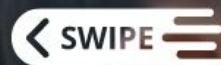


# **AUTOREGULATE TRAINING WITH VELOCITY LOSS**



## **Avoid excessive fatigue:**

Velocity loss is a valuable tool for autoregulation, swipe to discover the benefits of tracking this metric!



# First thing's first...



**Autoregulation** refers to adjusting training variables, such as intensity, volume, or exercise selection, based on the individual's real-time physiological and psychological responses.



**Velocity loss** is a form of autoregulation which accounts for day-to-day strength levels or fatigue, quantified by a reduction in barbell velocity across a set. Instead of grinding out reps on days where readiness is low, we can instead terminate the set when a certain percentage of velocity drops off.

# A 2019 study...

Examined the relationship between velocity loss and repetitions in reserve (RIR) in the bench press and back squat. This study explored how velocity loss corresponds to RIR and acute fatigue, providing guidelines for prescribing training based on velocity loss.

Trained men performed sets to failure at different intensities, while velocity was recorded for each repetition. The study used velocity loss thresholds to prescribe training, allowing for appropriate proximity to failure.

# What the research says:

The study produced **promising results** for velocity loss as an autoregulation tool that can add **objectivity** to otherwise subjective RIR measurements.

Ultimately, velocity loss is a great tool to autoregulate **reps per set** or **total volume performed** throughout a training session.

You can assess the velocity loss of your sets in real time by using a **velocity-tracking device** such as Output.



Velocity tracking is one of the many features of the Output device.

# How this can benefit you:



Velocity loss allows for a **more personalised approach to training** by adjusting the number of reps based on each individual's daily strength levels and fatigue.



By monitoring lifting speed and stopping a set when a certain velocity loss threshold is reached, velocity loss **helps manage fatigue** levels effectively. This reduces the risk of overtraining.



Velocity loss provides a **reliable and objective measure of autoregulation**. Instead of relying solely on subjective factors such as perceived effort, using velocity loss as a marker allows for a more precise adjustment of training volume and intensity.