



RESEARCH TO
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MONITORING TRAINING LOADS TO AID IN RECOVERY IN TEAM SPORT - PUTTING THE 'I' IN 'TEAM'

Prof Aaron Coutts

The training loads completed by athletes provide the primary signal for disturbance to their homeostasis, and as a result are the primary driver of adaptation and changes in physical performance capacity. However, for performance adaptations to occur, appropriate recovery needs to be provided. In team sports, where there are regular competitions and often limited time between matches, the most critical period for recovery is in the first few days following matches. To better understand the recovery during these periods, researchers have explored the time course of change of various performance, biological and psychological markers. This has resulted in the development of practical athlete monitoring tools which allow practitioners to individualise the recovery process. As a result, coaches and scientists are now able to carefully evaluate changes in recovery status markers and modify training loads to optimise training readiness and performance outcomes. This presentation will examine three critical aspects relating to managing individual athletes training loads and optimising recovery in team sports. First, we will examine the theoretical basis of load quantification by examining its various constructs and describe how they may be important to recovery in team sports. Next, we will explore the evidence on the impact of training load control on markers of recovery and performance in team sports. Finally, we will introduce a framework for monitoring recovery and examine analytical methods for individualising athlete recovery within this framework. Recommendations will be provided for best practice approaches for individualising recovery in a team sport settings including suggestions for future research.

Abstract number: 026
Session: Replace, Restore, Revive: the Keys to Recovery after exercise
Date: Wednesday, 28 March 2018
Time: 11:00am – 12:30pm
Co-Presenters: Dr Jonathan Peake; Prof Aaron Coutts; Prof Louise Burke
Panel Practitioner: Dr Vincent Kelly
Session Chairperson: Dr Shona Halson