



Success Through Failure

By Matt Brzycki

In the first week of January 1996, I was one of six panelists who had been invited to participate in a roundtable discussion during the National Strength and Conditioning Association's 1996 Strength and Conditioning Conference for Football that was held in New Orleans, Louisiana. Several topics were debated including the

notion of whether or not athletes should train to the point of muscular fatigue or "failure." Another of the panelists was Dr. Michael Stone who was, at the time, a researcher at Appalachian State University. During the roundtable discussion, Dr. Stone made this comment (or words to the effect): "Training your athletes to muscular failure is teaching them to fail." Does his

assertion have any factual basis?

THE OVERLOAD PRINCIPLE

The most important factor that determines your results from strength training is your genetic (or inherited) characteristics

November 15, 2004 - Wrestling U.S.A. Magazine