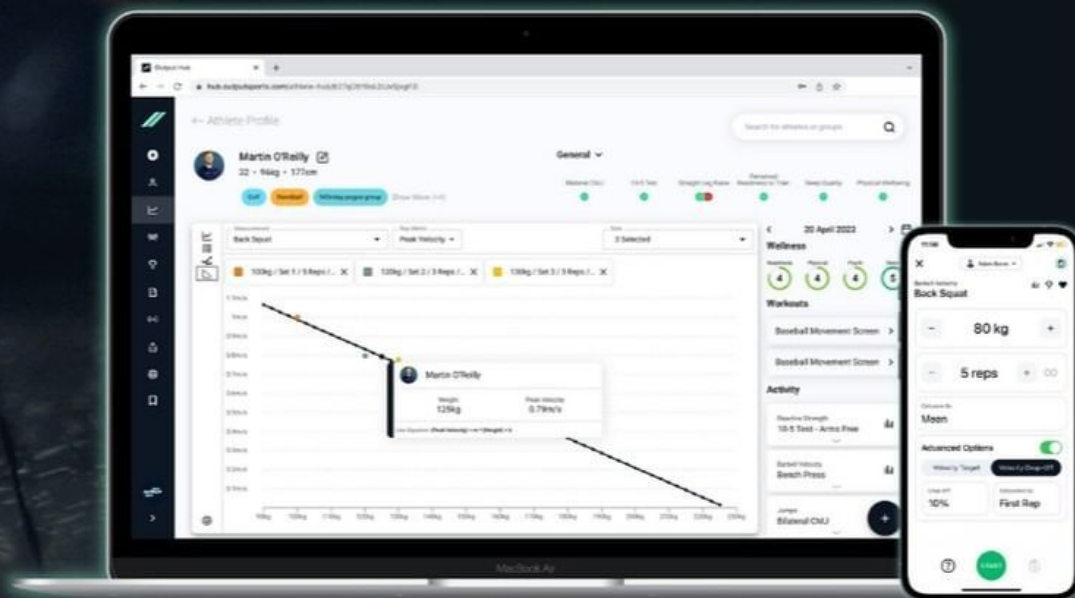


# VELOCITY-BASED TRAINING ZONES



## Individualize training loads:

Discover how VBT zones can be used to tailor the intensity and loading parameters to individualize training programs and optimize performance adaptations.



# VBT zones:

Velocity-based training zones provide coaches with a valuable tool to optimise training and enhance athlete performance. By categorising loads based on barbell velocity, coaches can prescribe the appropriate intensity and focus for each training zone.

Speed ( $>1.3$ m/s)	Moving a minimal load as fast as possible to maximise speed.
Speed-Strength ( $>1.3 - 1.0$ m/s)	Moving a light load as fast as possible.
Power ( $\sim 1.0 - 0.75$ m/s)	Moving a moderate load as fast as possible, prioritizing strength over speed.
Strength-Speed ( $\sim >0.75 - 0.5$ m/s)	Moving a relatively heavy load as fast as possible.
Maximal Strength ( $\sim > 0.5$ m/s)	Using a very heavy load, ends up being a slow movement.