

	Strength	Power
Zone 1: <50%	General muscle and technical	General neural and technical (<25% 1RM)
Zone 2: 50–75%	Hypertrophy training	Ballistic speed training (25–37.5 % 1RM)
Zone 3: 75–90%	Basic strength training	Basic power training (37.5–45 % 1RM)
Zone 4: 90–100%	Maximal strength training	Maximal power training (45–55 % 1RM)

Power Training In The Zone

Michael Rajnik



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