

Newsletter

Issue 1, 2019

Training Load Getting it Right

By Brent Kirkbride

What is "Training Load"?

Training load is simply the amount of work (time or distance) multiplied by the intensity of work (effort level). Rapid rises or excessive amounts of training are primary factors in sport related injuries.

In elite sport there are many systems that stringently monitor training load, with modifications made if increases or volumes of training are found to be too high.

There are many simple principles that can be adopted for those of us who are want to be active, or have set an exercise goal to reduce our injury risk

Steady as she goes

A rapid rise or spike in exercise load will significantly increase injury risk. If you have a set goal (e.g. 10 km fun run) or, maybe you are attempting to get a little healthier, it is safer if you increase the amount of exercise you do per week by no greater than 15% of the average of the previous 2 weeks.



Recovery is important

Recovery strategies such as stretching, warming down, and self-massage will all improve your readiness for your next session and greatly improves your ability to cope with training loads.

Avoid "Boom and Bust" cycles

Consistency is the key to injury resilience, however for many of us the pressures of work or family make this difficult. If a busy life means we miss some sessions, there is no value in trying to make them up in following weeks. The resulting spike in load will increase your injury risk.

What you could do at 20 is no indication of what you can do at 40

Many people feel because they used to be able to train at a high volume and intensity they still can, however our ability to sustain high training volumes and intensity decreases as we get older. This doesn't mean you shouldn't be active or train hard, but don't try to do what you did in your youth, especially in your first session back from a break.



Brent Kirkbride is a Sports Titled Physiotherapist and Partner at Sydney Sports Medicine Centre.

Practitioner Spotlight - Richard Windybank, Sports Podiatrist



Richard Windybank is a Sports Podiatrist who offers advice on foot and lower leg injuries.

He has a special interest in the running athlete, and footwear. This interest has manifested in his involvement with Running Science - a specialty running shoe store providing advice on foot type specific shoes. Other

interests include forefoot biomechanics and their role in lower limb injuries.

Richard sees patients of all ages and believes working in a multidisciplinary environment, like Sydney Sports Medicine Centre enables his patients to receive the best all round treatment.

Richard is podiatrist for GWS Giants and consults to NSW Cricket, Waratahs and Sydney Kings, and provides education to the Australian College of Sport and Exercise Physicians.

Services

Sports and Exercise
Physicians

Physiotherapy

Podiatry

Remedial Massage

Exercise Physiology

Nutrition

Sports Psychology

Rehabilitation Physician

Orthopaedic Surgeons

Did You Know?

*Sydney Sports Medicine
Centre has been
operating in Sydney
Olympic Park since
1995?*

New at SSMC

Shockwave Therapy
Shockwave therapy has been used for many years as a treatment for a range of tendon, muscle and joint conditions.

It helps with the physical repair and regeneration of musculoskeletal tissues by stimulating the repair of tendons, and sometimes bones, while also improving blood supply to the affected area.

Speak to your treating practitioner and they will assess whether Shockwave Therapy can assist you.

Sydney Sports Medicine Centre

NSW Institute of Sport Building
L2, 6 Figtree Drive
Sydney Olympic Park NSW 2127

P: 02 9764 3131
F: 02 9764 3443

www.ssmc.com.au

Recipe - Easy Chicken Fried Rice

Serves: 4
Time to make: 10 Minutes
Diet Information: Dairy Free
High in Fibre
Low Fat
High Protein



Ingredients

4 shallots, sliced
500g packet frozen peas, corn and carrots
4 cups cooked rice
2 cups shredded chicken, skin removed (buy a pre-cooked chicken or use left-overs)
2 tablespoons salt-reduced soy sauce
Cooking Spray

Directions

Spray a large frypan with cooking spray and fry shallots over medium heat for 1-2 minutes. Add frozen vegetables and fry until cooked through, stirring occasionally. Next add the cooked rice, chicken and soy sauce and stir to combine. Continue stirring until all ingredients are hot, and then serve.

Nutrition Info

Energy:	1830kJ	Calories:	437cal
Protein:	28g	Carbohydrates:	60g
Fat:	7g	- sugars:	3g
- saturated:	2g	Sodium:	840mg
Dietary Fibre:	6g	Iron:	2mg
Calcium:	40mg		

Image above is a guide only.

Original recipe published in the "Healthy Food Guide", November 2008.

Quick Tips

Hydration in Sport

Did you know that most people often only replace half of the water they lose to sweat during strenuous exercise?

If we don't replace this fluid sufficiently, dehydration can set in, which, in the short term, can lead to physical and mental fatigue.

So how much should we drink before, during and after physical activity?

Sports Medicine Australia (SMA) advise adults to drink about 2 cups of water, 2 hours before exercising, and 2-3 cups of cool water per hour during activity.

Ice Packs - When to Use

Ice packs are used for acute or recent injuries. They help to reduce swelling and relieve pain by numbing the area.

If you have sustained an injury within the last 48 hours, you should be using an ice pack.

Ice packs can also be effective for overuse injuries, such as those sustained by athletes and people involved in repetitive activities. Used *after activity*, the ice pack can help reduce inflammation and pain.

A bag of frozen peas is a great ice-pack - just don't eat them afterwards!

Heat Packs - When to Use

Heat packs are used for chronic, ongoing injuries or pain. The heat helps to stimulate blood flow to the affected area, which aids the healing process.

Heat packs can be used before activity to help loosen and relax muscles.

Never use a heat pack on a new injury (within 48 hours) or after activity.

Always use moderate heat. If your skin is burning, the heat pack is too hot.

Warm baths can be just as effective and soothe many areas at once.