

# CHILD VS. ADULT

## Why children recover from training quicker than adults



### Original Research

Falk, B., and R. Dotan. Child-adult differences in the recovery from high-intensity exercise. *Exercise and Sport Science Reviews* 34(3):107-112, 2006.

THERE ARE MANY IMPORTANT PHYSIOLOGICAL DIFFERENCES BETWEEN CHILDREN AND ADULTS THAT ALL INDICATE THAT YOU CAN'T TRAIN A CHILD THE SAME WAY AS AN ADULT.

In [every issue](#) of *JOPP* we have presented you with scientific evidence as to how and why children differ from adults in physiology and what this difference means in terms of children's athletic training. This is critically important information that generally receives little attention from coaches when they design training programs for children. For example, either children are not allowed to lift weights due to myths claiming that doing so will stunt growth and cause inflexibility or they train with similar set, rep, and exercise regimens as adults. Neither approach, however, is based on scientific fact nor does it consider the unique physiology of children that causes them to recover more quickly, produce less lactate, and generate less power and strength than an adult (even when correcting for body mass). The underlying physiological reasons for these differences are as important as the training implications.

**Power Key:** child training, maturation, nervous system, recovery