

Topic: Training to Failure

What: Maximum effort to momentary muscular failure

Why Not (Programming Context):

- Impacts recovery for future sessions
- Reduces total weekly volume capability
- May compromise subsequent workout quality

Why Not (Recovery Context):

- Extends necessary recovery time
- Increases risk of overtraining
- Depletes recovery resources needed for other sessions
- Could lead to injury if done excessively due to increased fatigue and not recovering from that built up fatigue.

Why Yes (Hypertrophy Context):

- Training to failure can lead to increased stimulus which can aid in muscle hypertrophy as stated by Dr. Ryan Zheng.

Topic: Going RPE 9+ too early in the block

What: Doing working sets of RPE 9+ before week 3 in a block

Why Not (Programming Context):

- Refer to Topic: Training to Failure

Topic: When is it okay to go RPE 8.5+

What: Where in the block should a lifter lift at an extremely high intensity of RPE 8.5+

Programming Principle: Towards the end of the block in weeks 3 and 4, we should be ramping our intensity close to 8.5.

Strength Principle: Under those intensities, we can peak our strength.