

Chart of Interference

| | Skill | Rehab | Speed | Power | Strong | Hypertrophy | Anaerobic Endurance | Aerobic Endurance | Long Duration Endurance |
|-------------------------|-------|-------|-------|-------|--------|-------------|---------------------|-------------------|-------------------------|
| Skill | - | ✓✓ | ✓ | ✓ | ✓ | - | ✓✓ | ✓✓ | ✓✓ |
| Rehab | ✓✓ | - | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Speed | X | X | - | ✓✓ | ✓✓ | X | ✓✓ | ✓✓ | ✓ |
| Power | X | X | ✓✓ | - | ✓✓ | X | ✓✓ | ✓✓ | ✓✓ |
| Strong | ✓ | ✓ | ✓ | ✓✓ | - | ✓ | ✓✓ | ✓✓ | ✓✓ |
| Hypertrophy | ✓ | ✓ | X | ✓ | ✓✓ | - | X | XX | XX |
| Anaerobic Endurance | ✓ | ✓ | X | X | X | ✓ | - | ✓✓ | ✓✓ |
| Aerobic Endurance | ✓ | ✓ | X | X | XX | XX | ✓✓ | - | ✓✓ |
| Long Duration Endurance | ✓ | ✓ | XX | XX | XX | XX | ✓ | ✓✓ | - |

When selecting fitness goals, some can be complementary to one another, while others can interfere with one another. Above is a chart that shows which adaptations have complimentary effects (✓ or ✓✓), which have interference effects (X or XX), and which have little to no effect on one another (-).