

# *USING **VBT** AS A TOOL FOR AUTOREGULATION*

## **Objective performance data:**

Velocity serves as a useful tool to monitor athlete readiness and autoregulate training for numerous reasons...

# Task specificity:

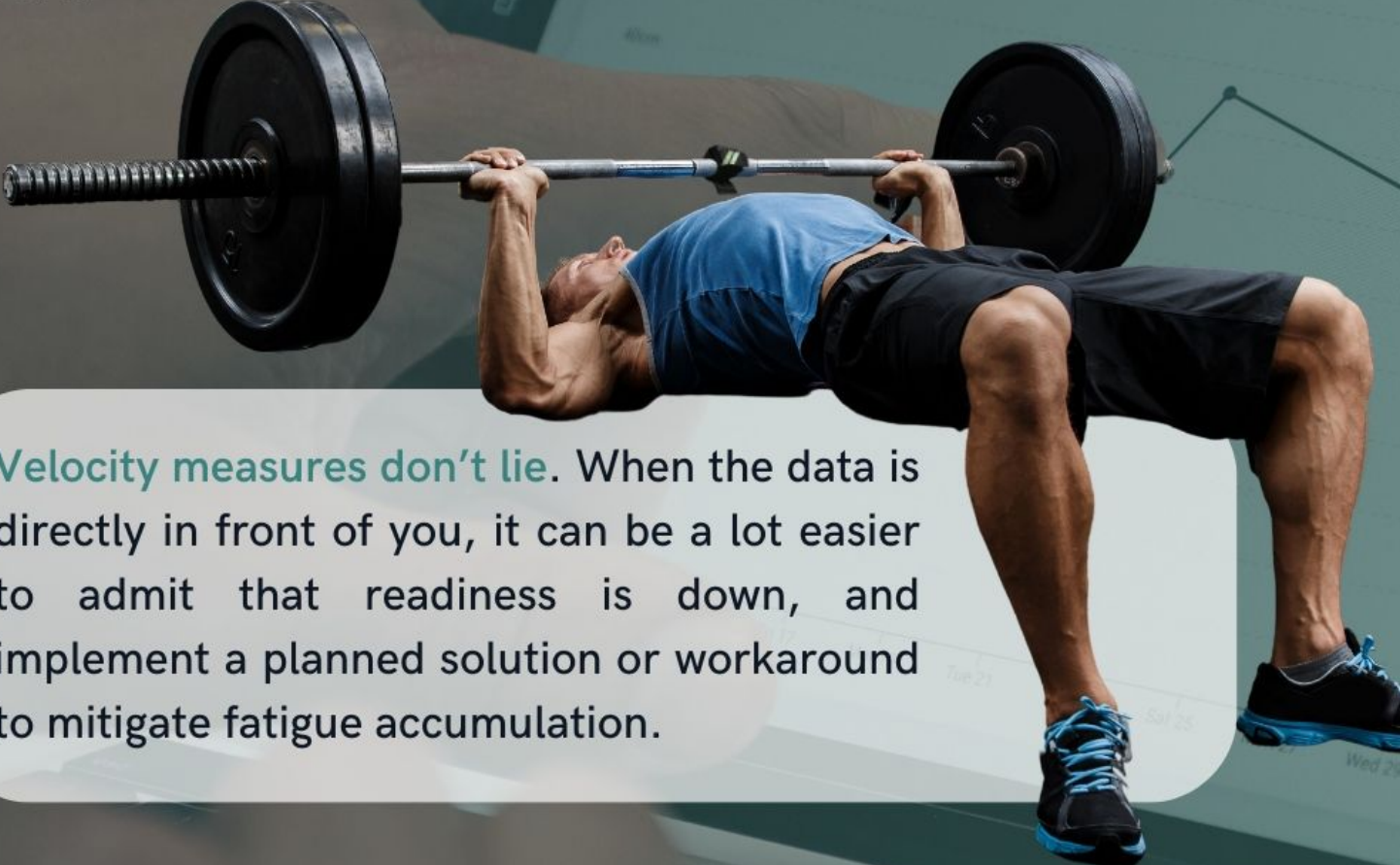
If you've been tracking velocity over time on a given movement, you'll have a bank of data displaying the velocity of warmup sets all the way to top sets. You can compare real-time velocity data to historical data, indicating whether your readiness is up or down in comparison to your norm.

This is a highly specific readiness indicator for the session and will inform decisions about how to effectively autoregulate that session based on the data being gathered.



# Reliable and robust data:

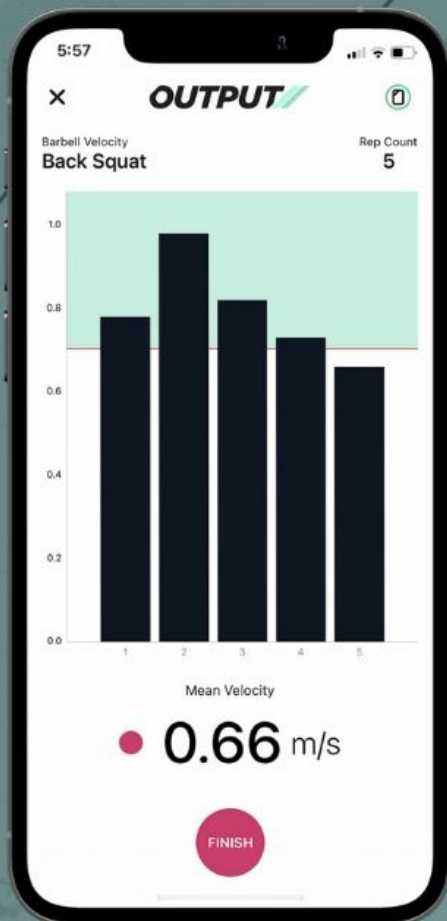
The velocity data being collected in real time will be more acutely affected by changes in readiness than the weight on the bar or the rate of perceived exertion. On sessions of higher fatigue or lower readiness, you still may find that you can lift close to the same weight, and emotional attachment to numbers on the bar and consistent progression may cloud your perception of effort.



Velocity measures don't lie. When the data is directly in front of you, it can be a lot easier to admit that readiness is down, and implement a planned solution or workaround to mitigate fatigue accumulation.

# Autoregulation methods:

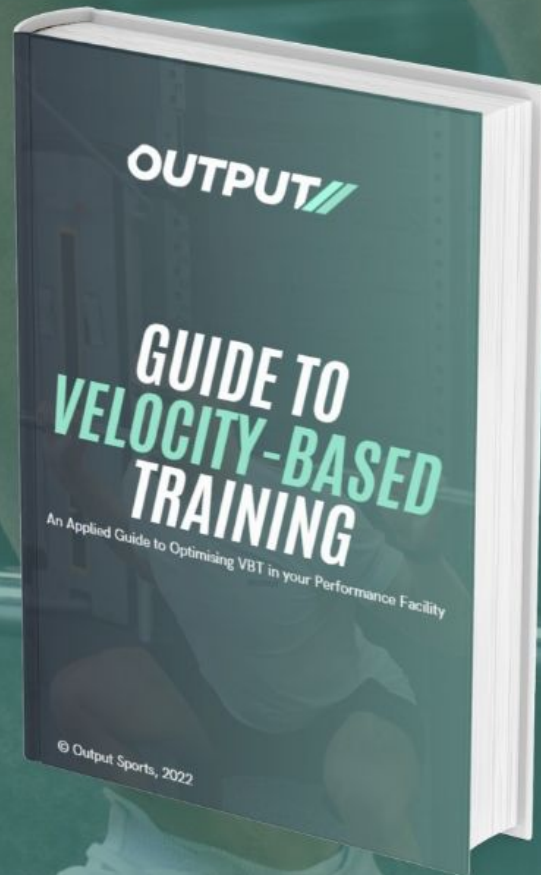
Our favourite method of using VBT to autoregulate training is through **Velocity Drop-off**. This refers to the **percentage of decrement** in the velocity of each repetition that occurs over the course of a set.



This style of programming involves terminating the set when the **velocity falls below** a certain percentage threshold of their first or best rep in the set.

This way, athletes can **push themselves to a manageable intensity** to prevent excessive fatigue accumulation.

For more **free value**, download  
our **Guide to VBT** today!



Access via the link in our bio!