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Practical Programming For Strength Training

Practical Programming for Strength Training
3rd Edition

Mark Rippetoe
& Andy Baker

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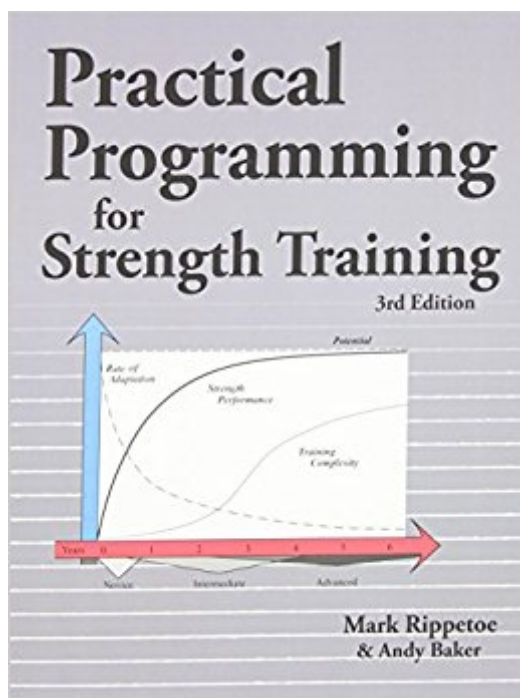
Synopsis

There is a difference between Exercise and Training. Exercise is physical activity for its own sake, a workout done for the effect it produces today, during the workout or right after you're through. Training is physical activity done with a longer-term goal in mind, the constituent workouts of which are specifically designed to produce that goal. Training is how athletes prepare to win, and how all motivated people approach physical preparation. Practical Programming for Strength Training 3rd Edition addresses the topic of Training. It details the mechanics of the process, from the basic physiology of adaptation to the specific programs that apply these principles to novice, intermediate, and advanced lifters. --Each chapter completely updated --New illustrations and graphics --Better explanations of the proven programs that have been helping hundreds of thousands of lifters get stronger more efficiently --Expanded Novice chapter with the details of 3 different approaches to the problem of getting stuck and special approaches for the underweight and overweight trainee --Expanded Intermediate chapter with 18 separate programs and 11 detailed examples --Expanded Advanced chapter with detailed examples of 9 different programs --Expanded Special Populations chapter with example programs for women and masters lifters training through their 50s, 60s, 70s, and 80s --Day-to-day, workout-to-workout, week-by-week detailed programs for every level of training advancement --The most comprehensive book on the theory and practice of programming for strength training in print Printed in a new larger format for better display of the programs, PPST3 will be an important addition to your training library.

Book Information

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Customer Reviews

Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training, Strong Enough?, Mean Ol Mr. Gravity, and numerous journal, magazine and internet articles. He has worked in the fitness industry since 1978, and has been the owner of the Wichita Falls Athletic Club since 1984. He was in the first group certified by the National Strength and Conditioning Association as a CSCS in 1985, and the first to formally relinquish that credential in 2009. Rip was a competitive powerlifter for ten years, and has coached many lifters and athletes, and many thousands of people interested in improving their strength and performance. He conducts seminars on this method of barbell training around the country. Andy Baker is the owner of Kingwood Strength and Conditioning in Kingwood, Texas. He has a degree in Sport and Health Science from American Military University. Andy attended Texas A&M University before joining the Marine Corps in 2003. He saw two combat deployments in Iraq before finishing his degree in 2007. Shortly afterward he opened KSC, a private training facility near Houston that offers barbell training to competitive athletes and the general public, as well as program consultation for competitive lifters. Andy is a competitive powerlifter. He lives in Kingwood with his wife Laura and two kids, and spends the tiny amount of spare time he has fishing and hunting.

Finally, someone put together a weight lifting program that works for seniors! I had been using a three day a week program with 5 work sets for each of 4 exercises and 1 work set for the deadlift. As I increased weiights, after 3 months, I was constantly sore and becoming bone-tired and rundown. Finally, I injured my rotator cuff which set me back almost 2 months.After receiving Mark's new book, I restarted using a two workout per week program witha light day for squats and back-off sets for the other exercises. I am making steady gaiins and am able to enjoy my normal life pain free. Thanks Mark, for giving us old war horses a sensible program for life. I'll be 70 in September 2014.

Just go ahead and buy this one. It is absolutely loaded. There is no substitute for both Practical Programming and Starting Strength when you want to learn about the barbell exercises and programming those barbell exercises for the purposes of strength training. The level of detail that is perfectly articulated and logically presented is astounding.

Both of Mark Rippetoe's major contributions to strength training literature are now in their third editions. Starting Strength: Basic Barbell Training - 3rd Edition has established itself as one of the premiere pieces of literature for anyone interested in getting stronger, and now the 3rd edition of

Practical Programming has joined it.The 2nd edition was full of wonderful information regarding the stress/recovery/adaptation cycle of strength training. Simply put, the more you do something (say, squat or deadlift), the better you become at it, and changes in programming (frequency, set/rep schemes, etc...) are required to further progress.New to the 3rd edition is an impressive amount of detail on how to go about the necessary changes in programming as a lifter progresses.The book contains its largest upgrade in chapters 6-8. With the assistance of Andy Baker of Kingswood Strength and Conditioning, programming for the novice, intermediate, and advanced lifters is covered in amazing detail.For the novice, the basic principles of the Starting Strength method are discussed as well as a fabulous real world example of a properly executed linear progression. New to the 3rd edition is an extensive look at how to elongate and squeeze every drop of usefulness out of a linear progression. It details resets, stalls, and recovering from the mistake of increasing your lifts too quickly. All of these scenarios are backed up with biomechanical details of the human body. Additionally, new to the novice section is a detailed account of the "advanced novice" lifter as well as specialized diet and training tips for the particularly overweight or underweight trainee.The Intermediate section has received the largest upgrade of all. While novice programming allows for progress from workout to workout, intermediate programming stretches out progress over a week to week basis. Though Rippetoe discussed his "Texas Method" style of programming in the 2nd edition, it prompted a lot of questions about variations and alternatives to the demanding programming. The details of the Texas Method are contained in 30+ pages of the most important, effective writing in strength programming literature. Broken into four phases, the amount of detail contained here is staggering, and should hopefully answer any questions and address all problems trainees may have with this very complex programming. Also included are "split routines" spread over four days, as well as a Heavy-Light-Medium system popularized by coaching great Bill Starr in the 1970's.The advanced chapter delves into periodization, or the structuring of training schedules beyond a week to week basis. The book makes very clear that this programming is for ADVANCED lifters who's progress on a week to week basis has stalled out completely. At this point, a strength athlete will be at the point where they are ready to specialize in a certain realm of athletics. Specific training details for powerlifters, MMA athletes, and Olympic weightlifters are described in exhaustive detail. Most recreational lifters will never reach this level, but its inclusion here is extremely welcome.The final chapter will prove extremely useful for current strength training coaches. It includes specific training details for females, youth, and an extensive section on older (35+ years) lifters.Simply put, Practical Programming 3rd Edition is required reading for anyone who has a desire to achieve their maximum potential in the weight room. Buy it, read it, read it again, and get

stronger!

This book is excellent !!! The author describes in details the 3 levels of trainee experience as Novice,Intermediate and Advanced and what conditions should be fulfilled to belong in each one.He discusses the principles that need to exist in order to increase strength and why different level of athletes need different training programs.He will also go one step further and explain the difference between Force,Strength and Power analyzing them with scientific formulas.He will tell you what is the importance of each one in sports and why Power is so important or how to improve it.This book is adressed to anyone involved in competitive sports or just need to improve his performance.You can use it at any level you are and progress.Some things are repeated many times but not in a boring way as other books for just full the empty pages.It seems that this kind of repetition helps with understanding of the details without needing to turn back the pages and search for related info to clear things up.I would say that one full reading of book is enough to make things clear and just get back from time to time to refresh or focus on specific training programs as time and progress goes by. Almost all of the training programs are based on barbell training and he gives many examples with actual weights for better understanding.The training programs are very well written but there is some kind of confusion with reps and sets in some tables.It seems the reps have been confused with sets and vice versa,but if you read comprehensively and comprehend the principles you will find out the little mistakes (sometimes you will read 3x5 or 5x3 and actualy will mean the opossite of each one).He discusses the history of Periodization models and analyzes the most important ones that have proved their efficiency through the years.Many variations of each model can help build your own program for your specific needs of sport but not in a confusing way like other books.I have read Brawn for example and was very confused with training programs of that invisible author (It was most like saying do this,do that,do anything you like and drink a gallon of milk...something will work!) I have also read the Starting Strength book from same author and was amazed with the detailed offered to basic barbell moves.Mark Rippetoe seems a brilliant man that knows what is talking about and is not trying to sell you another book full of BS to get rich.Always on point with real life experience as trainee and coach for so many years and always expressed in a simple but comprehensive manner for the average reader.More experienced and smart people can absorb more out of his writing though and maybe can search for more info on specific aspects based on other sources.

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