

Athletic Performance and Recovery

Signed up for an athletic event this year? Most people seek out an acupuncturist to treat injuries and address pain. While Chinese medicine and acupuncture is a good choice for such treatment, it also effectively addresses athletic training and recovery, specifically in the areas of circulation, respiration, nutrition and digestion, and to nourish the fluids and blood.

One area to pay particular attention is overtraining. Overtraining is detrimental for the heart. When an athlete overtrains, some of the key signs are the resting heart rate is elevated, sleep becomes restless and/or there is insomnia, and irritability. The key to avoiding overtraining is to spend a good percentage of your training at long slow distance, which is at < 80% of maximum heart rate. For the endurance athlete, a good amount of the training must occur at this level in order to prevent depletion. There are many considerations for maximum heart rate during training. The following is a general description of appropriate heart rate with consideration to age. It is important to consult with a physician if there are concerns regarding the heart and blood pressure.

Training by Heart Rate

Maximum heart rate decreases with age

Maximum heart rate = 220 - age

Example: maximum heart rate for a 40 year old person: 220 - 40 = 80 (beats per minute)

Training at (or below) 75% maximum heart rate:

Training at 80% maximum heart rate:

Training at 85% maximum heart rate:

Consideration for Heart Disease History

General Training

For Performance Athletes

High Intensity Training

high heart rate

> 80% maximum heart rate

Limited Training

Low Intensity Training

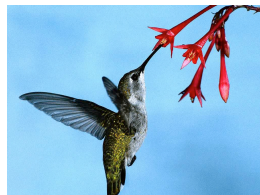
low heart rate

< 80% maximum heart rate

Bulk of Training

Athletic longevity and success depends upon paying attention to low intensity, days off, low heart rate, sleep and proper nutrition. Chinese medicine and acupuncture can be of great assistance in keeping your system running at it's best.

(303)587-3557
DAISYLEAR@GMAIL.COM
DAISYLEAR.COM



1159 LEFTHAND DRIVE
LONGMONT, CO 80501