

Table. 2. Loading for power development in athletes of differing strength and power levels.

Athlete Category	Load Range for Peak Power Development	Resistance Training Recommendations
High Strength (RM) / High Power Output (W)	30-60% of 1RM	Periodised progression combining 1RM strength development methods & peak power development methods at 40-60% of 1RM.
High Strength (RM) / Low Power Output (W)	30-50% of 1RM	Larger focus on peak power development methods, focusing on shift in peak power(W) - force (kg) curve to higher % of RM.
Medium Strength (RM) / Low Power Output (W)	20-40% of 1RM	Larger focus on maximal strength development, combining power development methods at 20-40% of 1RM. Corresponding increase in loading for power development as maximal strength increases.
Low Strength (RM) Low Power Output (W)	15-30% of 1RM	Main focus on maximal strength development. Loading for power development increases as 1RM increases. Loading parameters for power at 10-30% of 1RM.