

Daily Monitoring, General Wellness & Readiness to Train

(NI & Ulster Endurance Squad, 2017)

Monitor your sleep-wake patterns and total sleep time per night.

Those who slept less than 5 hours per nights were 4.5 x more likely to have a cold than those who slept 7 hours +. Athletes who sleep <8 hours per night have 1.7 x greater risk of injury than those who sleep >8hours. Rate of perceived exertion during training is less when sleep time is extended.



Monitor your daily resting heart rate

Under normal conditions, resting heart rate should be back to normal within 24 hours of a workout. If you are not fully recovered, then your heart rate at rest will be elevated because your body is still working to repair tissues and replenish fuels. You should make sure your heart rate has returned to its resting average before proceeding with a high intensity workout the following day.



Monitor your hydration levels

Evidence shows that fluid loss equivalent to 2% of body mass caused running performance at 1,500, 5,000, and 10,000m distances to be impaired. Running performance was impaired by approximately 5% at 5,000 and 10,000m and 3% at 1,500 m. Dehydration causes fatigue by reduction in blood volume, decreased sweat rate and heat dissipation, increased core temperature and increased rate of muscle glycogen use. Urine colour is a good measure of hydration.

1	Lightest yellow	Good
2	Light yellow	Good
3	Yellow	Fair
4	Orange-yellow	Dehydrated
5	Orange	Dehydrated
6	Dark orange	Very dehydrated
7	Dark orange/brown	Severe dehydration

Any drinks that contain high levels of caffeine, salt, or alcohol will increase your rate of dehydration. So on days of high temperatures or heavy workloads avoid drinking, alcohol, Pepsi, Coke, Coffee, and high-energy drinks such as Red Bull.

REMEMBER IF YOU FEEL THIRSTY OR YOUR URINE IS IN THE COLOUR RANGE OF FROM 4 TO 7 YOU ARE DEHYDRATED – DRINK MORE WATER