

Making Improvement

By Leo Isaac

There are 10 things you can do to make improvement in your lifting performance.

1. Plan your own performance – set achievable goals each week, each month, each cycle on what you are going to achieve in training. Your goals should be about the process of training and not results.
2. Maximise the productivity of your training, that is try to get the most out of the time you spend training. Small amounts of time seem insignificant but over a period of time they accumulate to substantial lost opportunity.
3. Realise the importance of training at 70 – 80% for speed, power and skill development. Put large amount of lifts each week into this band of intensity.
4. Pay attention to small detail. Small things that you are asked to do but somehow don't quite achieve each day or week, will in the end be the limiting factor of your technical ability. For example, learning to stop at the bottom (motionless) of your power snatch or power clean.
5. Stop worrying about going backwards because you have not lifted near your best for several weeks or a month. Lifters cannot and should not try to be on form all the year around. What you are supposed to do is reach a peak of performance when it matters.
6. Keep a comprehensive list of all personal bests (every possible list) and carry it with you. There is always something to achieve in training even if it is only a personal best set of Press Behind Neck for 5. If you do not know your bests then you will lull yourself into a false sense of achievement.
7. Appreciate that leg strength is a key factor in improvement. If your leg strength improves so will your lifts (unless of course you do not have good technique!). You have to spend significant time and effort developing leg strength.
8. Train in a variety of places and with different people. Same old, same old is not very stimulating. Once every three weeks perhaps go and train with other lifters.
9. Look after your health and your diet. If you are training well your body fat should decrease and muscle mass increase. Keep a check on this.
10. Deal with injuries immediately as they appear. Back off from training as soon as you feel you have a new or reoccurring injury. Take action – go and see a physio. Treat with ice as soon as injury occurs.