



Am I Sore or Injured

- Contrary to popular belief, muscle soreness after exercise occurs due to microtrauma to muscles, not because of lactic acid buildup. It is a normal part of exercise.
- However, when one takes on too much physical activity, too quickly or exercises with improper technique, muscles can get strained even beyond the microtrauma and can exhibit a state of overuse injury.
- Signs of injury and/or overtraining will include declining performance and energy level.
- The main treatment for overtraining is to rest (sometimes for several days).
 - You will also need to address any training errors, including issues with form/gear/technique.
- When resuming activity, start at a slightly decreased level and then progress with a set percentage increase in subsequent weeks (e.g. 10% per week increase in strength training).
- Also, build variety into your fitness program, to allow the body to use different muscle groups.