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Time to Reduce Training?

1. Does your normally comfortable pace hurt or leave you breathless?
2. Do your legs feel heavy for far longer than usual after a hard workout or a race?
3. Do you find it especially hard to climb steps?
4. Do you dread the thought of training?
5. Do you find it hard to get out of bed in the morning?
6. Do you have a persistent lack of appetite?
7. Are you more susceptible to colds, sore throat, headache, or infections?
8. Is your resting heart rate 5 to 10 beats higher than usual?
9. Are you unable to approach your maximum heart rate in training?
10. For any given heart rate, is your perceived level of exertion higher?

Positive answers to 3 or more indicate it is time to reduce training.

Adapted from Grete Waitz, in Tim Noakes Lore of Running