

Sets and Intensity: You Can Quote Me On That!

By Matt Brzycki



The coaching ranks are filled with colorful characters who often make equally colorful quotes. Here is a look at some things that have been said and written by wrestling coaches, strength coaches, athletes and researchers concerning the number of sets and level of intensity that they feel are needed in the weight room:

"We incorporate a one-set, high-intensity style of weight training. This simply means a person will perform the exercise a predicted number of repetitions until they can no longer lift or lower the weight in a controlled manner, while continually exerting maximum contraction. This is called working to failure or momentary muscular fatigue."

- Brad Andress
Strength and Conditioning Coach
Colorado Rockies

"Maximal effort is required to develop maximal results. Hard work should not be confused with more work. Truth be told, it does not take a maximal amount of work and/or time to develop maximal results. It does require maximal