



UNIVERSITY OF PÉCS
MEDICAL SCHOOL



SPORTMED

University of Pécs Medical School
Sports Medicine Center

Recovery methods in sport

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Periodisation

Macroperiodisation

Yearly plan

- preparatory period
- Competition period
- Recovery period

Mesoperiodisation

- monthly training plan

Microperiodisation

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



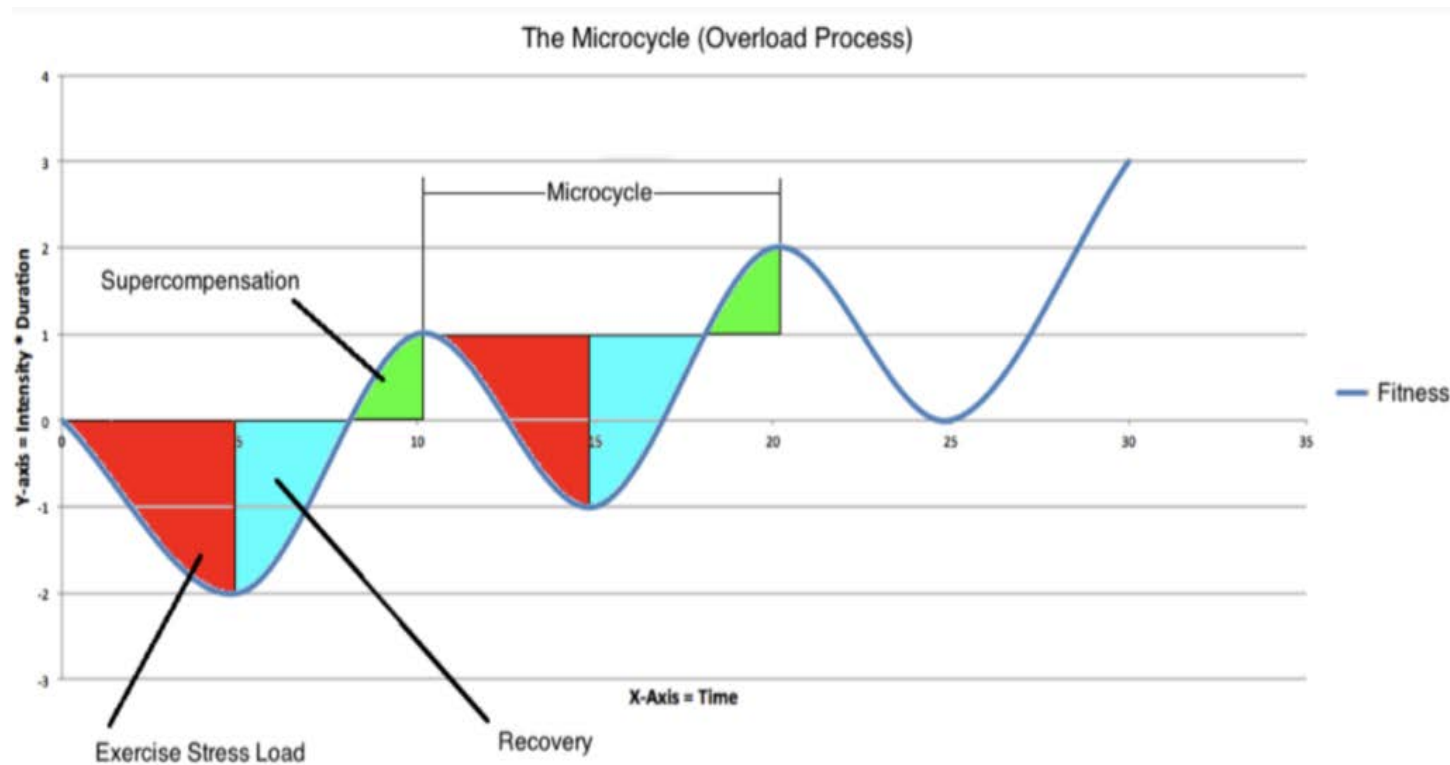
Periodisation

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

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



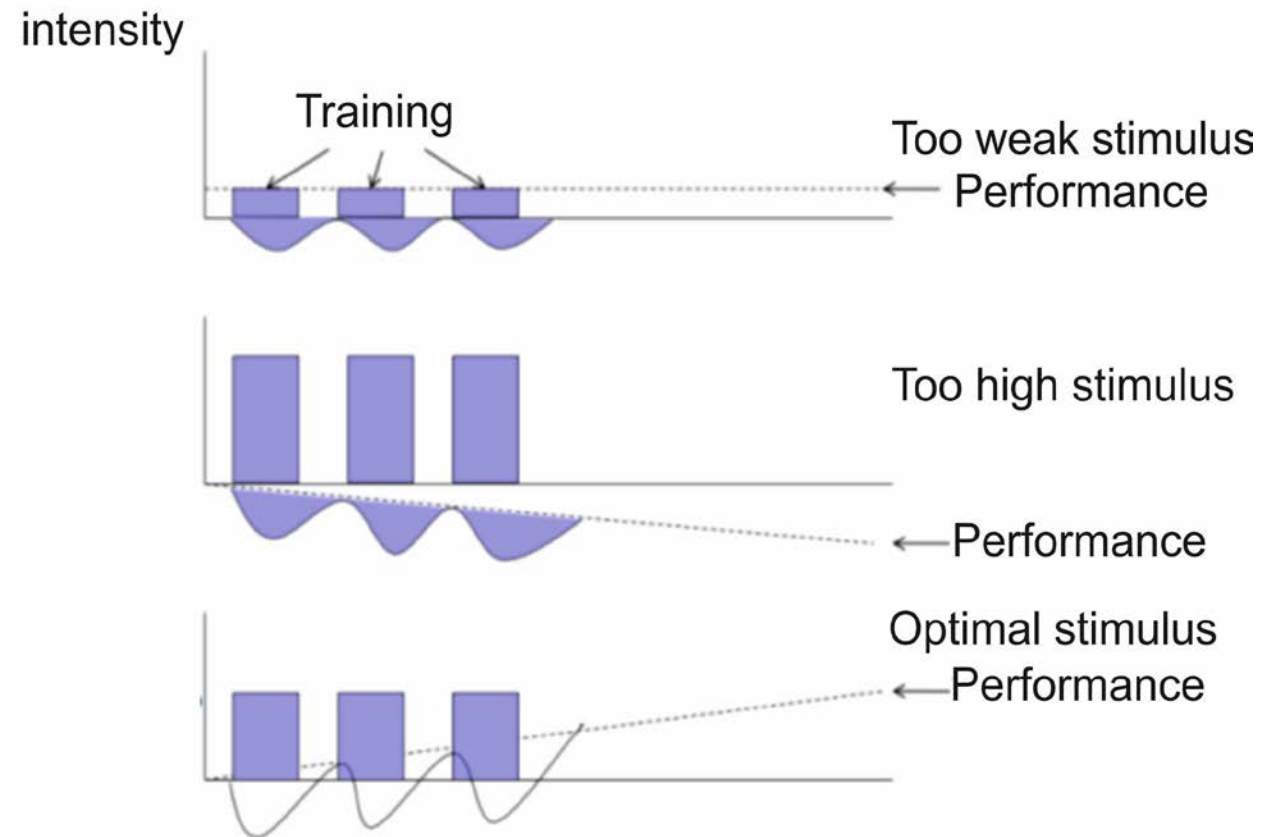
Adaptation, supercompensation



Recovery in sport

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

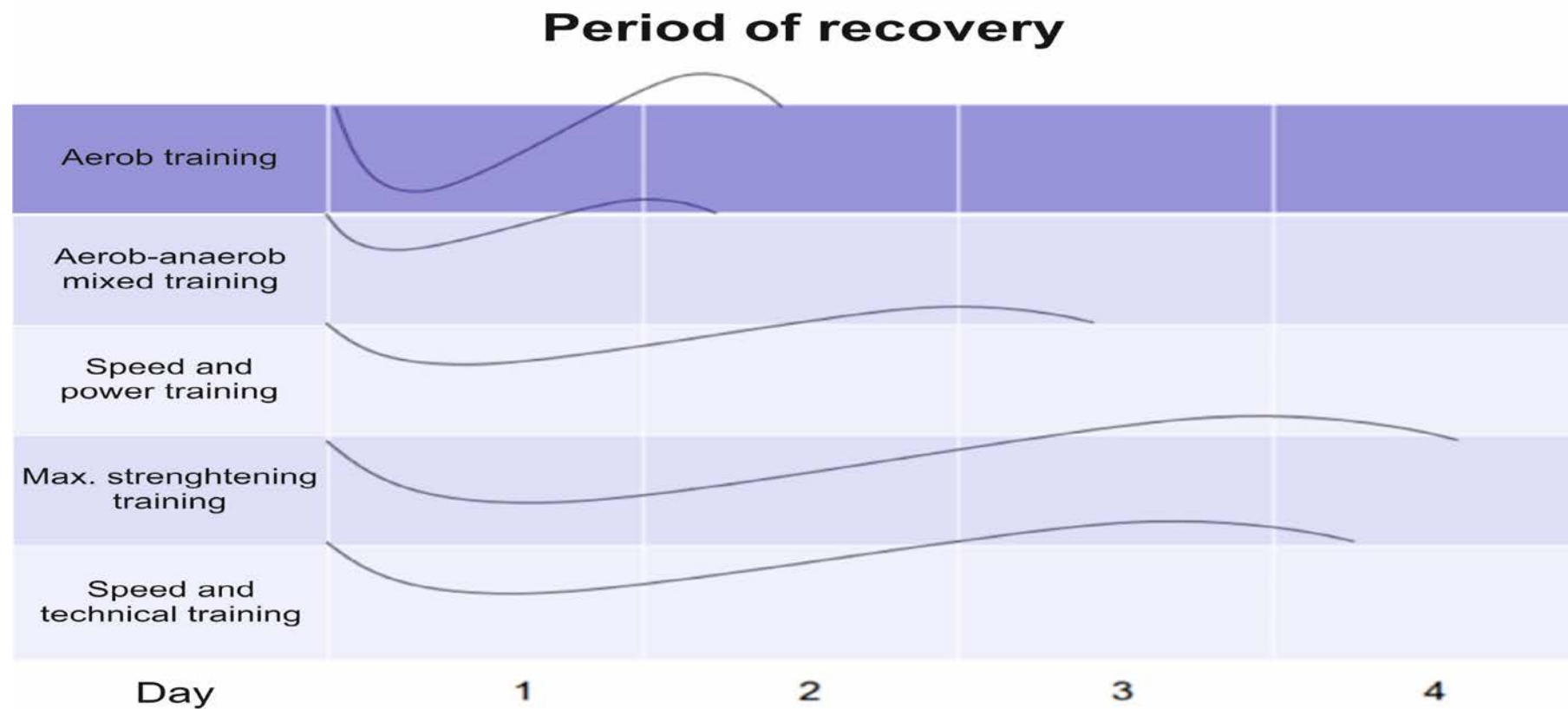
Dosage of exertion



Recovery in sport

Recovery depends on

- Type of applied loading (strenght, endurance, speed etc.)
- Intensity of tarining
- Extent of tarining
- a pihenés módjától (aktív-passzív)





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	Chronic fatigue	Negative protein balance	decreased glutamine level	Increased inclination for diseases	depression
Worsen coordination	Increased rest HRF	worsen sugar tolerance		Upper respiratory disease	Decreased confidence
decreased ferritin level	Worsen relaxation pulse	decreased muscle glycogen		Lymph node swelling	Emotional instability
Decreased mineral absorption	Weight loss	decreased bone mineral content		fever	Concentrating deficiency
Abnormal T-wave on ECG	Increased O ₂ consumption 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 lymphocyte number	

Regeneration 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, swimming)
- With easy stretching

Passzív

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





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Thanks for attention!