

Overtrening....

Hvordan identifisere overtrening i tide?

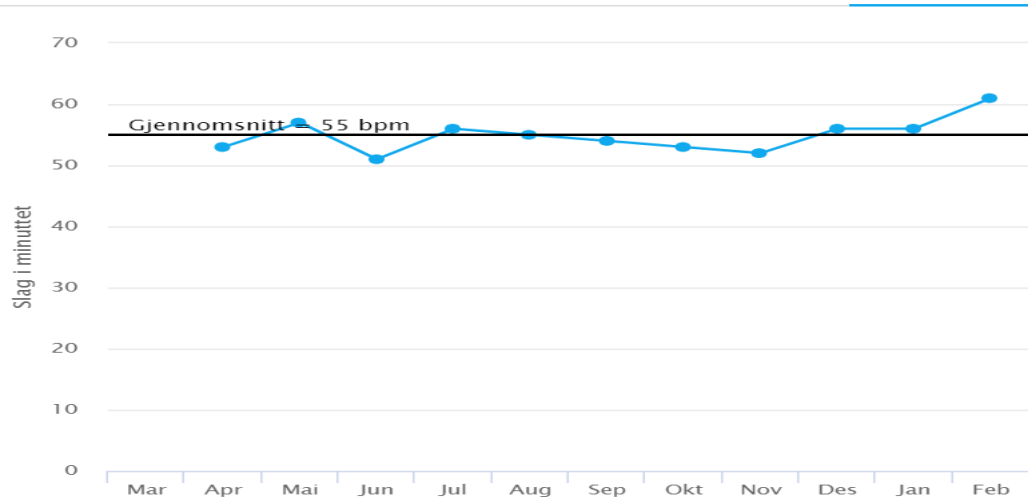
- **Subjektiv følelse**

- trøtthet/umotivert
- muskelsårhet som ikke gir seg
- deppa/ukonsentrert/irritabel
- økt tørste
- søvnevansker

Ikke alltid å stole på.....

Pulsdata

- Hvilepulsøkning på mer enn 5-10 er ofte tegn på at dårlig restitusjon

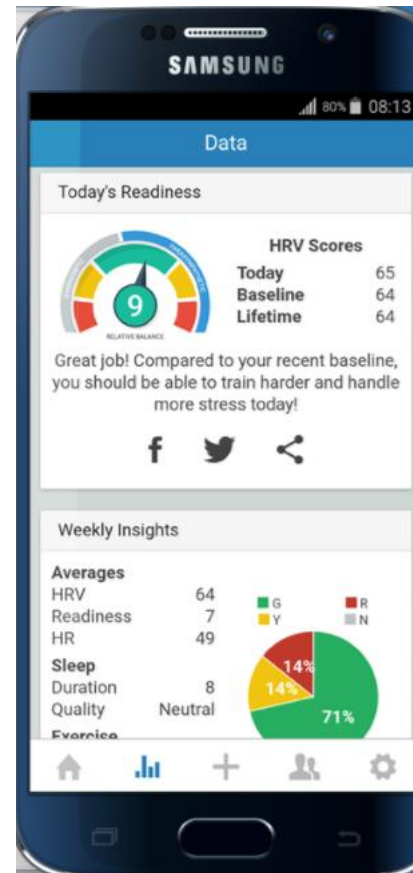


Lavere enn vanlig max puls på en intervall : sliten/fare for overtrening

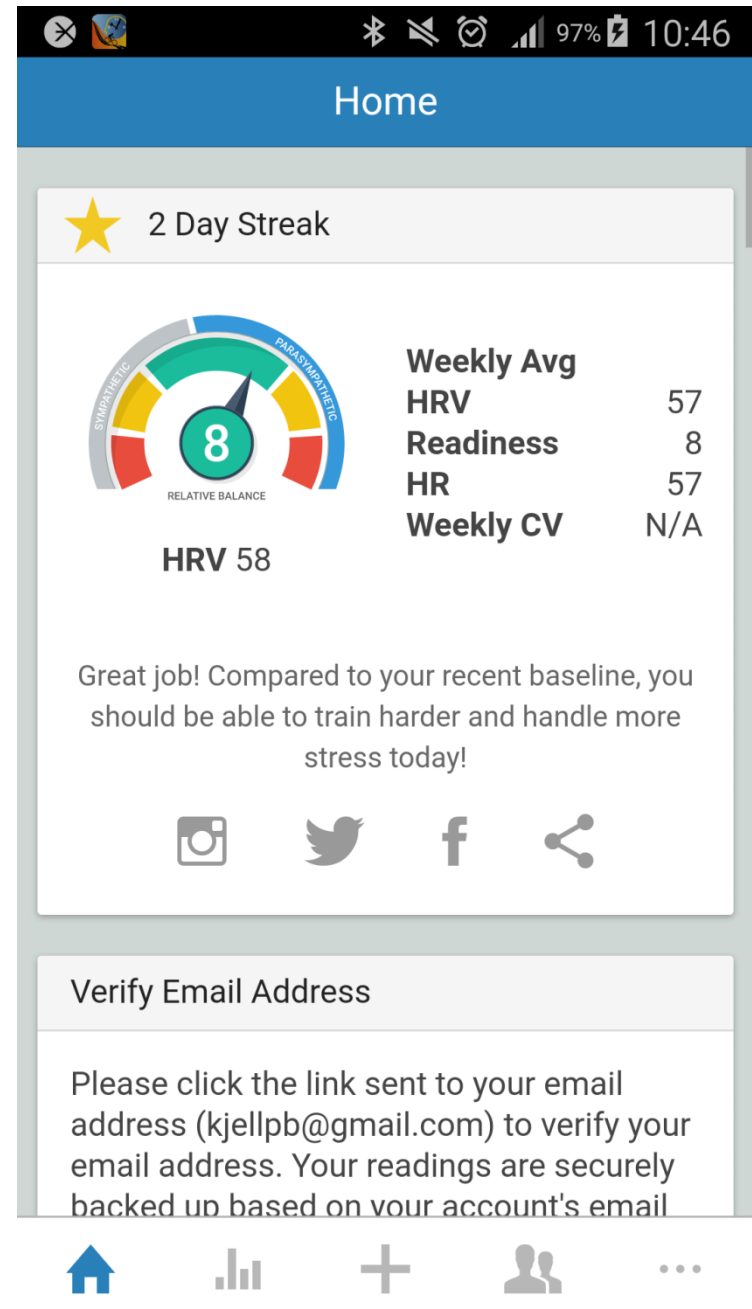
Langsommere fall i HR etter intervall

HRV (Heart Rate Variability): kan indikerer overtrening

App som kan lastes til mobiltelefon:
Elite HRV -
<https://elitehrv.com/>



Dagens måling var
overraskende
positiv...



Treningsapp'er kan gi advarsler..

 ADAPTIVE TRAINING ADVISOR 

 Today's Advice

Training Surplus : **275 XSS**

Program Phase : **Base**

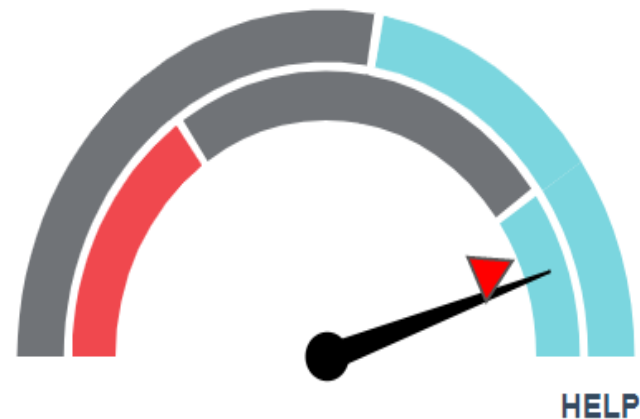
Days Before Next Activity : **5.0 days**

Focus Type : **Recovery** (Interval Targets: 207W)

Workout Goal : **40 XSS** (Optional)

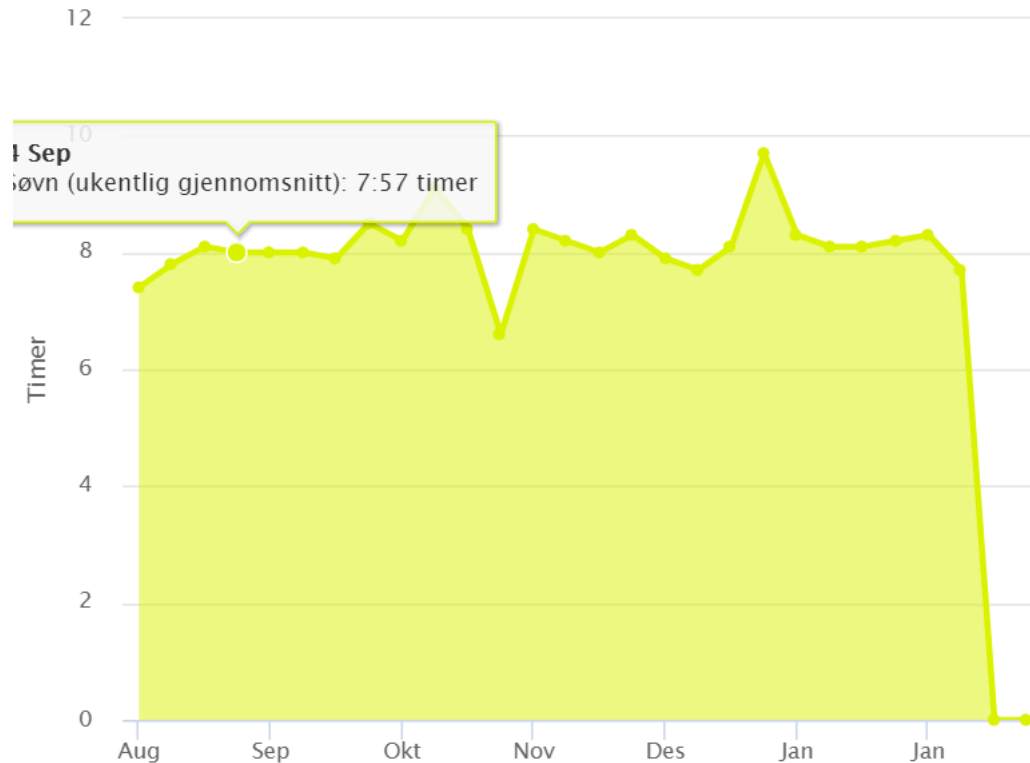
Difficulty : ★

Xert Training Pacer



Viktighet av søvn

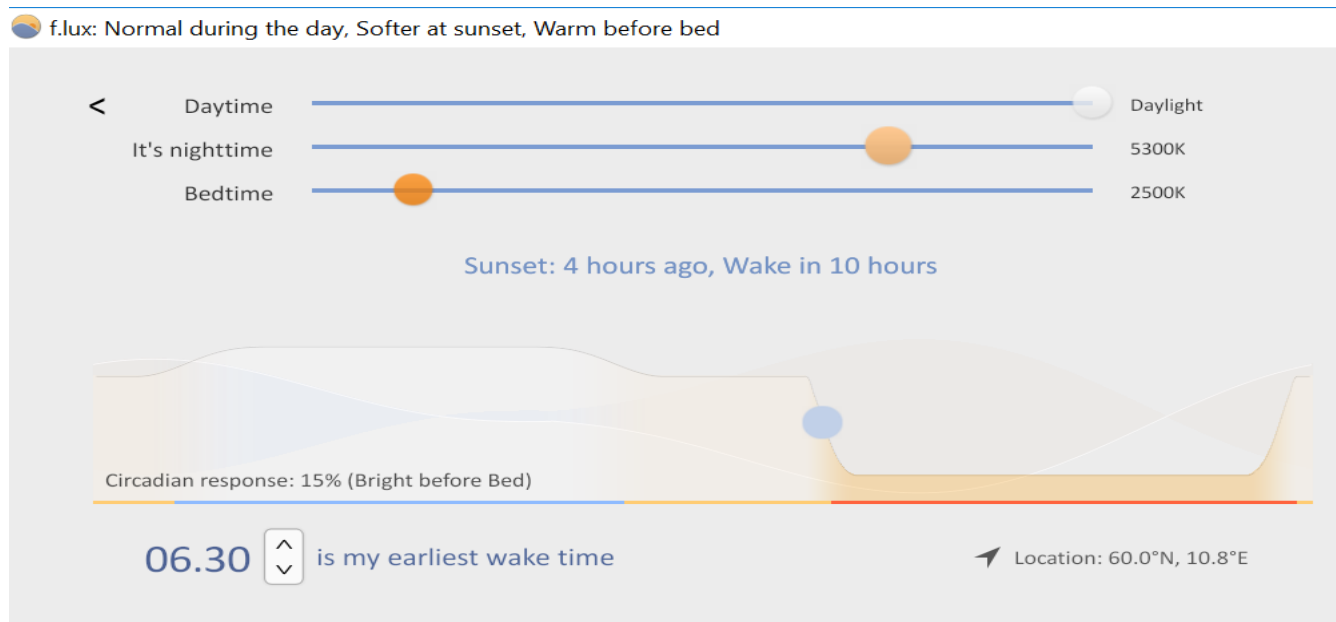
- mulighet til restitusjon



Øke søvnlengden

- Fjerne uvaner av typen 'må se Kveldsnytt'
- 'Time-Restricted Feeding' kan gi bedre søvn og vektreduksjon
- Hvis avhengig av internett på senga: prøv p.lux

<https://justgetflux.com/>



Nok magnesium kan hjelpe mot søvnvansker (og fallende testosteronnivå)

The infographic features a central title 'MAGNESIUM RICH FOODS' on a grey background. To the right of the title is a periodic table element symbol for Magnesium (Mg) with atomic number 12 and mass 24.305. Below the title is a photograph of sweet potatoes, with the label 'SWEET POTATO' underneath. The next row shows three items: three brown eggs labeled 'EGGS', a pile of green pumpkin seeds labeled 'PUMPKIN SEEDS', and a pile of almonds labeled 'ALMONDS'. The following row shows three items: a pile of sunflower seeds labeled 'SUNFLOWER SEEDS', a pile of cacao nibs labeled 'CACAO', and a whole and a sliced avocado labeled 'AVOCADO'. The final row shows three items: a pile of Brazil nuts labeled 'BRAZIL NUTS', a bunch of fresh spinach leaves labeled 'SPINACH', and a head of broccoli labeled 'BROCCOLI'.

MAGNESIUM RICH FOODS

SWEET POTATO

EGGS

PUMPKIN SEEDS

ALMONDS

SUNFLOWER SEEDS

CACAO

AVOCADO

BRAZIL NUTS

SPINACH

BROCCOLI