PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • POWER / EXPLOSIVE STRENGTH • ADULTS

Power: turn strength into speed

Power means producing force quickly, useful for accelerating, jumping and sport. Build it with strength and fast, skilful efforts. Aim for quality rather than exhaustion.

YOUR POWER TRAINING PLAN

01	**BUILD READINESS** **Control before speed**	Establish comfortable strength and movement first. Learn any jump, throw or fast lift with a qualified coach. Choose exercises matched to your ability, equipment and sport.
02	**TRAIN WHILE FRESH** **Warm up & prepare**	Use easy movement, dynamic mobility and progressively faster practice repetitions. Put technical power work before fatiguing conditioning, when you can move and land well.
03	**USE SHORT SETS** **Move with intent**	Perform a few crisp repetitions, such as a light medicine-ball throw or low jump. Rest between sets. End the set when speed, landing control or technique noticeably drops.
04	**PROGRESS CAREFULLY** **Build one demand**	Increase difficulty gradually through movement quality, speed, load or complexity. Keep regular strength training. High boxes, heavy jumps and complex lifts are not necessary starting points.

A COACHED STARTING EXAMPLE

After a warm-up, try 2 sets of 3 low jumps or 2 sets of 5 light medicine-ball throws. Rest fully between sets. Use a lower-impact option if jumping is unsuitable.

PLAN RECOVERY

Begin with a small amount of power work within your week. Allow 2-3 days between demanding jump sessions, adjusting for matches, running and other strength work.

TRAIN SMART / WHEN TO GET ADVICE

Keep the space safe: use a stable, non-slip surface and clear landing or throwing area. Get supervision for unfamiliar explosive lifts; never throw towards someone who is not ready.

Stop if quality falls: pain, unstable landings or slowing repetitions mean reduce the demand or finish. Do not use fatigue as the target for a speed or power session.

After an injury: follow return-to-sport criteria before explosive work. A sudden snap, severe pain or inability to bear weight needs urgent assessment. Chest pain or collapse: call 999.

INFORMED BY: ACSM: Goal-specific training • HPRC: Plyometrics • NSCA: Plyometric exercises

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

GET IN TOUCH

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Physiotherapy in Abingdon | Online support available