TRAINING YOU TO TRAIN BETTER

Overtraining, Undertraining & How to train when you’re injured
OVERTRAINING

• **What is it?**
  • Overtraining without appropriate rest can cause – central fatigue, depression, neurohormonal changes and systematic inflammation
  • ~ 30% of adolescent athletes
  • Past terminology:
    • Burnout
    • Staleness
    • Underrecovery
    • Training Stress Syndrome
  • More common in distance athletes
OVERTRAINING PREVENTION

- Be aware of overtraining
- Cross-train
- Take time to rest in off-season
- Check on teammates and training partners
- Make connections between injury & training
UNDERTRAINING

• Returning to high intensity practices and training following several months of rest
• Can lead to illnesses, overuse injuries and acute injuries
• Best way to begin the season is to come in prepared from offseason training – but BEWARE OF OVERTRAINING!
Warming up and Stretching
What does your club do for warm ups?

- What are your goals for pregame warm ups and/or stretching? (Injury prevention? Increased mobility? Preparing muscles for activity?)
- When does warm-ups/stretching start prior to games and/or practices
- Are they done as a team? Individually?
- How long does it last?
- Are there changes you think your team/club could make that would better prepare you for competition/practice?
TYPES OF STRETCHING & WARM UP

- **Static Stretching**
  - Holding a muscle or joint at an uncomfortable fixed position near the end-range of motion for ~ 20–30 seconds
  - Stretching prior to activity has been, for years, assumed by coaches, athletes and health officials to aid in preventing muscle injury
  - Recent research suggests no injury prevention with possible hindrance of performance when stretching prior to activity
DYNAMIC WARM UP

• Briefly pushing muscles/joints towards their end range-of-motion during a series of movement drills performed from low to moderate intensity
• Enables circulatory system to push extra blood to working muscles for a steadily pace warm-up of soft tissues
• Research suggests this CAN prevent injury AND improvements in performance (agility and strength)
DYNAMIC WARM UP EXAMPLES

> Should generally last at least 7-10 minutes

> Easy low-intensity exercises should lead into moderate-high intensity

> Should be enough to cause athlete to begin to sweat

> Examples: lunges, toe touches, skips, carioca

> Visit: https://recwell.wisc.edu/athletictraining/
RECOMMENDATIONS

Dynamic Warmup
  Time – 10-15 minutes
  Routine - often sport specific
  • Goals
    • Warm-up muscles
    • Improve Mobility
    • Prevent Injury
    • Improve Performance

Static Stretching
  Can be beneficial to improve Mobility when performed following practice
  and competition
  Never Stretch Cold Muscles!
Cross-training when injured
GOALS: LOWER EXTREMITY INJURY

- Maintain or improve Cardiovascular fitness
- Maintain or improve strength
- Keep exercises interesting and challenging
- Allow sport specific training as injury tolerates
HIIT TRAINING: LOWER EXTREMITY INJURY

• Interval training at a high intensity 70-90% maximum heartrate for an extended period of time (45-60 mins) with minimal rest
• Combine 3-5 circuits lasting around 10-20 min with minimal rest. Design with medical advisor to avoid exercises that will exacerbate injury
HIIT TRAINING: LOWER EXTREMITY INJURY

- Push-ups
- Crunches
- Shoulder press
- Bent-over rows
- Planks
- Standing punches w/dumbbell
CARDIO: LOWER EXTREMITY INJURY

- Upper Body Ergometer (UBE)
- Swimming – Laps, treading water, underwater running

The Nick will have a shallow pool that we hope to be using in Fall 2020 for Aquatic therapy
GOALS: UPPER EXTREMITY INJURY

• Maintain or improve Cardiovascular fitness
• Maintain or improve strength
• Keep exercises interesting and challenging
• Allow sport specific training as injury tolerates
HIIT TRAINING: UPPER EXTREMITY INJURY

- Squats: variation
- Lunge: variations
- High knees
- RDLs
- Band work
- Core exercises
CARDIO: UPPER EXTREMITY INJURY

- Stair Stepper
- Bike circuit
- Elliptical
- Swimming? Treading water
- Running?
QUESTIONS?
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