

Slow vs Fast Gainers

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Slow vs Fast Gainers

- VERY Broad Classification of how quickly you adapt to training
 - Slow gainers don't get as much from same dose of stress
 - Fast gainers see a dose of stress go much farther

- Broad rule:
 - Fast gainers can grow of lower frequency and effort
 - Slow gainers require generally more freq/vol/effort
 - Josh Bryant's Analogy - "Slow kids have to study more"

Fast Gainers

- Possess traits that make each rep/set go farther
 - Explosive Athletes
 - Very Advanced Lifters
 - Heavier/Bigger Lifters
 - Enhanced Lifters
 - Anyone who can look at a weight and grow

Paradox of the Fast Gainer

- Each rep goes farther so less volume/effort/frequency is needed
 - Easy for higher doses of stress to lead to under-recovery
- HOWEVER, they become advanced quickly which requires ever increasing stress to continue growth
- So, they need less stress AND more stress?

Balancing Growth and Recovery

- Each workout has a positive effect of growth and a negative recovery cost
 - Adaptation to same stress = recovery suck with no growth
 - "Just one more rep!" or "Just do more work!" doesn't cut it
 - Work has to be more specialized towards goal
 - House of Cards
 - Has to be appropriately varied
 - Has to optimize growth effect and limit recovery cost
- Training organization (Periodization) is best tool
 - Short periods of overreaching can be sustained
 - As long as deloads are frequent or type of training stress rotates
 - Rotating through periods of novel work can side step stagnation

Programming for a Fast Gainer

- Assuming Western style of training (scorched earth approach)
 - Less frequency of hard efforts
 - Low RPE for high volume work
 - OR High RPE work done very infrequently
 - Frequent deloads
 - Short periods of overreaching can be sustained with deloads
 - Primary emphasis is on making training sustainable by managing recovery
- Eastern styles of training (Olympic Lifting Influenced)
 - Generally higher frequency, low RPE, skill based work anyways
 - Follows charts of optimal sets, reps, number of lifts, intensities, etc.
 - Amount of work waves session to session, week to week
 - Organic recovery

Example

- Common for biggest squatters and deadlifters to only go heavy a few times per month
- Once per week split that progresses over a wave
 - 4 Week Pattern: Easy / Medium / Hard / Deload
 - Only 2 of 4 weeks are substantial
- Taken one step further: the Lilliebridge Method
 - Alternates heavy and light weeks
 - Each month, only 2 heavy squats, benches and deadlifts
 - Frequency can be increased by filling in gaps with easy work
 - Arbitrarily lower volume/intensity
 - Less taxing movements
 - Broad hypertrophy fluff work

Slow Gainers

- Possess traits that limit response to each set/rep
 - Less coordinated lifters
 - Less aggressive lifters
 - Smaller frame/lower body weight
 - Limited caloric intake
 - No Creatine
 - General genetic predisposition to limited growth

Slow Gainers

- Females
 - Less testosterone and smaller frames
 - Will tend towards requiring more heavy touches throughout the week
- Older Lifters
 - Neurological output reduced
 - Hormones not optimized for growth
 - Andy Baker analogy - "90% is taking out the trash"
- Don't Assume Status because you are older or a female
 - You are still on the hook for figuring out how YOU respond!

The Gift of the Slow Gainer

- Recovery tends to be less of an immediate threat to progress
 - More liberties can be taken with hard efforts, high training volumes and high frequencies
 - Growth can be more straightforward
 - But you have to be willing to WORK!

Programming for a Slow Gainer

- Frequency is the most powerful tool
 - Recovery is trickier with high frequency
 - BUT novices and slow gainers have a bigger margin for error here: PLENTY of time to figure it out
- Working Sets at RPE 8-9
 - Bias towards more working sets (4-6)
 - 10/10 AMRAPs can be done on the last set
- Deloads should be less frequent
 - Schedule based on NEED
 - Can lead to detraining if done too often

For 1-on-1 Coaching and Mentorship

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COMPLETELY PERSONALIZED

Every client fills out a thorough questionnaire and is given a program designed around their specific history, ability and goals.

CLOSE COMMUNICATION

Check-ins occur every week and questions are answered throughout the week as they arise. At no point will you be uncertain of your next move.

WORKOUTS UPDATED WEEKLY

Programs are written in advance so that they have specific direction but are given every week so they can be tweaked according to your needs. No cookie-cutter templates.



AMERICAS STRONGEST MAN 2021

ALEXANDER BROMLEY | CALIFORNIA

Alex Bromley has been competing in Strongman since 2006. His placings have earned him invites to America's Strongest Man and the Arnold Amateur World Championships along with a 5th place finish at World's Strongest Man 105kg in 2019.

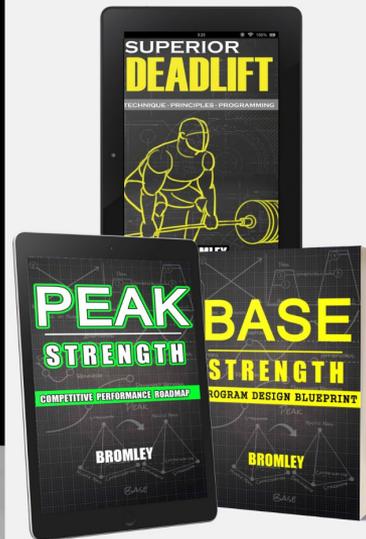
He now lives in San Antonio, Texas with his wife and works full-time as a writer and coach.

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