80-85%	2-3	36-48 hours
Strength	6-8	3-5	2-3 min	75-85%	3-4	24-48 hours



Geraldine Pillay in the hpc gym