

INDIVIDUALISED >>>

Load-Velocity Profiles: How can they help?

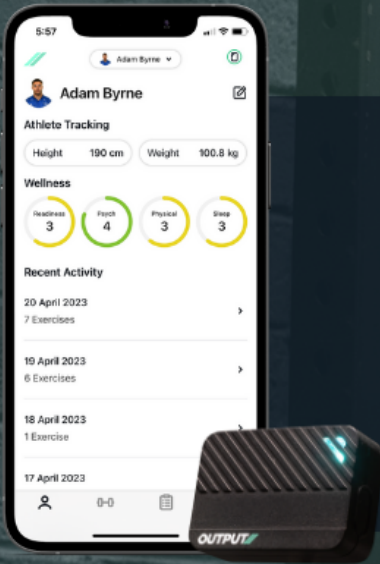
Swipe to discover how ILVPs can be used for long-term athletic development.



Various measures of velocity, including peak velocity and mean velocity are **consistent within the same individual** from session to session at submaximal intensities.

As a **result:**

If an athlete establishes their **normative velocity profile**, they can then use this to **prescribe and progress training load**.



For example: If an athlete knows their individualised load-velocity profile for a particular exercise, they can **adjust the weight they lift based on their desired velocity.**

This can be useful for:



Optimising training programmes to individualise the athlete's training based on their specific goals.



Tailoring training loads so that the athlete is training at an appropriate intensity in order to minimise fatigue and maximise performance.

To establish ILVPs:



Athletes can perform submaximal lifts at various intensities and record their velocity measures



Coaches can then create a normative velocity profile that reflects the individual's capabilities.

By analyzing this data, they can determine their individualised load-velocity profile, which can then be used to prescribe and progress training loads.



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If interested...

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