

‘Training Troughs/Breaks’ are a Risk to Performance

Tapering, Rest Periods, Injury/Illness

A planning tool to minimise risk of injury/illness during the return to training

(Data sourced from over 3500 injury/illness events across 27 sports supported by published evidence)

Injury & illness commonly occurs following training breaks

- A considerable number of injury/illness episodes within the ‘Athlete Monitoring System’ have occurred during the ‘return to training’ phase following a break e.g.: Planned rest/holiday, Taper, Illness or Rehab.

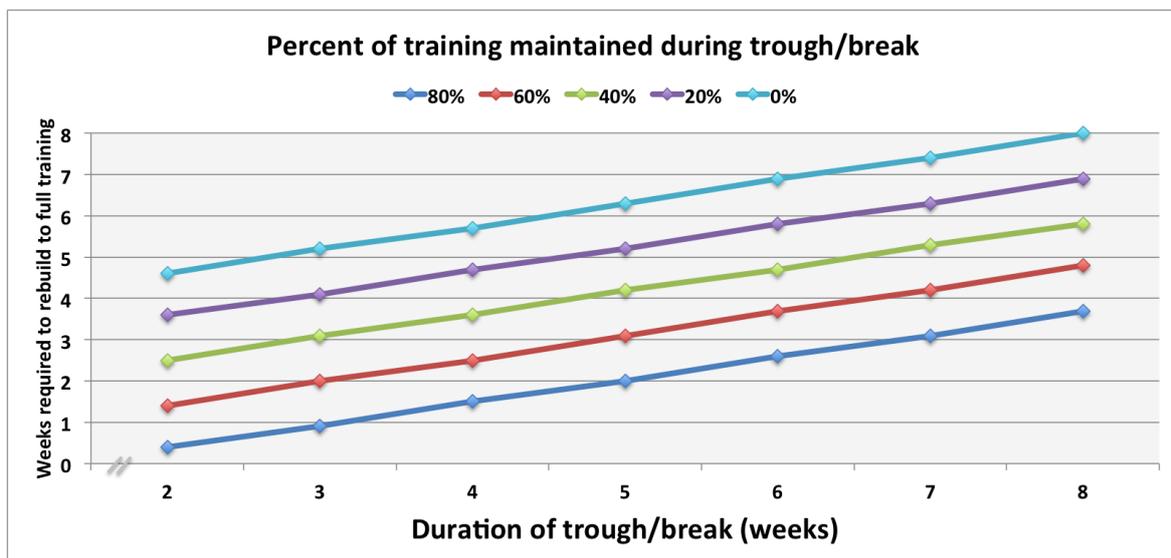
Lost training time increases risk of failed performance goals

- If an athlete completes >80% of planned training weeks in the 6-months before a major championship their chance of reaching their performance goal increases by 7-times (Raysmith and Drew, in review)
- Team sport performance improves with player availability (Hägglund, Waldén et al. 2013, Podlog, Buhler et al. 2014)

Load monitoring provides the platform to plan the return from a training trough

- All sports are unique, however ‘risk’ is relative in nature and the principles hold true across sports and load metrics. It is encouraged that an appropriate measure of training load be monitored, comprising both internal & external load variables, to ensure performance is maximized through safe reloading practices.

The Planning Tool is best utilised as a guide for coaches & athletes to start a conversation with clinical and science support staff



Note: An increased reloading time is recommended if this is not the first injury or illness.

Resources: Available through the *Clearinghouse for Sport*: (<https://secure.ausport.gov.au/clearinghouse>)

- [AIS White Paper](#) “Prescription of training load in relation to loading and unloading phases of training” (including references)
- [AIS Smart Talk Seminar Series](#) “White Paper Release”. Video: <https://goo.gl/iR38A3>