

STRENGTH TRAINING CHECKLIST

(STRONGER KARATE)



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INFOGRAPHIC**

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Training Stimulus

Submaximal Intensity, High Volume and Short Recovery Periods

Maximal Intensity, Low Volume, Long Recovery Periods and High Contraction Speed

Submaximal Intensity, Moderate Volume, Moderate Recovery Periods and High Movement Speed

Below Submaximal Intensity, Greater Volume and Longer Recovery Periods

Maximal Intensity, Low Volume and Long Recovery Periods

Stretch-Shortening Cycle Exercises

Contact Time < and > 200ms

Stretching Loads

Mechanism

MUSCULAR HIPERTROPHY

NEURAL (RECRUITMENT AND FIRING RATE OF MOTOR UNITS)

OPTIMIZATION OF FORCE-VELOCITY RELATIONSHIP

BIOENERGY

PRE-ACTIVATION

STIFFNESS REGULATION

SPINAL REFLEXES

MUSCULOTENDINOUS ELASTICITY

Physical Adaptation

Submaximal Intensity, High Volume and Short Recovery Periods

Maximal Intensity, Low Volume, Long Recovery Periods and High Contraction Speed

Submaximal Intensity, Moderate Volume, Moderate Recovery Periods and High Movement Speed

Below Submaximal Intensity, Greater Volume and Longer Recovery Periods

Reactive Strength Increase (force production in Stretch-Shortening Cycle)

KARATE SCIENCE



"SOURCE: FACULTY OF HUMAN KINETICS - UNIVERSITY OF LISBON"

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