QUANTIFYING MECHANICAL 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
Appropriate stimulation will increase the body’s capacity to sustain mechanical stress

0% No mechanical stress
100% Max. adaptation capacity

Min. stress required to create adaptations
Level of daily stress (activities)

Under-stimulation
No stress = No adaptation!

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