



COACH ROZY PERFORMANCE VELOCITY BASED TRAINING SPEEDS

Trait	Mean Velocity	Approx % 1RM	Approx Rep Range
Absolute strength	<0.35 m/s	90-100%	1-2
Circa max strength	0.35 - 0.5 m/s	80-90%	2-4
Accelerative strength (hypertrophy)	0.5 - 0.75 m/s	65-80%	5-15
Strength-speed	0.75 - 1 m/s	45-65%	3-8
Speed-strength	1 - 1.3 m/s	25-45%	3-8
Starting strength	>1.3 m/s	>25%	3-8

Coach Rozy Performance

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