QUANTIFICATION DU STRESS

THE BODY WILL ADAPT!

As long as the applied stress is not greater than the body’s capacity to adapt, it will. Daily quantification of the applied mechanical stress is the best way to avoid injury.

Over-stepping your maximum capacity to adapt will result in:
1. Pain during your effort
2. Pain after
3. Morning stiffness

Adaptation area
Work inside this zone will increase the body’s capacity to accept more mechanical stress

Rest area
No stress = No adaptation!

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