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Novice vs intermediate

As it stands today, this question is not appropriate for our Q&A format. If you think this issue can be improved and possibly reopened, visit the help center for guidance. I would like to create a list of terms, from beginner to expert, using as many terms as possible that represent different levels of experience. I built it myself: Novice rookie rookie beginner talented beginner experienced experienced experienced experienced experienced experienced experienced expert, which one do you think is the best list? Thank you! Hello everyone, I just joined the SUF after a long period off the bike due to loss of motivation and no mental staying power to continue pedaling. I got fat and lazy and it's time to get back on the horse. I spent the last few years with a trainer when I was riding, not to train for anything in particular, just for fun and when I was training, it was 6 to 12 hours of riding a week. My idea of fun then was to suffer and suffer alone on long journeys. I fly, fly out so my time at work to ride is a bit restrictive, but my time at home, I can walk whenever and as long as I want. I have a kickr in my room at work and one at home. I recently completed the 4D test and looking to complete the All Purpose training plan, but I'm not sure i should do the intermediate or beginner plan. I don't know which one to choose. Do I choose the plan with the hours I'm prepared to do or do I take the plan with the hours I've done in the last 2 months, which is zero? It wouldn't bother me if it was the same load I used to do, but I'm not sure if the different plans are just a difference in duration or a difficulty difference as I've experienced with a different training platform in the past. Thanks in advance and sorry if this question has been asked before. I tried to go through the forums, but I wasn't very lucky to find the answer I was looking for. Ken I would start with the beginner plan - it may seem a little (very) easy at first, but you have a chance to burn yourself up later if you start with the middleman. Even if, throughout the plan, you feel you may be able to do more, if you dwell on it. You have no reason to run the risk of overtraining/under-rest. Just my two cents. 3 likes Thanks Cyclopaat. It's changed and locked up now. 1 As another vote for what @Cyclopaat said as a plan. The additional benefits are quite varied. you'll get used to the way things work this way a little easier you get a mental impulse to be able to 'complete' things, which of how our minds work, sometimes it can be a good thing. You can always push it even further once you have a notion of how long the difference is taken Novice/intermediate/advanced plans is the number of training hours basically for you to be on site. it gives you the chance to explore the aspects of yoga/strength/mental training as well as possibly, so you'll be in a great place to choose and choose the next one. When of course you probably/possibly have done another 4DP test... and often this foreground gives things a boost -- partly because we get used to what hard means again after that while (happens to me every year), and simply your legs/lungs/heart etc will probably be conditioned again if you've had a break. Have a great plan... and pls ask if any questions throughout it 2 Like so and welcome to the SUF community @kennyv11 Ken! (you know you can never get out right?) 1 As so advice here, I would also recommend the beginner, as you have come from little or no training and it is important to establish a solid foundation, not only for your fitness cycle, but also with regard to adapting the training back to your schedule. You mentioned a previous lull in motivation, so it will be much better to make the beginner plan and feel on top of it than to go to middleman and feel like you're struggling. Another plan to consider is the 10-week Kick-Starter Fitness 1 as Hahaha. Thank you Sir_Martin. Looking forward to SUF and hope you can find love again for cycling. I'm looking forward to mental strength and yoga training as it wasn't something done in the past with my training. I guess I just took care of the mental side when things started to go wrong, it was already made a hole and it was too late. No fear of pain and looking forward to some gains. 1 As -- The following are general guidelines, not carved into stone rules. Are you a beginner, intermediate or advanced lifter? This is a commonly asked question. The reality is... if you have to ask, then there is a good chance you are a beginner lifter and should be using a beginner weightlifting routine. It doesn't matter how old you're working out. If you haven't added a lot of muscle mass and are relatively weak, you're a beginner. End of story. Keep in mind that this is not an insult, but rather a fair and honest assessment that is meant to help you choose a proper workout. Here are some general guidelines that can help you determine your elevation level. Rookie Lifter A rookie lifter is a beginner. Novices have no idea what most exercises are, and have a very bad form of exercise. They have no stability even in the most basic exercises. A beginner has never built any muscle or strength, and is usually quite no idea about how to train and eat. Home of the Lifter A beginner lifter has been in the gym for at least months and has had time to work in the form of exercises. They will no longer feel super unstable while under the bar in bench presses and squats, and have gained a basic understanding of what a weight for a given exercise. That doesn't mean they'll know their limits or maximums. Beginners and beginners should not test their maximum in any exercise. A beginner has not built any substantial amount of muscle or strength. They usually press less than 135 pounds, squat less than 185 pounds and lift 225 pounds less. A beginner can remain a beginner indefinitely. It doesn't matter how long you've been training if what you're doing isn't producing results. Experienced beginner An experienced beginner took time to practice and study the proper way in the main exercises, and is quite confident that his form is passable. They take the form of exercise properly, and no longer have major flaws, such as wearing squat socks or pressing bench with burned arms. While its shape is certainly not perfect, it is better than 95% of gym rats in any local gym. An experienced beginner has started to gain strength and is usually lifting about a 185-pound bench press, 225 pounds of squat and 275 pounds of deadlift. Early intermediate An early intermediate has noticed some increases in muscle size, and is making a consistent progression in the main lifts. They have achieved a good pace of training, and are beginning to learn which lifts are natural, and which lifts are more of a struggle. They are also beginning to feel weaknesses, and may be making small programming adjustments to deal with these weaknesses. Initial intermediates are usually ready for more aggressive workouts, such as training 4 days a week using top/bottom style divisions that are force-focused, or even 4 days of separation from bodybuilding style if they discover they are making quality muscle gains. Early intermediates with the main goal of muscle building who have not yet noticed any substantial muscle gains should continue to train 2-3 days a week using fullbody style workouts. At some point, as they accumulate more strength, they will notice their physicists beginning to flourish or fill. At this point, they may consider adding another day of training and changing approaches. An early middleman is usually bank pressing 225 pounds, crouching 275 pounds and deadlifting 315 pounds. Intermediate lifter An intermediate lifter took a good step. Strength gains remain consistent, and your physicists are filling our muscle mass well. They are eating properly, listening to their bodies and evolving their training, and constantly working to improve and master the way of lifting. Intermediate trainees can start focusing on slowly adding extra training volume. They may also require to deal with the stresses placed on their bodies by frequent heavy lifting sessions. An intermediate lifter is usually bank pressing 275 pounds, crouching 345 pounds and deadlifting 405 pounds. Experienced intermediate An experienced intermediate has reached 85 to 90% of your and muscle building potential. If they are training specifically for strength, they will be putting well in local powerlifting encounters. If they are training for muscle size, people will know they work out just by looking at them. Fellow gym rats will be asking for their magical secrets, and they may even be accused from time to time of taking performance-enhancing drugs by naïve lifters. An experienced intermediate lifter is able to train up to 4-5 times a week with a fair amount of volume. They require some form of periodization, unloading, or fatigue management with their schedule because of the weight they are moving in the gym. Experienced intermediate lifters know their main weaknesses and feel confident in putting together their own workouts, and with training adjustments. When they don't have the answers, they seek help from more experienced lifters. Experienced intermediate lifters are 5%, and can be considered the cream of the crop. They are the few guys in local gyms who are moving big irons and sporting big arms. They are driven, dedicated and make no excuses. They find a way to succeed despite the obstacles placed in their path. Progress has declined dramatically, and success is now seen as adding a few pounds of muscle a year, or adding 25 to 50 pounds to a large increase per year. An experienced intermediate lifter is usually bank pressing at least 315 pounds, crouching at least 415 pounds and deadlifting at least 500 pounds. Advanced Elevators Very few lifts reach the advanced stage. The advanced lifters faced very difficult challenges, and learned to overcome these challenges by trial and error. They know their bodies and limits well, and they are mentally tough. An advanced lifter is elite either near the elite level in powerlifting, or close to its potential for natural genetic muscle building if a bodybuilder. Bodybuilder.