

## *"Training for the Multi-Sport Athlete"*

The multi-sport athlete is one who plays more than one sport in a calendar year. Sometimes they are back to back with a short break; others overlap with virtually no off-season. When it comes to training these athletes, it can become somewhat complicated.

### **Walking the Line**

There is a continuum in sports training that starts with a stimulus and ends with recovery. All athletes at all times are somewhere along that continuum line. Multi-sport athletes are in jeopardy of combining too much stimulation with decreased recovery. This can, and does, eventually lead to physical and mental fatigue and burnout.

### **YOUR TRAINING IS ONLY AS GOOD AS YOUR RECOVERY!**

Does this scenario sound familiar: Your child wakes up, has a small breakfast [if at all], rushes to school, eats an unbalanced lunch, practices with the team, does homework, eats a decent dinner and goes to bed. We didn't even talk about girl/boy friends, hanging with buddies and talking/texting on the cell phone! Does that lend itself to recovery?! Not usually. As a result, kids who have too much stimulus [and it is not just physical, either] and not enough recovery are becoming overtrained and burned out at a young age. Some are even getting injured from not paying attention to the warning signals. Overtrained, injured athletes are not productive athletes.

### **The Solution!**

The solution is balancing the continuum of stimuli and recovery. Children are not miniature versions of adults. They are not ready for all the multi-tasking skills that adult bodies have developed [Adults can also use some recovery solutions!]. The human organism is amazing in its potential. But like any fine tuned machine, it needs maintenance. When Adrenaline Sports & Fitness encounters an athlete in more than one sport, they are immediately "flagged" for specialized protocols. In other words, we are very cognizant of balancing our training variables with recovery variables. Based on what part of the season an athlete is currently in [off-, pre-, in-, post-], the staff will devise a program that manipulates duration, frequency and intensity. The last thing we want to do is to make a chronically stimulated athlete worse with more work. Train hard, but train smart!

### **Key Points**

- ▶ Multi-sport athletes must be careful to not overtrain.
- ▶ There has to be a balance between stimuli and recovery.

- ▶ Most young athletes are over-stimulated and under-recovered.
- ▶ Intelligent protocols maximize time and workload while still producing measurable results.