



Racewalking advice Bulletin board

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Recovery and Training Diaries

When training, one of the most important aspects that is overlooked is:

RECOVERY.

Training is designed to improve your performances, however, tiredness will send you in the opposite direction. So what must you do?

How to Overtrain?

Do not overtrain. This is quite easy to do. If you follow the instructions below you are doing the **WRONG** thing and will **OVERTRAIN**.

1. No rest days
2. No regeneration week every 3-4 weeks
3. Monotonous (same) training programmes
4. More than 3 hours training a day, especially if you do physical work
5. More than 30% training load increase in a week.
6. No alternation of hard/easy days.

This will lead to overtraining, overuse injuries and illness. So what is recovery?

Recovery?

Recovery is a well-planned activity that matches the situational needs of an athlete in rest and results in regaining an optimal performance state.

An athlete experiences stress in physical, mental and emotional forms, and different recovery strategies are needed to address each of these areas. However, you must be self-aware to pinpoint the real source of the stress.

What should you do once you have identified the stressor?

Recovery Strategies

Physical Recovery strategies

- Light aerobic activity- less than 50% of VO₂ max
- Stretching
- Massage
- Contrast showers- alternating 30 seconds hot with 30 seconds cold for 4 minutes
- Sleeping or lying down still
- Cold/ice baths- up to 5 minutes (this does not suit everybody)
- Food

- Hydration- drink plenty of water
- Spa baths

Emotional Recovery strategies

- Spend quality time with close friends and family
- Make sure you have a support network in place to provide financial, emotional and practical help
- Spend time away from the sporting environment- eg pursuing another hobby such as shopping
- Spend some time with team mates outside the sporting environment
- Spend some time on your own for reflection.

Athletes need to know what works best, try the above and do what works!

Reference: Peak Performance Issue 218, p5-7

Training Diaries - Why use them?

So you can keep track of what you are doing in training, keep a training diary. This way you can check your mileage, your race performances, your total training and what you have done in the past to recover!

Here are some examples:

Training Diary 1

Date	Distance Covered	Time Taken	Type of Training	Commentary on how I felt.
Sunday 21 st Oct	6km	33.25	Racewalking	Moved well, fast at the end
Monday 18 th November	30 laps	16.30	Swimming at Windy Hill	Struggled, did not get into a rhythm

Training Diary 2

Date	Course	Distance	Time	Comment
Mon 2 nd Feb	Around the Lake	4km	21.03	Moving very well. Pushed hard
Fri 13 th Feb	Massage		1 hour	I needed that!

Race Diary

Date	Venue	Type	Distance	Time	Place	kms	Comment
1/01/2007	Kilcunda	Fun run	7.5km	52.40	1		Pushed hard moved well, no one caught me
6/01/2007	Coburg	Premier League	3km	14.05	5	4.28, 4.45, 4.51	Worst conditions ever, hot and very windy

Go ahead, record your sessions.