

# Discussion on Training Methods of Youth Weightlifting Strength Training

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**Abstract:** Abstract: Weightlifting is an important part of world sports competitions. For young lifters, you need to work on the strength of your lifts to further improve your level and ability. This article analyzes the principles of youth weightlifting strength training, and introduces how to carry out weightlifting training, hoping to help relevant personnel.

**Keywords:** Weightlifting strength training; Training method; Discussion

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Weightlifting is an important part of the sports world and has a long history. In weightlifting competitions, the weight of the barbell an athlete lifts is the main factor that determines the outcome. Therefore, weightlifting is a very demanding sport. Scientific weightlifting strength training methods can effectively improve the efficiency and quality of training. Therefore, when training athletes, coaches should clarify the principles of weightlifting training and use correct training methods to ensure the effectiveness and rationality of weightlifting training.

## 1. Explore weight training

From the evaluation criteria of weightlifting, it can be seen that although the weightlifting technique has a certain influence on the score, absolute strength is the foundation and the key. In powerlifting, a lack of strength can compensate for a lack of technique, but a lack of strength can reduce the likelihood of an athlete achieving good results. At the same time, the strength required for weightlifting is not purely natural, and is usually obtained through scientifically reasonable strength. Therefore, in order to ensure that athletes achieve better performance, it is important to adhere to the following principles in weight training:

First, specialized training. The so-called professional training means that the training process should be based on the specific requirements of weightlifting and the training of strength quality to ensure that the development of muscle strength is relevant and reasonable. In general, in weight training, the trainer should target the athlete's muscles with specific movement. It is also important to strengthen the weak muscles that are indirectly related to each other. It is also important to strengthen the weak muscles that are indirectly related to the strength training to ensure that the powerlifting exercises are consistent with the structure of the specific movements and to increase the effectiveness of the powerlifting exercises.<sup>[1]</sup>

Second, the principle of overload training. Generally speaking, overload training refers to increasing the weight during strength training to ensure the safety of the athlete, and gradually break through the limit, so that the athlete can obtain greater strength gains. At the same time, in the actual strength training process, coaches can increase the load by increasing the frequency of exercises to improve the overall level of athletes.

Third, the principle of balanced training. Weightlifting is a sport with many specific movements that require different levels of intensity in different parts of the body. Therefore, when designing and planning weightlifting training, coaches must increase the training of various muscle groups to ensure the balanced development of athletes. In the actual strength training process, if there is a lack of balance, the athlete may experience rapid growth in one part of the body, while other parts of the body may not keep up with the development, resulting in the athlete not being able to effectively improve their level and ability, which is not conducive to their own development and progress.

Fourth, the principle analysis of sequential practice. In the actual weightlifting training process, coaches should adhere to the order of weight from heavier to lighter to ensure that the athlete's absolute strength is improved first, and then consider combining exercises to transfer absolute strength to specific movements.

Fifth, the principle of purposeful training. In the process of weightlifting training, coaches should also strictly follow the principle of purposeful training. According to the external performance of strength, it can be divided into three different types: absolute strength,

explosive strength and endurance. Therefore, coaches should clarify the training purpose during training, and then choose scientific weight-bearing and intensity methods to ensure that the training effect of weightlifting can be effectively improved, thereby further improving the overall level and ability of athletes.

## **2. The method of weightlifting strength training**

### **2.1 Make reasonable arrangements for strength training intensity and time**

In the process of weightlifting strength training, it is necessary to improve the quality and efficiency of training as the main goal, and make reasonable arrangements for the strength and time of strength training, not only to ensure the balance and rationality of athletes' training, to improve the training effect, but also to prevent The training intensity and time are arbitrary, which leads to muscle strain in athletes. At the same time, in the process of designing the strength and strength of weightlifting, the coach should test the athletes' muscle endurance in the actual recovery force, and then arrange the training time in a targeted manner to improve the effectiveness of the training. Usually, the training intensity of the athlete is gradually increased with the training process, until the athlete's own weight is at the maximum. in terms of training schedules. Coaches can arrange for training three to four times a week, and at the same time apply the method of training every other day to ensure that the effect of weightlifting strength training can be effectively improved. After training, athletes must supplement enough protein and minerals, so that their muscles can adjust and recover in the shortest possible time.<sup>[2]</sup>

### **2.2 Strength training in a variety of ways**

First, the application of dynamic and static training methods. In the process of weightlifting strength training, the main purpose of dynamic training method is to increase the muscle fibers of athletes and ensure that the strength of athletes can be effectively improved until it reaches the maximum value. The application of static training method is mainly to clarify the training time, etc. When the load intensity is between 60% and 80%, the number of times of training is 7 to 9 times, which is very suitable. At the same time, the training interval should be set at five minutes, and as the training intensity continues to increase, the number of times will become less and less, and the interval will be shortened accordingly. Second, high-intensity and extreme number of training methods. Usually, the high-intensity training method is applied in the process of weightlifting strength training, which is mainly to continuously improve the athlete's own strength under the premise of clarifying the maximum strength of the athlete, thereby effectively improving the actual level of the athlete. For example: snatch intensity from low to high. For the extreme number of training method, it mainly increases the cross-sectional area of the athlete's muscle by increasing the training intensity and number of times, allowing the athlete to repeat the training frequency and intensity. Since the limit number training method has a certain pertinence, when applying this method, coaches should apply it appropriately according to the muscle condition and physical quality of the athletes to ensure that the effect and level of weightlifting strength training can be reasonably improved, to ensure that the weightlifting level of athletes can be further improved and its good development can be promoted.

### **2.3 Apply advanced equipment to improve the connection between strength training and recovery**

Under the new situation, with the development of the times and the progress of science and technology, sports technology has also been well developed. therefore. In the process of weightlifting strength training, there are more and more training equipment and equipment. Through the application of these equipment and equipment, the physical strength of athletes can be known at any time, and then the coach can establish the training status file of athletes according to the data to ensure that strength training can It has a certain pertinence to ensure that it can achieve the desired effect in a targeted state and improve the quality of weightlifting strength training.

For example, when carrying out weightlifting strength training, coaches can use equipment such as isokinetic trainers to track athletes' physical abilities and psychological responses in real time. In addition, during the training period, the coaches should formulate a scientific training plan according to the actual situation of the athletes, so as to ensure that the training at each stage has a strong coordination.

## **3. Conclusion**

For weightlifting, it has very high requirements on athlete's strength and explosiveness. Therefore, in the process of weightlifting training, coaches should increase the research on special technical work, master and understand the strength requirements of different weightlifting movements, and then use reasonable methods to carry out strength training according to the corresponding principles to ensure that It can effectively improve the effect of weightlifting training, thereby further improving the performance and level of athletes, and promoting their future development.

## **References:**

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