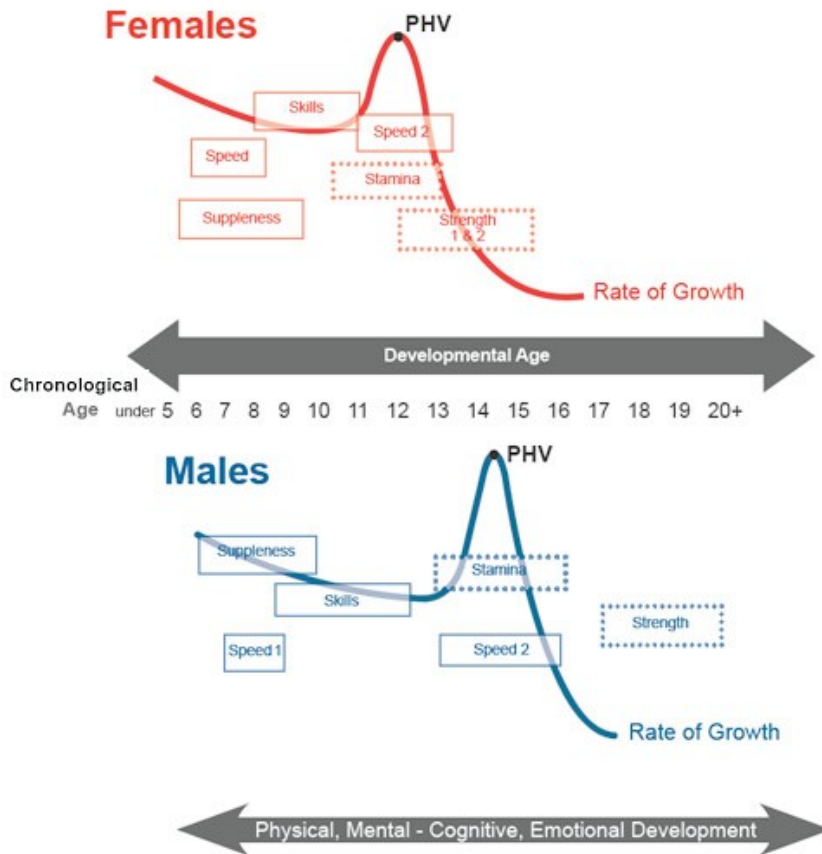


# Peak Height Velocity



**Peak Height Velocity** is the period where maximum rate of growth occurs. It is the onset of PHV that is the best determiner of when to increase the training focus on aerobic and strength development.

Females should begin strength training immediately after PHV, while males should begin strength training 12-18 months after PHV.

Click [HERE](#) to for a tool on predicting your Peak Height Velocity.