

## **Today's training comes from Ian King:**

King, I., 2005, Loading and age, 23 Nov 2005

### **Loading and Age**

The longer you've been lifting, the lower the average optimal rep will become for you. In your early years of training, an average of 8 reps may have given you the best results. A few years later, providing you're training in a manner that's causing physiological improvements, you may find 5 or 6 is the optimal average rep.

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