



RESEARCH TO
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ESSENTIALS FOR CONCURRENT TRAINING PROGRAM DESIGN: THE IMPORTANCE OF TRAINING STATUS

Dr Jonathan Bartlett

Concomitant endurance and resistance exercise is widely recommended for both healthy individuals and those with chronic disease, and is also a typical training method for athletes whose sport demands high levels of endurance and strength. Despite these recommendations, concurrently training for both endurance and resistance within the same program can attenuate and/or accentuate the concurrent training response. This discrepancy in training response indicates there may be a number of confounding factors, that are both training and non-training related, but which underpins the wide range of concurrent training adaptations. A review of existing literature, together with the emergence of new data, indicates that training status and training program design are equally important when designing concurrent training programs *and* contextualising concurrent training research. This presentation will present existing and new concurrent training data that depicts both training status and training program design as critical in determining the concurrent training response. In doing so, this presentation will explore how best to manipulate program variables and provide guiding principles to optimise training for the simultaneous development of strength and endurance adaptations with a particular focus towards healthy and athletic populations.

Abstract number: 045
Session: The Conundrums of Concurrent Training
Date: Thursday, 29 March 2018
Time: 1:30pm – 3:00pm
Co-Presenters: Dr Vernon Coffey; Dr Donny Camera; Dr Jonathan Bartlett
Panel Practitioner: Mr Ryan Timmins
Session Chairperson: Dr Stuart Cormack