

# HEALTHY STRESS + REST = SUCCESS

STRESS	RECOVERY	ADAPTATION
<p><b>Definition:</b> Stress is the level of physiological tension in your body in response to physical or mental demands.</p> <p><b>Prolonged and uncontrolled stress is a cause of excessive fatigue.</b> Both physical and mental pressures contribute to your overall stress level. It is important to distinguish between temporary fatigue caused by a hard workout and the physical stress of chronic fatigue caused by overtraining.</p> <p><b>What causes excessive stress?</b></p> <ol style="list-style-type: none"> <li>1. Excessive physical and mental stress (activity)</li> <li>2. Insufficient recovery</li> <li>3. Unbalanced and/or irregular meals</li> <li>4. Imbalance between work and rest</li> <li>5. Poor environmental conditions</li> </ol> <p><b>Risk of excessive stress:</b></p> <ol style="list-style-type: none"> <li>1. Reducing the body's reserves of adaptation</li> <li>2. Losing control of the training effect</li> <li>3. Reduced athletic performance</li> <li>4. The emergence of chronic stress</li> <li>5. Occurrence of overtraining</li> <li>6. The occurrence of diseases</li> </ol>	<p><b>Definition:</b> How you recover reflects your body's ability to maintain balance. An optimal level of health is needed to ensure effective recovery.</p> <p>Recovery patterns show the variability in your parasympathetic state, or your body's ability to recover from exercise. When your Daily Readiness Monitor Totals are <i>within</i> the <b>green</b> zone, your body has recovered from previous exercises.</p> <p>If your Daily Readiness Monitor Totals are <i>within</i> the <b>green</b> zone, your parasympathetic is active, i.e. your body is in recovery mode. If your Daily Readiness Monitor Totals are <i>outside</i> the <b>green</b> zone, your sympathetic nervous system is still active. This means that your body is in fight-or-flight mode and this blocks the body's natural recovery mechanisms.</p> <p><b>Probable causes for abnormal Daily Readiness Monitor Totals:</b></p> <ol style="list-style-type: none"> <li>1. Strenuous physical and/or mental stress</li> <li>2. Imbalance between work/rest ratios</li> <li>3. Diseases and intoxication</li> <li>4. Unbalanced and/or irregular meals</li> <li>5. Insufficient recovery</li> </ol>	<p><b>Definition:</b> It is a measure of the body's ability to adapt to physical exercise and your environment's external influences. Adaptation reserves are your cardiac system and your body's ability to adapt to physical exercise. Reduced reserves are often linked to chronic physical or mental stress, a state of fatigue or overtraining, inadequate recovery, chronic diseases, and unbalanced or irregular meals.</p> <p><b>Probable causes for reduced reserves:</b></p> <ol style="list-style-type: none"> <li>1. Chronic physical, mental or emotional stress</li> <li>2. Chronic training over-strain, fatigue/overtraining.</li> <li>3. Inadequate recovery</li> <li>4. Chronic diseases</li> <li>5. Unbalanced and/or irregular meals</li> </ol> <p><b>Risks of long-term low reserves:</b> The long-term high Daily Readiness Monitor Totals indicate the presence of chronic stress and chronic over-training, and also increase the risk of:</p> <ol style="list-style-type: none"> <li>1. Sub-optimal performance</li> <li>2. Likelihood of injury</li> <li>3. Likelihood of disease</li> </ol>

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<p><b>What reduces excessive stress?</b></p> <ol style="list-style-type: none"> <li>1. Individualization and optimization of physical and mental exertion</li> <li>2. Individualization and optimization of recovery process</li> <li>3. Balanced and regular meals</li> <li>4. Balanced work and rest</li> <li>5. Improving the environmental situation</li> </ol> <p><b>The benefits of managing stress:</b></p> <ol style="list-style-type: none"> <li>1. Control of the training process (over the training effect)</li> <li>2. Increased efficiency (result)</li> <li>3. Reduced likelihood of overtraining</li> <li>4. Reduced risk of illness and injury</li> </ol>	<p><b>The risks of long-term totals above the norm Increase the likelihood of:</b></p> <ol style="list-style-type: none"> <li>1. Disease</li> <li>2. Overtraining</li> <li>3. Injury</li> <li>4. Poor performance</li> <li>5. Inefficient recovery</li> </ol> <p><b>What brings it back to the norm?</b></p> <ol style="list-style-type: none"> <li>1. Optimized aerobic exercise</li> <li>2. Individualization and optimization of recovery</li> <li>3. Balanced and regular meals</li> <li>4. Balance between work and rest</li> </ol> <p><b>The risks of long-term totals above the norm Increase the likelihood of:</b></p> <ol style="list-style-type: none"> <li>1. Injury</li> <li>2. Poor performance</li> <li>3. The occurrence of arrhythmias</li> </ol> <p><b>Positive effects of optimal Daily Readiness Monitor Totals:</b></p> <ol style="list-style-type: none"> <li>1. Increasing the speed of the recovery processes</li> <li>2. Increase work capacity</li> <li>3. Contributing to normal balance between excitation and inhibition in the nervous system</li> <li>4. Can reduce the likelihood of excessive stress</li> <li>5. Can reduce the risk of illness and injury</li> </ol>	<p><b>What increases reserves?</b></p> <ol style="list-style-type: none"> <li>1. Optimal physical, mental/emotional stress</li> <li>2. Optimum/individualized training load and controlled fatigue</li> <li>3. Adequate recovery</li> <li>4. The absence of disease</li> <li>5. Balanced and regular meals</li> </ol> <p><b>Positive effects of increased reserves over time:</b></p> <ol style="list-style-type: none"> <li>1. Increased ability to tolerate physical, psychological, mental, emotional stress (stress transfer)</li> <li>2. Increased ability to tolerate high training load, reduced risk of overtraining, and exhaustion</li> <li>3. Increased probability of success in competitions</li> <li>4. Reduced likelihood of injury</li> <li>5. Decreased likelihood of disease</li> </ol>