



# “Black Bear” Performance News

February/March Edition

## The Ins and Outs of Overtraining

Overtraining is a physical, behavioral, and emotional condition that occurs when the volume and intensity of an individual’s exercise exceeds their recovery. The individual’s progress will be halted and begin to lose strength and fitness. Overtraining can be experienced by a variety of athletes, but is most commonly found in weight training. One major factor in preventing overtraining is the installation of **rest and recovery** between workouts.

Some reasons that overtraining occurs are:

1. Microtrauma to the muscles are produced faster than the body can heal them
2. Lack or insufficient amount of protein in the diet– amino acids are used up faster than they are put into the body
3. Long periods of elevated cortisol levels (produced by stress) = puts the body in a catabolic state instead of an anabolic state
4. Nervous system breakdown = intensity is too high for too long

Effects of overtraining on performance:

1. Early onset of fatigue
2. Decrease in aerobic capacity
3. Elevated resting heart rate
4. Inability to finish workouts
5. Delayed recovery
6. Lack of motivation and competitive drive
7. Low testosterone levels
8. Decrease in strength levels
9. Increase risk of injury

An individual that has overtrained needs to allow the body to rest . The treatment for overtraining should be included in all phases of the individual’s life: training, diet, and sleep. The individual should decrease the volume and intensity of their training and increase the amount of sleep time. When restarting a weight training program it is beneficial to use a split routine consisting of upper body days and lower body days. It is advised to slowly progress back into training with a balanced diet. The diet should include the sufficient caloric intake of protein that is going to match the calorie expenditure. Along with rest and workout adjustments, massage and contrast showers help in the removal of free radicals from the body.

There is evidence an individual can reduce training volume and intensity up to 21 days without a decrease in performance. Methods to prevent a 21 day layoff should consist of progressive gradual increase of intensity of training.

## Quote:

*“Opportunity is missed by most people because it is dressed in overalls and looks like work.”*

*–Thomas Edison*



**NINETY NINE**



### RUN WITH IT

**Grilled Double BBQ Turkey  
Tips w/o side**

**Calories: 610  
Carbs: 42g  
Protein: 99g  
Fat: 3g**

### PASS ON IT

**Southern Fried Chicken  
Melt w/o side**

**Calories: 1,420  
Carbs: 98g  
Protein: 50g  
Fat: 91g**



## EXERCISE OF THE MONTH:

### **1-Leg Bent-Knee Hip Extension**

The 1-leg bent-knee hip extension exercise is a fundamental movement taught in our strength and conditioning program. It is an excellent exercise that trains both the glute and the hamstring. In addition to training the muscles it reinforces the function of the hamstring and glute as hip extensors. This makes the exercise a superior choice to training the hamstrings than the more traditional and popular leg curl exercise.

To perform the 1-leg bent-knee hip extension:

- ◆ Lie down with your back on the floor (supine position).
- ◆ Pull one knee toward the chest (this will help limit compensating with back extension).
- ◆ Position the opposite side knee at 90 degrees and place the heel of the foot on the floor.
- ◆ Begin extending the hips by driving the heel down into the floor.
- ◆ The ascent should be slow and controlled.
- ◆ The range of motion for this exercise will be limited to a few degrees (particularly for beginners).
- ◆ Gradually return the hips back to the floor and repeat for a set number of reps.

#### Getting it right:

One tip that helps to ensure this exercise is being performed correctly is to pin a tennis ball between the knee pulled toward the chest and the lower rib cage. The ball should not fall out when performing your reps. If it does, it is likely that you are substituting back extension for hip extension.

## Recipe of the Month:

### **Frozen S Mores**



INFO: 15mins  
14 halves

#### INGREDIENTS:

1-1/2 cups cold 1% milk  
1 pkg (4 serving size) Jell-O Chocolate Flavor Instant Pudding.  
1 cup thawed light or fat-free whipped topping.  
3/4 cup miniature marshmallows.  
7 whole low fat graham crackers, broken in half.

#### PREPARATION:

1. In a mixing bowl, combine milk and pudding mix, beating with electric mixer or wire whisk about 2 minutes. Scrape sides of bowl halfway to incorporate all of the mix.
2. Stir in whipped topping and marshmallows.
3. Spoon about 1/4 cup of the mixture on top of each graham cracker half. Place them on a freezer-safe tray. Freeze about 2 hours or until firm. Serve straight from the freezer.

#### PER SERVING:

- ◆ 61 calories / 0.5g fat (0.2g sat)
- ◆ 13g carbs / 1g protein
- ◆ 0.4g fiber / 1mg cholesterol

## ***MAINE SPEED, STRENGTH & CONDITIONING CLINIC***

**SATURDAY, APRIL 16th**

**Registration: 7-8am**

**Presentations: 8-11am**

**Hands-On Learning: 11am-12pm**

**Come by Latti Fitness Center to pick-up a flier.**