

PCST Stroke Clinic Spring 2007 (Day Four)

Work Based Training

- It's a very simple philosophy. The more often and harder you train, the more you improve.
- While it is important to train at your fullest capacity, this is not an ideal situation because it does not allow the body and mind time to adapt to the higher and more intense training levels.
- More work is not always the answer.
- This type of training can often lead to overtraining, which can negate months of hard work and cause burnout. This is why it is important to follow planned training cycles with recovery sessions included as opposed to random "train as hard as you can all the time" training.

Residual Fatigue

- Inhibits your ability to receive the maximal benefits from the designed training cycle. This comes when a coach does not allow ample time to recover between intense sessions that work similar energy zones.
- Part of the recovery process is planned in the training cycle, but the rest is up to you to achieve on your own. You need to allow time to recover physically and mentally!

Recover Based Training

- Basing an athlete's training cycle around their ability to recover.
- It is designed to improve performance, decrease injury rate and prevent burnout or overtraining.
- To achieve peak physical and psychological performances, one must go through a series of adaptations to the heavy workloads that come from increased work volumes and intensity.
- These adaptations help one cope mentally and physically with the increase in stress that comes from vigorous training.
- Recovery: helps the mental and physical state of a person that has been stressed during training
- Restoration: returning the physiological markers back to their normal levels
- Regeneration: recovery of psychological traits associated with mood states
- Rehabilitation: recovery from injury, illness or overtraining
 - Some of the feelings one gets from overtraining can be experienced following heavy and intense workouts even though the state of overtraining has not been reached.

Periodization

- Breaking down a training season into units or cycles. Each cycle has a different goal and should include recovery. (This is why daily attendance is important. Without it you will not get the full benefit of the designed cycle).
- Endurance workouts- Athletes should try and relax while performing perfect rhythm and technique. Athletes need between 48-72 hours between long endurance sessions to recover as well as an active recovery session immediately following the session to enhance endurance adaptations.
- Speed Development workouts- While working on speed, athletes still need to learn to relax and focus on technique while competing at or above maximum speed. Speed development workouts should be completed while an athlete is not fatigued and is motivated. It takes between 48-72 hours to recover from speed development and neural stimulation.

Recovery Methods

- Work/rest ratios (light active recovery)
- Proper nutrition
- Rest and a regular sleeping pattern
- Physical therapy (including massages)
- Psycho-regulatory training
 - Relaxation techniques

- Breathing exercises
- Mental Imagery
- Musical and light influences
- Flotation
- Progressive Muscle Relaxation