

Focus on Athletic Performance
Regeneration

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Athletes' Performance Mission

To provide the finest performance methods, specialists, and facilities seamlessly integrated to efficiently and ethically enhance our athletes' performance.

Athletes' Performance Goals

THE WILL TO PREPARE

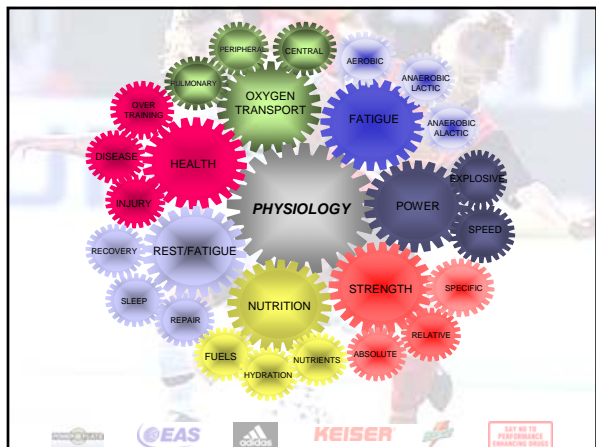
INCREASE PERFORMANCE BY
CAREER PRODUCTIVITY

INCREASE ACHIEVEMENT BY
CAREER LONGEVITY

MOTIVATION THROUGH EDUCATION BY
STRATEGIES FOR SUCCESS

WORK YOUR STRATEGY BY
ATTAIN YOUR GOALS

Relationships & Results 05.09



Work + Rest

work [wɜːk]

- 1: activity in which one exerts strength or faculties to do or perform something;
 - a: sustained physical or mental effort to overcome obstacles and achieve an objective or result
 - b: the labor, task, or duty that is one's accustomed means of livelihood

rest [rest]

- 1: REPOSE; SLEEP; specifically: a bodily state characterized by normal functional and metabolic activities
- 2: a: freedom from activity or labor
- b: a state of motionlessness or inactivity

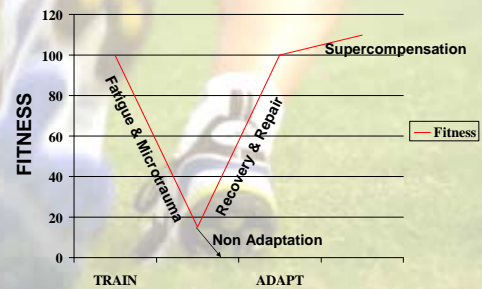
Recovery and Regeneration

Training + Recovery =
Adaptation / Goals / Success

- Many available means to aid / enhance recovery / regeneration from training / competition.



Adaptation to Training



Definitions

- **Over-reaching:** An accumulation of training &/or non-training stress resulting in a *short-term* decrease in performance.
- **Over-training:** An accumulation of training &/or non-training stress resulting in a *long-term* decrease in performance.



Stress

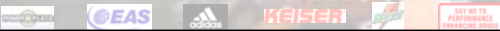
- **Environmental**
 - Temperature, Humidity, Altitude, Terrain, Pollution
- **Psychological/Social**
 - Family Problems, Personality Conflicts, Boredom, Psyching Up Too Frequently, Pressure to Perform
- **Physiological/Biochemical**
 - Sleep Disorders, Nutritional Status, Prescription or Recreational Drugs, Nutritional Supplements
- **Anatomical/Structural**
 - Injury, Overuse, Poor Exercise Technique, Poor Biomechanics, Surgery



Over-Training

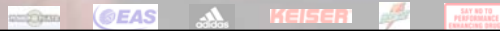
Possible Causes of Over-training

- Incomplete/under-recovery
- Continuous non-progressive increases in training
- Monotonous training
- Continuous failure in training or competition
- Lifestyle
- Inadequate nutritional support



Definitions

- **Recovery (Restoration):** Activities or supplements to help the athlete physically or psychologically overcome the stress of hard training/competition.
- **Regeneration:** An actual planned training unit to help the body recover from heavy training.



Recovery Methods

Accelerating Training Adaptations By:

- Providing Building Blocks
 - Nutrition
 - Sleep, Rest
- Restoring & Maintaining Structure
 - Tissue Length/Tissue Quality
 - Stretching, Physical Therapy, Chiropractic, Massage
- Increasing Blood Flow
 - Active Recovery
 - Hydro-Therapy
 - Massage
- Replenishing Psychological Resources
 - Complete Rest
 - Relaxation/Stress Reduction
 - Lifestyle





Providing Building Blocks Nutrition

- Post-Workout Nutrition
- Hydration
- Alcohol Consumption

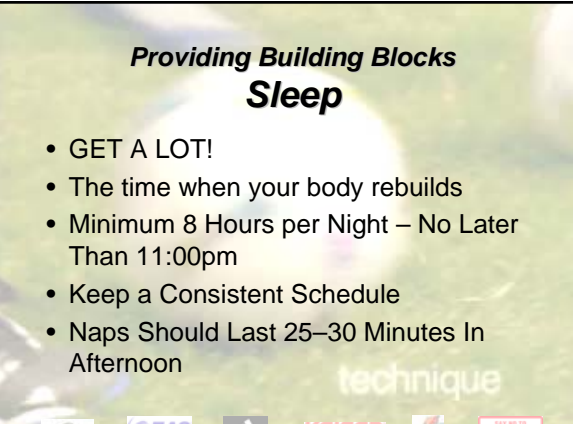






Providing Building Blocks Sleep

- GET A LOT!
- The time when your body rebuilds
- Minimum 8 Hours per Night – No Later Than 11:00pm
- Keep a Consistent Schedule
- Naps Should Last 25–30 Minutes In Afternoon


technique









- Improve overall health
- Increase your energy level
- Improve mental alertness
- Improve physical performance
- Slow the aging process
- Help prevent obesity
- Reduce risk of premature death







EXXON VALDEZ



CHERNOBYL




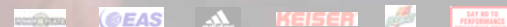
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Restoring & Maintaining Structure Stretching

- Lengthen Tight Muscles
- Aids Alignment
- Increases Efficiency
- Types
 - Mobility / Dynamic / Ballistic (Movement Prep)
 - Pre-Workout
 - Active / Isolated
 - Pre-/Post-Workout
 - Contract / Relax
 - Pre-/Post-Workout
 - Static
 - Regeneration Days





Restoring & Maintaining Structure
Increasing Blood Flow
Massage

- Increase Blood and Lymphatic Flow
- Flush/General Relaxation
- Release Tight Tissue/Structural

Logos: EAS, adidas, KEISER, GET NO TO PERFORMANCE ENHANCING TOOLS

Restoring & Maintaining Structure
Massage

Self	Therapist
– Massage Stick	– Deep
– Foam Roll	– Tissue/Neuromuscular
– Tennis/Golf Balls	– Myofascial Release
– Medicine Ball	– Trigger Point
– Your Own Hands	– Accupressure
– Hydro Therapy Jets	– Superficial / Flush

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Increasing Blood Flow
Active Recovery

Post-Training, Regeneration Days, “Non-Training” Days, Post Season

- Light, low impact exercise
- Pool
 - Mobility, Light Movement
 - Decreases Joint Compressive Forces
 - Pumping / Flushing Effect of Hydrostatic Pressure
- Games Not Related to Your Sport
- Aerobic Activities

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Increasing Blood Flow
Hydro-Therapy

performance

- Ice / Cold Plunge
- Hot / Cold Contrast
- Bath, Shower, Whirlpool
- Sauna, Steam
- Mineral Salt Bath

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Replenishing Psychological Resources
Relaxation/Stress Reduction

- Sports Psychology
 - Progressive Muscle Relaxation
 - Visualization
- Music, Lighting, Aroma Therapy
- Breathing Techniques, Meditation
- Time Management
- Vacation

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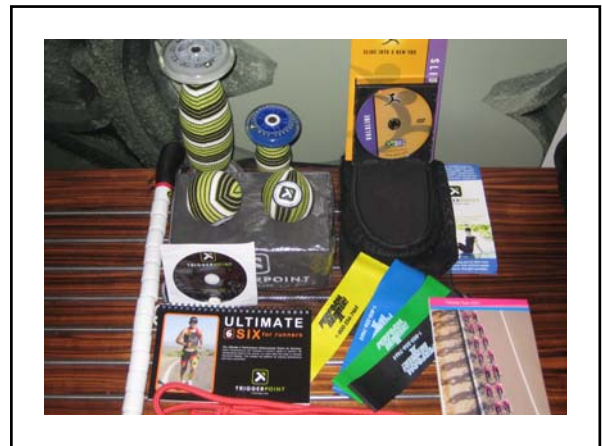
Replenishing Psychological Resources
Lifestyle

- **Create the Athlete Support System**
 - Family
 - Friends
- **Avoid:**
 - Smoking
 - Recreational Drugs
 - Poor Nutrition
 - Late Nights
 - Negative Attitudes
 - Poor Relationships
- **Stress is cumulative!**

Logos: EAS, adidas, KEISER, GET NO TO PERFORMANCE ENHANCING TOOLS


Session Planning

- Daily Record Sheet
- Technology
 - Future???
 - Omegawave
- Pre-workout supplementation
- Movement Preparation
- Training
- Post-workout supplementation
- Self-massage (session specific)
- Self-AIS (session specific)
- Hydro Therapy

SOME MORE QUESTIONS?

- How would you define recovery?
- How would you know if you were overreaching?
- How do you currently recover?
- Who plans for your recovery?
- Do you oscillate or do you wait until you crash?





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