

Rest Days and Workout Days

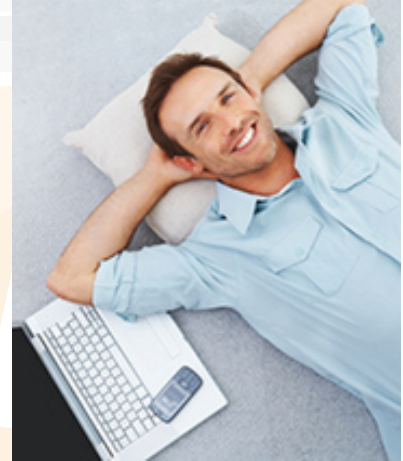
Planning and Periodisation

In reality you want to forget that the week has seven days and think of the days that your body has worked, how hard it has worked and the days that you need to rest following that work.

For simplicity (because it fits a seven day plan) when working at a moderate intensity you can be sure of getting results when working one day and resting the following day - taking two days off after the third exercise day. This third day is an opportunity to push yourself a little harder too as you will

then rest for two days before exercising again. This could equate to

Monday - Workout
Tuesday - Rest
Wednesday - Workout
Thursday - Rest
Friday - Workout (Push hard today you'll be resting two days)
Saturday - Rest
Sunday - Rest



Cycle through your programme sheets using the next numbered programme every time you exercise - You will notice that this often means that Monday will always be a workout day but not always the same programme sheet.

Always cool down and stretch and every five weeks take a week off with at least four consecutive days of total rest and no more than three days very low intensity training.

This week off will be the days that your body does most of its changing for the better and its recovery so that it can carry on working hard - so don't worry you're not slowing the results down, on the contrary you'll be doing just the right thing to make them happen. Remember correct exercise is only one part of the trinity that leads to good long term results - the other two are recovery and nutrition.

The week after your week off you will begin your new programme. The first week of your new programme match the intensity of your training to the week before you finished the last one.

Remember this new programme will be more challenging. It is not necessary for you to be able to complete the entire programme as written on day one. The intensity of your training should follow a progression so that you are able to perform the new programme as written before the next new programme.

Intermediate to advanced considerations. Muscle Gain and High Intensity Training
Careful not to try and take in too much all at once if all of this is new to you. Otherwise Read on...

If you are happy to lose the notion of a seven day week you can train every other day and then take two days off after the fourth day for a higher intensity programme. If you start to feel fatigued listen to your body though, return to three days of working out a week for a while and/or lower the intensity of your workout. This level of intensity may not be appropriate for everyone. You should feel that exercise is building you up rather than breaking you down - otherwise slow down and take your results from consistency and a balanced lifestyle in rest and nutrition.

Many routines can still take a regular shape inside a week but do not have to. Recovery is more important than training. Your PT will have put careful thought into the work and rest relationship in any proposed rest and work plan and if it is to be adjusted it is safest to add rest days rather than take them away. Here you really should try and forget about the seven day shape of a calendar week and concentrate instead on the condition of your bodily tissues. And the rotation of the programme as planned. Your priority should be enough rest rather than enough training.

Consistency pays. Overtraining will stop you in your tracks.

Work and Rest days are a subject that goes hand in hand with Periodisation