

Summary:

Performance of a sportsperson improves as a result of application of training load. The frequency of training of sportsperson depends upon the training age and performance level. Today, it is possible to correctly plan training load for a sportsperson by working out 'Target Training Zones' keeping in mind his age and resting heart rate.

Sportspersons cannot effectively undertake high loads of training unless proper means are adopted to accelerate the process of recovery. Administering appropriate means can ensure quicker recovery and make a sportsperson capable of undertaking more frequent loads. Recovery from training and competition loads requires considerable amount of time.