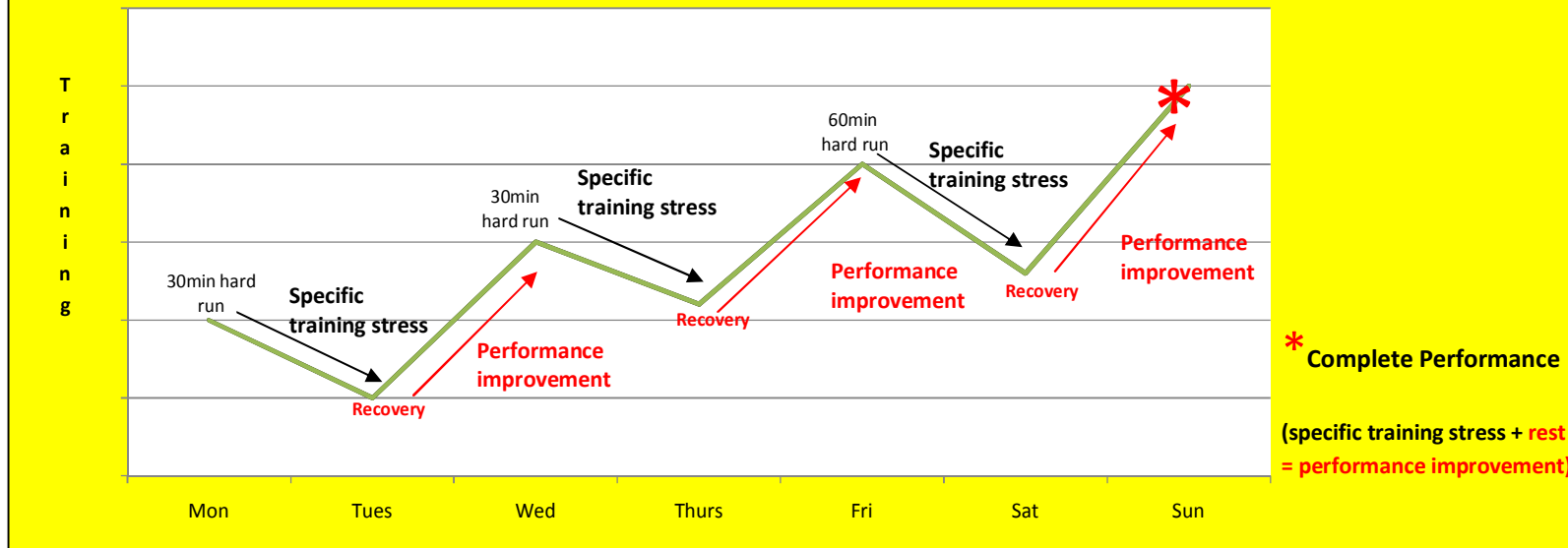


## Specific training stress + recovery = performance improvement



Below are factors that affect specific training stress and your ability to recover properly.

<p><b>Specific training stress</b></p> <ul style="list-style-type: none"> <li>• Intensity – The harder you go the more stress you body will need to recover from e.g. a 20km cycling time trial vs a 20km easy ride with friends.</li> <li>• Duration - The longer the session the more stress endured</li> <li>• Type of exercise e.g. running is more stressful than cycling</li> </ul>	<p><b>Recovery</b></p> <ul style="list-style-type: none"> <li>• Good nutrition &amp; hydration</li> <li>• Good amount of sleep</li> <li>• Life stress e.g. work, family relationships</li> <li>• Ice baths, compression, massage</li> </ul> <p><b>NB – it is when we recover properly that our body is able to adapt from the training stress (exercise) and become fitter than we were before.</b></p>	<p>Possible outcomes from insufficient recovery:</p> <ul style="list-style-type: none"> <li>• Injury</li> <li>• Sickness</li> <li>• Decreased performance</li> <li>• Loss of motivation</li> </ul> <p>Getting the balance right, between training and recovery will lead to your <b>Complete Performance!</b></p>
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