

Muscle Growth and Strength Routines

-When training for muscle growth energy intake and timing are key factors! Not eating enough and you will definitely fail building muscle.

-Medium to heavy loads (6-20 RM or 60-85% 1 RM) and fatigue are important training stimuli!

-Train primarily "big" multi joint exercises (3-9 exercises); variation in exercises every 4-6th week

-These methods will favor muscle growth over strength for advanced athletes but for the novice these methods are the best way to start getting strong!

-Proper warm up with lighter loads is a must!

High Intensity Training

- **3-5 x 5-15 RM**
 - Classics are: 3 x 15 RM, 4 x 10 RM, 5 x 5 RM
- 2 minutes rest between sets
- Very high intensity in each set – max reps with the given load (but avoid lifting to failure until last set)
- 1-3 sessions/week for each muscle group
- This method suits beginners, intermediate and advanced athletes

Volume Training

- **6-10 x 5-10 reps (~8-20 RM loads)**
 - Classics are: 10 x 10 reps (~20 RM), 10 x 5 reps (~10 RM), 6 x 6 reps (~10 RM)
- 1 minute rest between sets
- High volume – fatigue accumulates between sets but failure is only reached in the final set
- 1-3 sessions/week for each muscle group
- This method suits intermediate and advanced athletes

Density Training

- **10-20 x 3-5 reps (~10-20 RM loads)**
 - Classics are: 10 x 3 reps (~10 RM), 10 x 5 reps (~15 RM), 20 x 3 reps (~15 RM)
- Start new set every half (1/2) minute
- High density – fatigue accumulates between sets but failure is only reached in the final set
- 1-3 sessions/week for each muscle group
- This method suits intermediate and advanced athletes

Eccentric Muscle Growth Training

- **6-8 x 4-6 reps på 90-110% af 1 RM**
- Lift as much weight as possible with each rep lasting 5-7 seconds – if this can't be done the load is too heavy!
- 2-3 minutes rest between sets
- Due to extremely high loading - eccentric training should only be done 2 sessions/week for 3-4 weeks or 1 session/week in 6-8 weeks!
- Eccentric training should fill no more than 20% of total training volume – hence only choose a few and safe exercises!
- This method suits only advanced athletes

