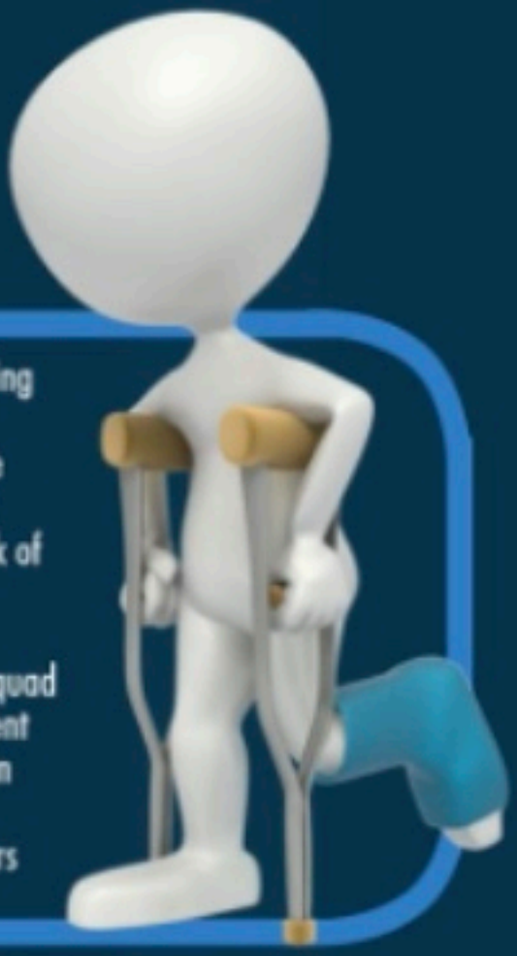
IOC CONSENSUS STATEMENT ON LOAD IN SPORT AND RISK OF INJURY: HOW MUCH IS TOO MUCH?

PRESCRIBING TRAINING AND COMPETITION LOAD

Reference: by Soligard et al., BJSM 2016

Designed by @YLMSportScience



1 Limit weekly increases of their training load to less than 10%, or maintain an acute:chronic load ratio within a range of 0.8 to 1.3, to stay in positive adaptation and thus reduce the risk of injuries

2 In football, playing two matches, compared to one match per week increases the risk of injury. In these circumstances, consider using squad rotation to prevent large increases in match loads for individual players

4 Variation in an athlete's psychological stressors should also guide the prescription of training and/or competition loads

3 Load should always be prescribed on an individual and flexible basis, as there is large intra- and inter-individual variation in the timeframe of response and adaptation to load

5 Coaches and support staff must schedule adequate recovery, particularly after intensive training periods, competitions and travel, including nutrition and hydration, sleep and rest, active rest, relaxation strategies and emotional support

6 Sports governing bodies must consider the health of the athletes, and hence, the competition load when planning their event calendars