



## OVER-TRAINING

Your training program and proper recovery are two components that evaluate your success and desired results. The phrase “Less is more” also applies to your exercise program.

### Key points to consider:

How long are your workouts?

After a 10-15 minute warm up, your actual workout should last no longer than one hour. Thirty to forty minutes may actually be better. One can train hard (smart) or put in countless, long hours – you cannot do both optimally. Spending two hours per workout is futile and detrimental to increasing strength, muscle size, hormonal balance and decreasing body fat.

Cortisol levels (the catabolic, growth inhibiting, stress hormone) start rising after 30-40 minutes and anabolic levels (growth hormones) decrease. Extremely high levels of cortisol overtime can cause an increase in body fat, particularly at the abdominal skin fold.

Muscle growth and adaptations to the tissue occur during recovery and rest.

How long are you recovering between workouts? If you continually train day after day after day, you're past overreaching and probably over-training. Even though you may be training different muscles groups, you must take into consideration all systems of your body.

- 🚦 Endocrine/Hormonal System
- 🚦 Immune System
- 🚦 Central Nervous System

The nervous system can take 5-6 times longer to recover from exercise than the muscular system.

Cutting back to 3-4 training sessions per week can induce greater gains in strength and recovery.

An example of a successful exercise programs:

Training two days on, one day off, one day on, one day off and then repeat. This is just one option. Another option would be strength training 3x per week on non-consecutive days.

Include one full day of complete rest (no exercise) every week and one full week of active rest/recuperation (massage, stretching, walking your dog, yoga, etc.) after a 3 month training phase.

Each person must be looked at individually when considering their recovery abilities.

**Factors to consider for HEALTH, VITALITY, LONGEVITY AND FAT LOSS** depend upon these **WINNING FORMULAS**:

- ✚ Adequate rest every day
- ✚ Age
- ✚ Appropriate exercise
- ✚ Belief in yourself
- ✚ Diet and nutrition
- ✚ Fitness level
- ✚ Hydration
- ✚ Lifestyle (work/job, relationships, etc.)
- ✚ Massage
- ✚ Quality sleep
- ✚ Post-exercise nutrition
- ✚ Stress management
- ✚ Supplementation

Obviously, we cannot do anything about age. However, age only accounts for 15-20%. The remaining factors are ALL within your control.

Example: A 42 year old, type-A business person, traveling for work, consuming a bagel and coffee for breakfast and enjoys a martini or two before getting 4-5 hours of sleep is creating additional stressors which most definitely contributes to their ability to recover from exercise. These factors are extremely important to consider when designing a program for this individual.

While one factor can lead to over-training, these additional lifestyle patterns can lead to increased stress and possible adrenal exhaustion causing weakness, irritability, painful joints, fatigue, increased body fat.

**The following will aid in promoting adequate recovery from training:**

- ✚ Avoid high-intensity cardiovascular exercise
- ✚ Bodywork (neuromuscular, massage, ART, chiropractic adjustments, acupuncture)
- ✚ Brisk walking with arms swinging
- ✚ Consuming the proper ratio of protein, carbohydrates and good fats
- ✚ Energy (appropriate amount of calories) demands must be met to prevent catabolism of muscle tissue
- ✚ Enjoy personal down time every day
- ✚ Hydration (body weight times .7 for ounces of water required daily)
- ✚ Keep a training log and food diary
- ✚ Nutrition (eating every 3 to 3-1/2 hours)
- ✚ Post-exercise Nutrition (consumed 10-20 minutes post workout) – Whey protein, L-Glutamine and amino acids
- ✚ Sleep (7-9 restful hours of sleep each night; lights out by 10pm)
- ✚ Stress and Relaxation Techniques Daily (meditation, massage, breathing, reading, yoga, etc.)
- ✚ Supplementation

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## Warning signs of over-training:

- ✚ Addicted to exercise (too much too often and high-intensity cardiovascular exercise)
- ✚ Biochemical depression
- ✚ Body needs a longer warm up time
- ✚ Chronic injuries that don't heal
- ✚ Constant muscle soreness
- ✚ Craving stimulants, caffeine and sugars
- ✚ Decrease in performance (inability to increase load and/or reps from previous workout).
- ✚ Decreased appetite
- ✚ Disrupted and/or poor sleep quality; insomnia
- ✚ Elevated BP (blood pressure)
- ✚ Elevated RHR (resting heart rate)
- ✚ Feeling brain-dead
- ✚ Frequent colds and infections due to a lowered immune system
- ✚ Increased body fat from the excess cortisol and decreased lean muscle tissue - **Body fat levels don't lower in response to physical exercise**
- ✚ Increased sensitivity to sunlight exposure
- ✚ Lack of libido
- ✚ Loss of motivation
- ✚ Muscle cramps, due to mineral deficiencies from over-exercising and stress
- ✚ Salt cravings

Recovery from over-training and adrenal fatigue can extend to long periods of time (sometimes more than 6 months). Learn to train smarter and your efforts will definitely prove worthwhile.

## HYDRATION

To ensure that you are properly hydrated, here is the formula to figure out the number of ounces of water you should be drinking EVERY DAY.

It is not the same amount of water for each of us (ie: 8 – eight ounce glasses daily)

Take your body weight and multiply by .7 – This provides you with the number of ounces for you specifically to drink every day.

You may add the following to your filtered (RO) water:

- ✚ A pinch of Celtic sea salt (helps your body absorb water) – highly recommended **WINNING FORMULA**
- ✚ Lemon slices – highly recommended **WINNING FORMULA**
- ✚ Cucumber slices
- ✚ Ginger root

Dehydration causes the following:

- ✚ Constipation
- ✚ Decreased performance
- ✚ Dry skin
- ✚ Fatigue
- ✚ Headaches
- ✚ Joint pain
- ✚ Low back pain
- ✚ Poor concentration
- ✚ Toxic build up

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Monitor your intake of all other fluids:

- ✚ Caffeine – Drink less coffee. One cup is okay. Make sure it's organic. Drink more green tea before 1pm.
- ✚ Soda – AVOID ALL soda, including diet
- ✚ Fruit juices – Limit/avoid your intake of fruit juices as they are calorically dense and fully of sugar.
- ✚ Alcohol – in moderation. Moderate alcohol intake is defined as a 4-ounce glass of wine, a 12-ounce beer or 1/2 ounce of hard liquor with a meal. These are all high in EMPTY, NON-NUTRITIOUS calories and add to hormonal disruption, bloating and increased weight and body fat (to list a few). *If your desire is to lose body fat and maintain hormonal balance, limit your intake to one alcoholic beverage once per week during this transformation program and ongoing indefinitely to attain your goals.*

### **SLEEP – The Fountain of Youth**

Lack of sleep increases your likelihood of gaining weight. Lack of sleep also causes you to overeat, especially empty calorie, crap food. Aim for 7-8 hours of restful sleep every night. Read or re-read Chapter 3-1 on SLEEP in my book, *THE POWER OF 4*. If you do not have a copy, you can order one at [www.paulaowens.com/powerof4.html](http://www.paulaowens.com/powerof4.html)

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