

# Volume

Training goal	Goal repetitions	Sets	Load % 1 RM
<b>Strength *</b>	$\leq 6$	2 - 6	$\geq 85$
<b><u>Power **</u></b>			
<b>Single effort</b>	1 - 2	3 - 5	80 – 90
<b>Multiple effort</b>	3 - 5	3 - 5	75 – 85
<b>Hypertrophy</b>	6 – 12	3 - 6	67 – 85
<b>Endurance</b>	$\geq 12$	2 - 3	$\leq 67$
<p>* Apply only to core exercises; assistance exercises limited to <math>\leq 8</math> RM</p> <p>** not consistent with 1 RM % for power (loads equaling 80% of 1 RM apply to 2-5 rep range)</p>			
<p style="text-align: center;"><u>Power training</u></p> <p>Max power provided at intermediate velocities of light to moderate loads  Power output increases when weight lifted decreases from 100% <math>\rightarrow</math> 90% 1 RM</p> <p style="text-align: center;">Weight lifting and power lifting  Most effective = 75 – 90% 1 RM  Single effort = 80 – 90% 1 RM 1-2 reps  Multiple effort = 75 – 85% 1 RM 3-5 reps</p>			

Haff and Triplett