

shown to have drastic effects on reducing injury and improving recovery rates.

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## Nutrition:

In our environment of evolutionary adaptiveness (the environment where we spent a large chunk of our time evolving), our omega 3 (DHA and EPA primarily from seafood) to omega 6 (seed/vegetable oils) ratio was approximately 1:1. This reduced the instances of inflammatory diseases, including general soft tissue inflammation, cancer, diabetes and heart disease.

The modern diet has a decrease in omega 3 and an increase in omega 6 (from vegetable oils, grain and grain-based livestock feed), with some estimates putting the current ratio at up to 1:25.

A diet with a lot of omega-6 and not much omega-3 will increase inflammation. A diet of a lot of omega-3 and not much omega-6 will reduce inflammation.

To tip the ratio in your favour, your diet should consist of:

- Protein (lean and unmodified animal protein): Fish, red meat, poultry, seafood, eggs. High bioavailability varieties are preferable.
- Carbohydrates (unprocessed and uncultivated): Lots of vegetables. Some fruit and berries. Low Glycaemic Index varieties of each are preferable.
- Fat (minimally refined sources of animal and plant fat): Naturally occurring fat in meat, nuts, seeds, avocado, extra virgin olive oil.

This way of eating will best maximise muscle and nervous system recovery, and encourage the maintenance of a favourable omega 3:6 profile.

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## Overtraining:

Overtraining is training to the point where your body is not able to recover from the effort. Doing too much. Not allowing your body to repair the damage you've caused.

Everyone has a different 'threshold' at which the exercise stimulus : recovery ratio shifts from being positive (ie: recovery > stimulus) to negative (recovery < stimulus). The closer you can get to recovery = stimulus, the closer you are to maximising what you, individually, are capable of.

This poses a problem, because if we're pushing the limits of our ability, we're prone to overtrain. But remember, while exercise is the stimulus that kick-starts the process of improvement, it's the recovery that actually creates that improvement.

If you're overtraining, do fewer things that stress the body (including exercise), and more things that recover the body.

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## Deload Weeks:

Exercise is a form of stress - it's actually termed 'Eustress'. Eustress is positive stress, stress causing some favourable effect to your body. None-the-less, it is stress, and stress has the potential to cause damage and degeneration. The beneficial effects of exercise far outweigh the potential negatives, but sometimes we have to carefully manage our training to ensure the positives continue to outweigh the negatives.

A major training/programming strategy to ensure we retain a net gain from our training is the use of a deload week. Deloads aren't for everyone, only the committed - they have to be earned (which we'll touch on soon).

A deload week is a week of reduced training stimulus that allows your body to recover from an extended period of hard training. Even though certain systems in your body can adapt on a day to day basis, others need a helping hand. While your muscles may recover in a couple of days, your connective tissue (ligament, cartilage, tendon) and nervous system occasionally needs longer. Basically a deload week is giving you body time to catch up and recover from the stress you've been placing on it. This reduced stimulus may take the form of reduced intensity, volume, or a combination. We'll discuss specific deload week strategies shortly.

### **The Benefits of a Deload Week:**

- Allows 'supercompensation' to your last training cycle/phase.
- Muscle recovery.
- Joint recovery.
- Tendon recovery.
- Nervous system recovery.
- Optimises and normalises hormone levels (testosterone and cortisol) for general health.
- Mental recovery and 'recharge', allowing you to approach training fresh.
- Increases your intensity in the week before your deload, knowing you have a recovery week coming up.
- Prepares your body for increased training volume or intensity in your next training phase.
- Helps you appreciate the privilege of hard training post- deload.

### **The Criteria of an Effective Deload Week:**

A deload week should be on your own terms. It should be proactive, not reactive. If you wait until you're overtrained or injured to have a deload week, it's already too late. Your deload week should be pre-programmed and non negotiable. 'Listening to your body' isn't the best approach in this case. Instead, listen to your program.

- It should be a 'deload' week, not an 'unload' or 'rest' week.
- This is a recovery week, so you shouldn't be adding in any additional stimulus that your body will need to recover from. Your body has finite resources, so make sure it can utilise all of them in recovering from your previous training cycle, rather than recovering from new stimuli you're throwing at it.

### **How You Should Do a Deload Week:**

PLEASE PURCHASE THE EBOOK TO  
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