# Appendix 1: The Tapering Practices of Strongman Athletes Survey

## An Invitation

### Hello Strongman Athletes!

### We invite you to take part in an exciting research project. The survey is called 'The Tapering Practices of Strongman Athletes'. You have been identified as a potential participant in this research because you are a strongman competitor, who competes in strongman competitions at regional, national or international levels. Only strongman competitors who meet these criteria are eligible to participate in this study.

### The purpose of this study is to help improve our understanding of the tapering practices employed by strongman athletes. The information will benefit strongman athletes in regard to improving our understanding and knowledge of tapering strategies used before competition. We would be very grateful if you could take the time to fill out this survey. Please know that your participation is entirely voluntary. We will seek to publish a summary of the findings of the study in a scientific journal, like the Journal of Strength and Conditioning Research. This research follows on from our published research on the sport of strongman: https://www.researchgate.net/profile/Paul\_Winwood The online survey will take approximately 10 to 20 minutes for you to complete. The questions give you the opportunity to elaborate on how you taper for a strongman competition or series of competitions. We would like you to answer as many questions as you can as your knowledge and experience in this field is important to us. Please refer to your training diary (if you use one) when answering the questions.

### You will complete the survey anonymously as only a participant number will be associated with your answers. The survey link will be active for a period of two months. During this time you are welcome to consider the invitation to take part in this research. By completing the questionnaire you have consented to participate in this research project. This also means that you have read and understood all the information contained in the participant information letter and have clarified any details prior to filling in the survey.

### The findings of the research will be made available once the report is complete on Research Gate. https://www.researchgate.net/profile/Paul\_Winwood. If you would like to know more about this research please contact: Paul Winwood, Toi Ohomai Institute of Technology, School of Applied Science, Tauranga, New Zealand, paul.winwood@toiohomai.ac.nz. This research is supported by the World Strongman Federation (WSF) (Research colleague and General Secretary of WSF; Vladislav Redjkin; wsfstrongman@hotmail.com) and the Strongman Corporation (SC) (CEO; Dione Wessels).

## Demographics & Background Information

#### 1) What is your gender?

( ) Male

( ) Female

**2) What is your age? (years)**

Answer Range: ( ) <18 to ( ) >65

**3) What is your height (cm)?**

Answer Range: ( ) <150 to ( ) >215

**4) What is your body mass (kg)?**

Answer Range: ( ) <50 to ( ) >215

**5) What is your country of origin?**

Answer Range: ( ) Afghanistan to ( ) Zimbabwe

**6) How many years of general resistance training experience do you have?**

Answer Range: ( ) 1 to ( ) >50

**7) How many years of strongman implement training experience do you have?**

Answer Range: ( ) 1 to ( ) >35

#### 8) How many years have you been competing in the sport of strongman?

( ) Never competed (Disqualified – End of survey)

( ) <1 to ( ) 35

#### 9) What is the highest level of strongman competition you have competed at?

( ) Local amateur

( ) Regional amateur championships

( ) National amateur championships

( ) Professional

( ) Worlds Strongest Man

#### 10) Are you self-coached or do you have a coach?

( ) Self-coached

( ) Have a coach

( ) Other - Please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Training Practices

#### 11) On average how many days per week do you train?

Answer range: ( ) 1 to ( ) 7

#### 12) On average how many cardiovascular conditioning training sessions (includes both aerobic and anaerobic conditioning) do you perform per week?

Answer range: ( ) 0 to ( ) >14

#### 13) On average how many resistance training sessions (includes both strongman and traditional training sessions) do you perform per week?

Answer range: ( ) 1 to ( ) >15

#### 14) On average how long are your training sessions (to the nearest 15 minutes)?

Answer range: ( ) 15 to ( ) >180

#### 15) On average what does your usual resistance training look like per week? Note: Strongman implement exercises are defined as exercises using any non-traditional training implements (e.g. stones, tires, etc.). Traditional exercises are standard exercises performed in the gym by regular weight trainers and strength athletes (e.g. squat, bench press, etc.).

( ) Mostly traditional training with 1 strongman implement training session

( ) Mostly traditional training with 2 strongman implement training sessions

( ) Mostly traditional training with 3 strongman implement training sessions

( ) Mostly combined strongman and traditional training in each session

( ) Mostly strongman training with 3 traditional training sessions

( ) Mostly strongman training with 2 traditional training sessions

( ) Mostly strongman training with 1 traditional training session

( ) Other - Please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 16) On average what does your cardiovascular training look like per week?

( ) I do not perform cardiovascular training

( ) Mostly aerobic training with 1 anaerobic training session

( ) Mostly aerobic training with 2 anaerobic training sessions

( ) Mostly aerobic training with 3 anaerobic training sessions

( ) Mostly combined aerobic and anaerobic training in each session

( ) Mostly anaerobic training with 3 aerobic training sessions

( ) Mostly anaerobic training with 2 aerobic training sessions

( ) Mostly anaerobic training with 1 aerobic training session

( ) Other - Please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Tapering

#### 17) Do you or have you ever used tapering when preparing for a strongman competition? If 'no' please state why you dont taper in the comments box.

( ) Yes

( ) No (End of survey for these respondednts)

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Tapering Practices

### 18) Please state the main reasons why you taper before a strongman competition.

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#### 19) How many days would you consider your usual ‘taper’ to be before a strongman competition? Please explain why it is this length in the comments box.

Answer range: ( ) <3 to ( ) >40

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 20) Which type of tapering do you use? Choose one of the answers below and please explain why you use that taper in the comments box. Note: The different types of tapering that have been described are: 1) The **step taper** involves a complete and immediate decrease in training volume (e.g. decreasing volume by 50% on the first day of the taper and maintaining this throughout the duration of the taper); 2) The **linear taper** involves a decrease in volume in a progressive linear fashion (i.e. 5% of initial values every workout); 3) The **exponential taper with a slow decay** (e.g. a slow exponential decay with a half-life of 6 days means that every 6 days training volume would be decreased by half); 4) The **exponential taper with a fast decay** (e.g. a fast exponential decay with a half-life of 3 days means that every 3 days training volume would be decreased by half).

( ) The step taper

( ) The linear taper

( ) The exponential taper with a slow decay

( ) The exponential taper with a fast decay

( ) Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 21) Do you always use a taper before strongman competitions? Please explain why (or why not) in the comments box.

( ) Yes

( ) No

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 22) How many weeks out from a strongman competition do you train with the highest volume? (i.e. sum of sets x reps x load)

Answer range: ( ) 1 to ( ) >21

#### 23) How many weeks out from a strongman competition do you normally train with the highest intensity? (i.e. highest load/degree of effort)

Answer range: ( ) 1 to ( ) >10

#### 24) What would be your estimated drop in your average training volume (as a percentage) during your taper?

Answer range: ( ) 10 to ( ) >90

( ) No change in training volume

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 25) How does your training intensity change during your taper? Please specify in the comments box how your typical loading would look and/or change during your taper.

( ) Increases

( ) Stays the same

( ) Decreases

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 26) How does your training frequency change during your taper? Please specify in the comments box how your training frequency would look and/or change during your taper.

( ) Increases

( ) Stays the same

( ) Decreases

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 27) How does your training duration (i.e. time per training session) change during your taper? Please specify in the comments box how your training duration looks and/or changes during the taper in the comments box.

( ) Increases

( ) Stays the same

( ) Decreases

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 28) How many days before a strongman competition do you cease to train?

Answer range: ( ) <1 to ( ) >15

#### 29) Please rank (from 1 being most often performed) what types of training do you do during your taper? Please only rank those that apply to you.

\_\_\_\_\_\_\_\_Muscular hypertrophy

\_\_\_\_\_\_\_\_Muscular strength

\_\_\_\_\_\_\_\_Muscular power

\_\_\_\_\_\_\_\_Aerobic conditioning

\_\_\_\_\_\_\_\_Anaerobic conditioning

\_\_\_\_\_\_\_\_Muscular endurance

\_\_\_\_\_\_\_\_Other - Please specify in comments box

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 30) Does the percentage and type of resistance training you do (e.g. % traditional type training and % strongman implement training) change in your taper? Please explain how it does change (if it does) in the comments box. Note: Strongman implement exercises are defined as exercises using any non-traditional training implements (e.g. stones, tires, etc.). Traditional exercises are standard exercises performed in the gym by regular weight trainers and strength athletes (e.g. squat, bench press, etc.).

( ) Yes

( ) No

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 31) Powerlifters have stated that some traditional lifts take longer to recover from than others, however nothing is documented about strongman exercises. Could you please choose FIVE of your core strongman exercises and the corresponding days out from competition you would last perform the exercise and what loads you would use?

|  |  |  |
| --- | --- | --- |
| **Strongman Exercise**  ( ) Farmers walk  ( ) Log lift/press  ( ) Sled/truck pull  ( ) Yoke walk  ( ) Stone lifts/work  ( ) Axle lift/press  ( ) Tyre Flip | **+ Last performed before competition**  ( ) 1 to ( ) >21 | **+ Loads Used (as a % of 1RM)**  ( ) <40 to ( ) 100 |
| **Above Repeated 3x**  **Then two open boxes (instead of dropdown).** | **Above Repeated 5x** | **Above Repeated 5x** |

**Is there anything else you would like to add?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 32) Could you please choose FIVE of your core traditional exercises and the corresponding days out from competition you would last perform the exercise and what loads you would use? These questions will give us insight into exercise programming during the taper.

|  |  |  |
| --- | --- | --- |
| **Traditional Exercise**  ( ) Bench press  ( ) Squat  ( ) Deadlift  ( ) Rows  ( ) Olympic lifts  ( ) Overhead presses  ( ) Assistance exercises | **+ Last performed before competition**  ( ) 1 to ( ) >21 | **+ Loads Used (as a % of 1RM)**  ( ) <40 to ( ) 100 |
| **Above Repeated 3x**  **Then two open boxes (instead of dropdown).** | **Above Repeated 5x** | **Above Repeated 5x** |

**Is there anything else you would like to add?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 33) What other types of changes are made in terms of exercises being removed from your programme i.e. assistance exercises (when do these stop, and what do you keep)?

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#### 34) How many days out before an important strongman event do you usually perform your final training session (at any weight)? Please explain why (and what loads are generally used) in the comments box.  Answer range: ( ) 1 to ( ) >14

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 35) How many days before an important strongman event do you usually perform your final heavy training session (>85% 1RM)? Please state why (and what loads are used) in the comments box.

Answer range: ( ) 1 to ( ) >14

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### 36) From the list below please choose other strategies that you use during the taper. If you would like to elaborate on any of your answers please do so in the comments box.

[ ] Nutritional changes

[ ] Foam rolling

[ ] Static Stretching

[ ] Massage

[ ] Other - Please specify (x3): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 37) When tapering has not worked, what went wrong and why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### 38) Is there any other information on your tapering practices that you haven’t covered that you would like to add?

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## Thank You!

### Thank you for taking our survey. Your response is very important to us.