UNIVERSITY OF PÉCS
MEDICAL SCHOOL

SPORTMED
University of Pécs Medical School
Sports Medicine Center

Recovery methods in sport

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30.03.2022 Pécs

Periodisation

Macroperiodisation

Yearly plan

- preparatory period
- Competition period
- Recovery period

Mesoperiodisation

- monthly training plan

Microperiodisation

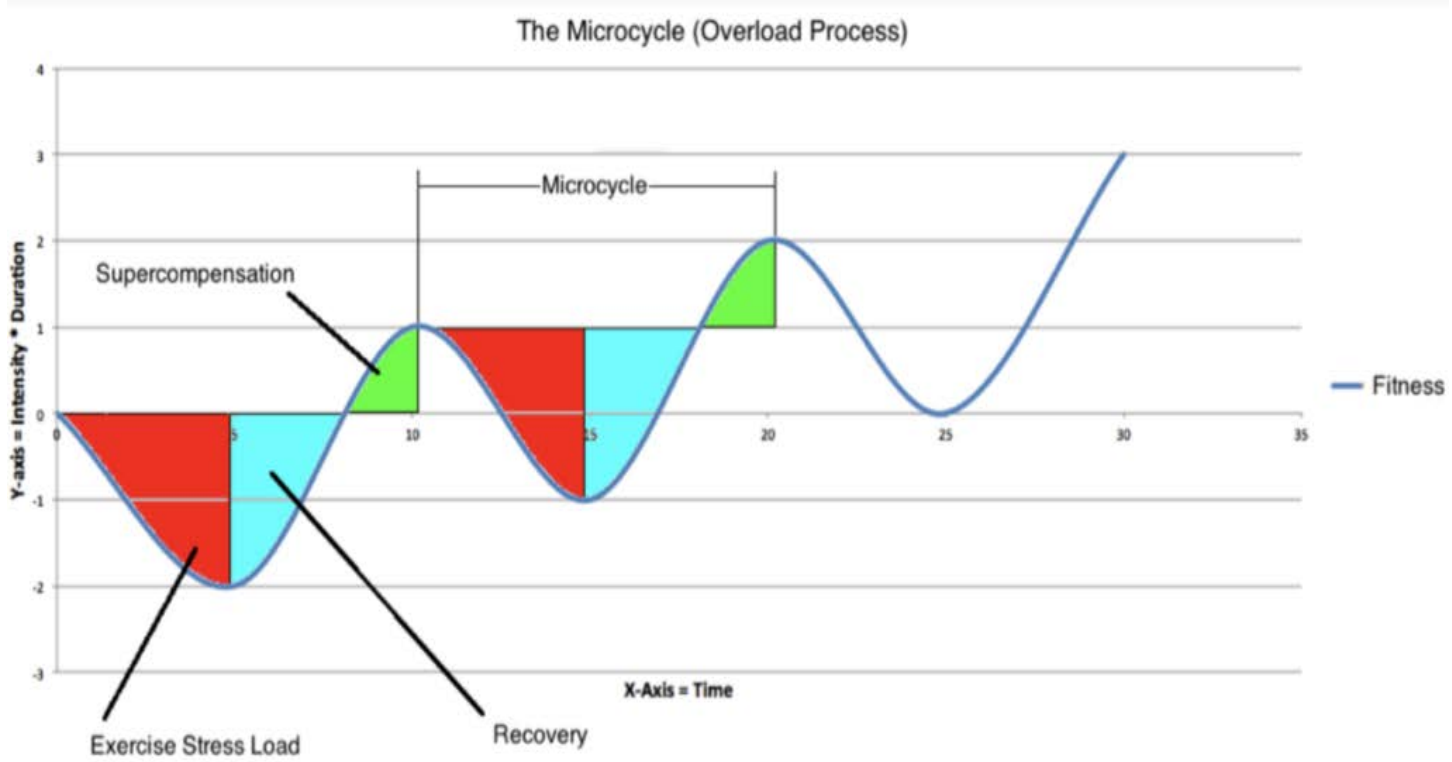
- Weekly training plan
- min 6-7 occasion/week

Periodisation

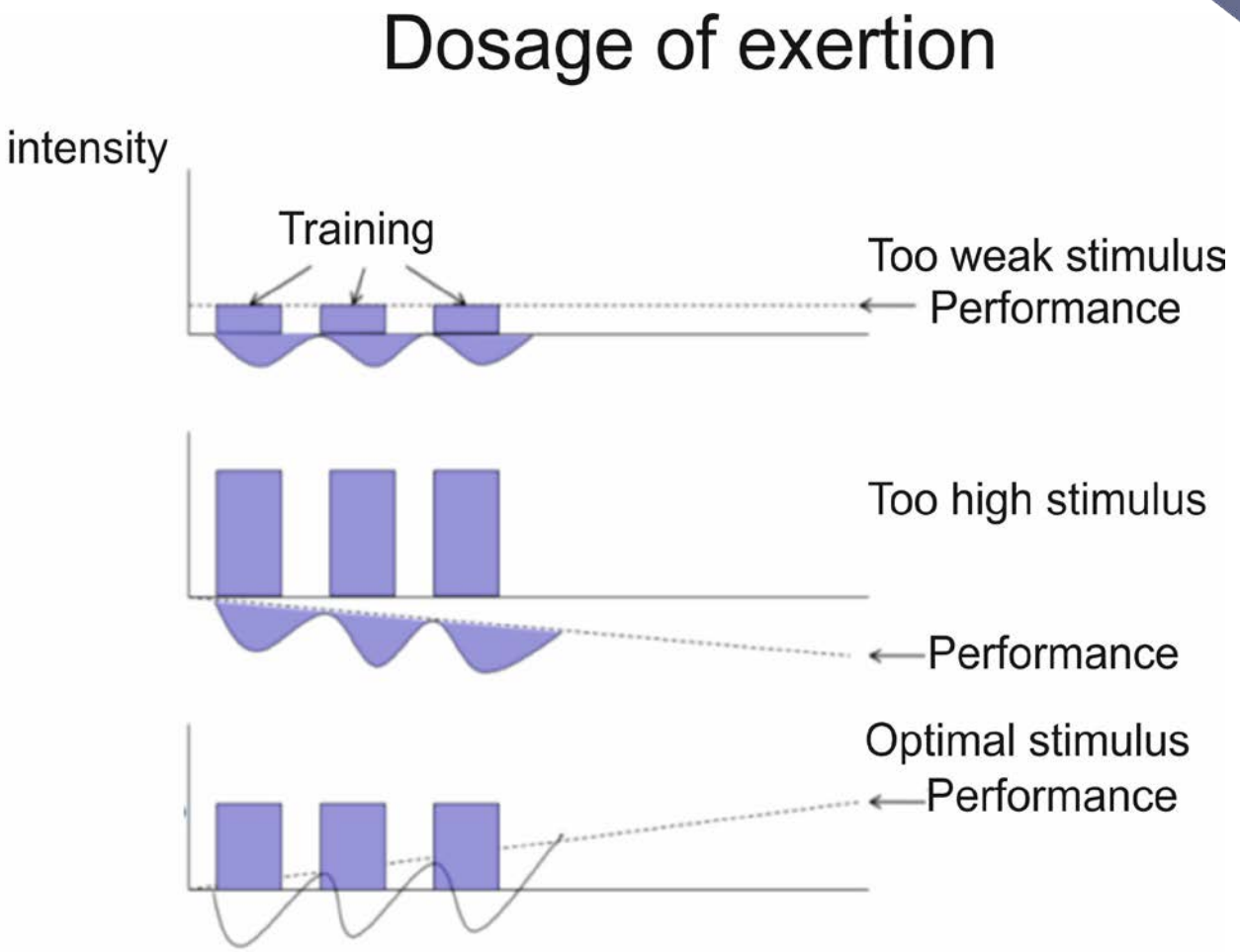
It leads to a real increase in performance (optimal adaptation) if the load is

- planned
- regular
- continuous
- gradual
- jump-like
- wave-like

Adaptation, supercompensation

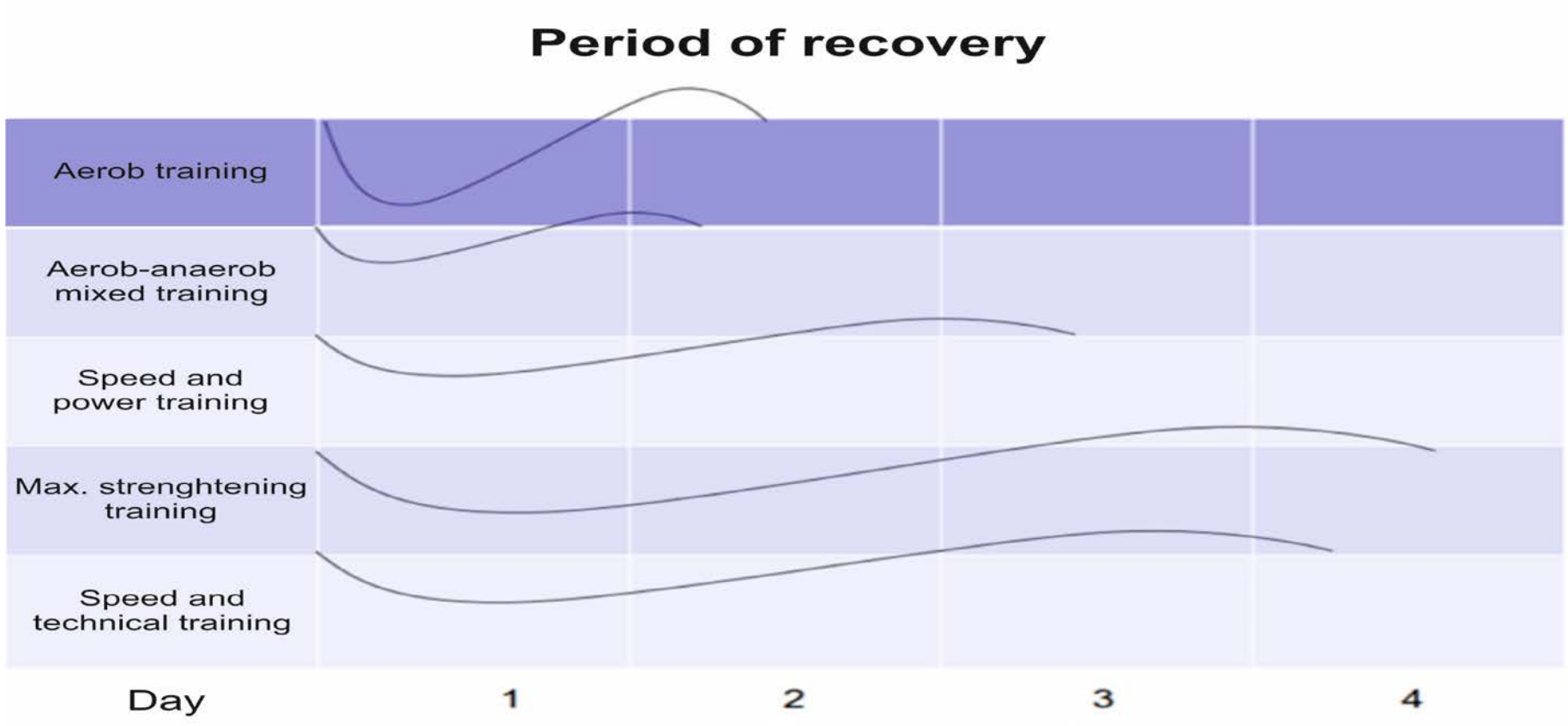


Roux role - A stimulus that is too low is meaningless/useless, medium will trigger the right effect, too high is DANGEROUS!



Recovery depends on

- Type of applied loading (strenght, endurance, speed etc.)
- Intensity of training
- Extent of training
- Technics of resting/recovery (active-passive)



Fatigue (exhaustion)
It is a physiological condition that occurs as a result of some activity, resulting in a decrease in performance (it can be normal or pathological). It is characterised by a short-term, reversible disturbance or limitation of performance.

Overload/overtrained
constant fatigue and loss of power

Exertion : dysbalance of recovery = from fatigue to overload/overtrained

Signs of overload					
Physiological		**Biochemical**		**Immunological**	**Psychic**
Performance loss	Chronical fatigue	Negative protein balance	decreased glutamine level	Increased inclinatoin for deseases	depression
Worsen coordination	Increased rest HRF	worsen sugar tolerance		Upper respiratory desease	Decreased confidence
decreased ferritin level	Worsen relaxation pulse	decreased muscle glicogen		Lymph node swelling	Emotional instability
Decreasesed mineral absorption	Weight loss	decreased bone mineral content		fever	Concentrating deficiency
Abnormal T-wavwe on ECG	Increased O2 consuption submax.exertion	Lack of ferrum		Bacterial infections	fear
Decreased exercise tolerance	Sleep disturbance	Increased cortisol level		herpes	Lack of stamina
Loss of appetite	Joint and muscle pain	Decreased testosterone level		decreased limphocite number	

Recovery is triggered by fatigue processes

- helps replenish the body's energy losses and catalysts
- eliminates electrolyte imbalances

Active - a form of exercise other than sport - recovery training

- 15/20-60 min around aerobic threshold
- Max performance 30-50 %
- HR 130-140
- Cyclic movement (running,jogging, swimming)
- With easy stretching

Passive

- dietetic
- bathes
- ice
- sauna
- massage
- physiotherapic technics/treatments (electrotherapy, game-ready, manualtherapy etc.)

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Thanks for attention!

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