

Position Statement

BASIC GUIDELINES FOR THE RESISTANCE TRAINING OF ATHLETES

It is the position of the National Strength and Conditioning Association that:

1. Progressive overload should be a fundamental characteristic of resistance-training programs directed at the development of neuromuscular capabilities and athletic performance.
2. Resistance-training programs for athletic performance must adhere to the principle of *training specificity* in order to match the demands of the sport to the training program developed for a specific athlete.
3. Resistance-training programs for athletic performance should be periodized in order to optimize the adaptations over long-term training. Periodized training also helps to reduce the potential for overtraining.
4. Multiple-set periodized resistance-training programs are superior to single-set, nonperiodized programs for physical development over long-term training programs.
5. Care must be taken when developing resistance-training programs for younger and older athletes because the volume of exercise and the intensity may have to be altered to meet the recovery demands of each individual.