



# **THE STRENGTH COACH Training techniques and methods: Training techniques and methods for pure strength**

*Mr Paul Kerridge*

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WHAT'S IN THIS BOOK? This book describes the underlying principles and the methods used to develop strength. It covers in detail the commonly used approaches and the advanced techniques used by elite power lifters and strength athletes, as well as explaining how and why they work. It's a specialist publication intended for coaches but will also provide valuable information for anyone wishing to improve their own individual strength for sports performance. Each method described has comments on its suitability for specific strength improvement based on years of my own observations and diaries on performance for myself and the individuals I've coached in boxing, weight lifting and power lifting. In developing greater strength in any movement most books on the subject neglect the most important organ responsible for muscular strength development, the brain. Your own brain is the major driver in the construction process, it's not simply a matter of lifting weights. You need to train intelligently using your mind to enhance your central nervous system capability as well as applying appropriate nutrition and rest periods. A standard approach will only work well with a percentage of individuals and finding what works for you and what does not is also important. Experimenting with the various techniques available is essential to maximise progress and avoid the many common mistakes. Most trainees are never made aware of the simple mistakes that will hold them back from getting anywhere near their full potential, simply because many instructors and coaches are stuck with limited knowledge, and in many cases a lack of actual practical experience. Sadly many are often unaware of the true nature of strength development and rarely if ever see the process through from beginner to competitive athlete and champion. This book is not about endurance or general fitness, it's unashamedly aimed directly at the development of strength for weight lifting, power lifting and strength sports. Most of the information within has never been published in such comparative detail anywhere and with comments on practicality and effectiveness for all the techniques and methods it will ensure you understand the relevant concepts in developing sound and efficient training plans. The wisdom of knowledge filtered through 40 years of trial and error experience as a gym rat, weight lifter, boxer, gym owner, personal trainer, power lifter and power lifting coach is available here for your education. I made all the mistakes it's possible to make but learned from them and the individuals I have coached. Don't waste years yourself, the route to improving strength can be a very long road indeed, with many blind alleys if you get it wrong. Learn from the experience of weight lifting and power lifting champions working with me to discover what works and what's wasted effort. You can use this knowledge and make shortcuts to success without wasting endless months doing pointless routines or exercises for little gain. The information in this book is current, effective and relevant, not simply regurgitated crap from writers with little personal experience or the one size fits all mentality. If used intelligently the recommended techniques described will help you achieve increases in strength quickly and efficiently for yourself or anyone you coach. So, whether you're considering starting, struggling to make progress or pushing others to their absolute maximum as a coach, this book will help guide your efforts.

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