

MONITOR YOUR TRAINING

An effective physiological method for keeping your training in check

There are many ways in which you can approach your weight training. Of course, the preferred method is with a barbell and dumbbells. But even then you have several different approaches to choose from. You can lift the weights with the main objective being to create strength endurance, pure strength, or power. As is implied, each approach will yield different results. But each approach also stresses your body in different ways. That also seems obvious. Equally evident is that if you want to maximize your gains, you need to be able to accurately monitor your training. In other words, you need a way to find out how much training strain you are undergoing. Once you know this, you can make the appropriate adjustments so that you do not undertrain or overtrain. But is there a method you can use that is equally effective regardless of whether you train for strength endurance, strength, or power? Scientists from the University of São Paulo in Brazil, the Imperial College in London, and the Brazilian Olympic Committee set out to find out.

Power Key: training strain, cortisol, testosterone



If you want to monitor how strenuous your training is, you should look at salivary cortisol levels instead of testosterone.

Original Research

Full citation available to subscribers.