

SECTION C – Live Like You’re A Professional

Module 17: How To Safely Avoid Burnout, Overtraining, and Injuries

Body Awareness: *the art of listening to your body and adjusting your training without losing momentum.*

This is a crucial component of the training program because what we want to do (to achieve our goals) and what our body wants us to do, are two different things. We must find a balance between the two.

Throughout this program, you will have to listen to your body to adjust the amount and type of training you do each day.

Failure to listen to your body can result in soreness, fatigue, loss of motivation, and increased chance of injury.

Listening to your body and adjusting your training properly will create:

- Increased recovery time
- Increased muscle and stamina gains
- Reduced chance of injury or sickness
- Reduced fatigue, soreness, and stiffness
- Increased motivation and mental focus
- Better performances on match day

How will we practice proper body awareness?

Your body will tell you what it’s capable of each day. To understand it more clearly we must assess certain factors to make the best adjustments to our training.

Factors Affecting Your Ability To Train:

- 1) *Soreness*
- 2) *Energy levels*
- 3) *Mental focus*
- 4) *Injuries (knocks)*
- 5) *Sleep*
- 6) *Nutrition & Hydration*
- 7) *Response to training / playing*

Based on these areas you will have to determine if you are able to increase, maintain, or reduce your training.

Keep in mind - injuries, fatigue, and exhaustion are rarely a result of overtraining. In most situations they are a case of being undernourished.

Your body will be able to handle increased training demands if you increase the quality of your nutrition, hydration, and sleep. However, we must always listen to our bodies and adjust accordingly.

**When focusing on fat loss (module 14) it's understandable that your body will feel tired and weaker because it's in a depleted state to achieve a specific goal. Use this information to adjust your training while still moving forward.*

How will we practice proper body awareness?

1) Assess Your Body

Each day assess the 7 factors addressed above.

Overall, how do you feel? Are you capable of increasing training, maintaining, or do you need to reduce training?

2) Modify Training

Just because you feel lower on energy, have muscle soreness, or a small injury doesn't mean you have to completely stop your training.

You want to continue your training but in a modified way that will still allow you to move forward without hurting your recovery, energy levels, motivation, etc.

Modifying your training can mean:

- i. Reducing the amount of training sessions (1-4)*
- ii. Reducing the intensity or duration of the drills.*
- iii. Eliminating certain exercises from the routine.*

Some days you may start a workout with the intention of modifying but after a short warm up, you will quickly find that the movement has made you feel better, increased energy, and relieved soreness.

3) Make Adjustments to Your Lifestyle

Throughout your daily body assessment you may have determined that certain factors were negatively effecting how your body feels.

Although we can't always control certain factors like:
team games and practices

We can control certain lifestyle factors like: nutrition, hydration, sleep, and recovery sessions. Be honest about the effort you've put into each of these areas because they are directly effecting how your body feels.

If you can make adjustments to these areas to increase your recovery, energy, mood, and the way your body feels each morning; do it!

It's going to allow you to make more out of each day, continuously move forward, and progress faster.

BODY AWARENESS

