

Proper balance of training and recovery critical for success

Goals are established, workout and nutrition programs are designed, and motivation is at its peak. Whenever these factors are in place we would expect to obtain great results from our training but too often results fall short of expectations due to an inadequate recovery strategy.

The early indications of inadequate recovery are over-reaching and/or over training. Over reaching can be defined as an accumulation of training and/or non-training stress resulting in a short term decrease in performance. Over-training is a more acute accumulation of the same factors resulting in a long-term decrease of performance.

We can avoid these realities by using sufficient time and resources to achieve full adaptation between training sessions and by not increasing our levels of stress too rapidly. The most frequent error I witness with highly motivated performers is the attitude of mind over matter when trying overcome a long standing lack of improvement. It is at this time that the following formula must be understood and utilized. Training + Recovery = Improvement.

Here are some rules for implementing the T-R-I principal:

Remember that more is not always better: Real life training for real life people is seldom like a “Rocky” movie or TV's “Biggest Loser”.

Factor in all types of stress: Include environmental, social, psychological, physiological, chemical, and injury.

Add training stress gradually: Too little is better than too much especially if overdoing results in injury.

Do not be afraid of taking time off: Time off from your primary training program now may help prevent over reaching from becoming over training and injury. This is easier to endure if you schedule “active rest” in the form of an alternate sport or activity.

Budget your time: Try to consistently schedule on a day to day basis the timing of your training periods, nutritional intake, sleep, and other regenerative aspects.

Know where you have been in order to know where you are at: Have some kind of written record of your training don't trust your memory or anyone else's.

Directing as much attention and motivation towards your recovery as your training can take you past your previous limits but it may take as much discipline as that required in any aspect of your training.

Steve Howard is the owner operator of Steve Howard Fitness, located in Rapid City. Website at www.stevhowardfitness.com