

# Strength Training of the Eastern Bloc - Powerlifting





# **POWERLIFTING**

By Powerliftingcheck

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# **Strength Training of the Eastern Bloc - Powerlifting**

Foreword.

This book should give you a little theory and overview of Russian training plans and the Eastern bloc.

Fundamentals of theory and analysis of plans in strength training.

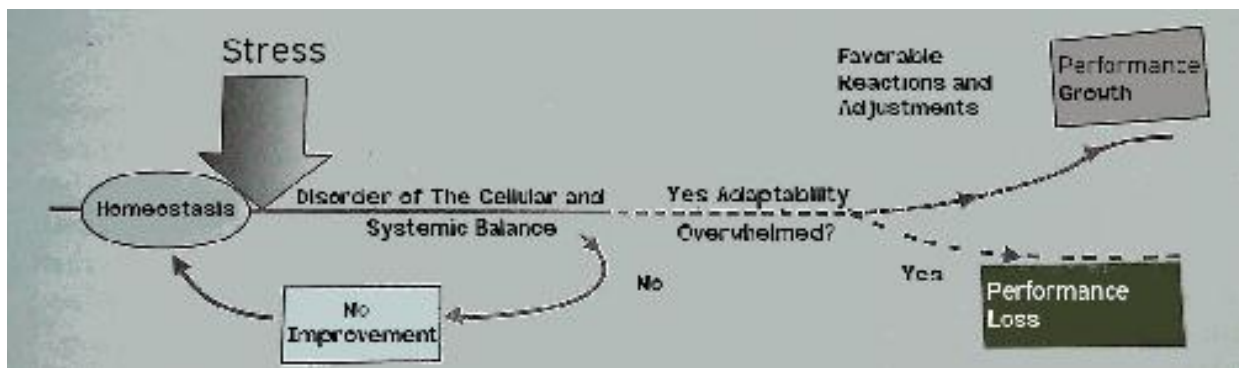
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## BASICS

With this series I will be going through some points, with which one can rate a training plan.

### THE GENERAL ADAPTATION SYNDROME

Now what does that mean? It is the theory of stress-recovery-adjustment behavior. So the stress refers to the training stimulus you have set. Here, the body is now something "destroyed" or release toxins. Now the dose of the stimulus must be high enough to be considered as a burden and enough "damage" to supply. The body must now repair these damages. What is called recovery. This recovery can be influenced by appropriate nutrition and supplements and therefore also accelerate. After repair, the body will now adapt to better prepare for further stimuli. So, to get less damage from the same stimulus.



As an example: A cellar child goes into the sun and gets sunburn. Now the skin will recover and turn a little brown. Now the cellar child can stay out longer and does not get the next sunburn quite fast.

What does that mean for us? After every stimulus and complete recovery, we must increase the next stimulus. So move more weights from workout to workout.

### PRINCIPLE SPECIFICATION