



Rehab 3

Center for Athletes



Hockey Program

**Training Sessions
for Spring Sports**

Call Now to Enroll

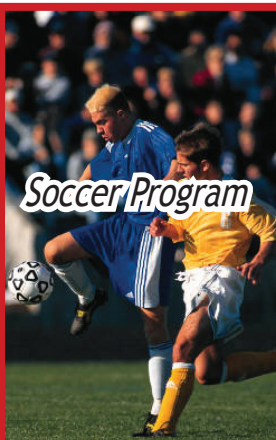
Football

Field Hockey

Volleyball

Basketball

Spaces Filling Fast



Soccer Program

LACTIC ACID... DOES IT CAUSE MUSCLE SORENESS?

Lactic acid is often seen as a major cause of athlete's discomfort and there are many negative myths surrounding it. It is commonly blamed for muscle soreness in the days following a workout, or any unpleasant response during exercise. We are here to tell you that lactic acid is not damaging and to clear up some of the misconceptions surrounding what really causes muscle soreness.

What is Lactic Acid?

1. A natural acid that is constantly being produced by the body
2. A source of energy for your body
3. A natural component of metabolism

The "muscle burn" you feel during high intensity exercise happens when lactic acid accumulates faster than your body can remove it. Some of you may have experienced this sensation during training or in your sport. The uncomfortable burning sensation is actually a natural protective mechanism and ensures that you do not injure yourself. As you slow down, your body's energy requirements decrease and lactic acid is converted to a fuel your body can use. All of the excess accumulated lactic acid is gone within approximately 60 minutes after high intensity exercise.

Lactic acid is not responsible for muscle soreness because it is removed directly after exercise. Muscle soreness is due to micro-tears to the muscle fibers which result in swelling and pain. This phenomenon is called delayed onset muscle soreness (DOMS), and it is most evident 24-48 hours after exercise.

How to ease Delayed Onset Muscle Soreness

1. Perform a proper warm-up
2. Work your way up to a higher exercise intensity
3. Follow a periodized strength training program
4. Perform a proper cool-down

As your body adapts to an increase in exercise you will notice you can perform the same amount of exercise with very little or no muscle soreness. Also, consistently participating in high intensity exercise will result in improvements in your body's ability to manage lactic acid production. Following an appropriately designed training program will result in your body producing less lactic acid, and you will be able to exercise longer at a higher intensity.

Hydration

As an athlete you need to drink water before, during, and after exercise:

Before: Drink 1-2 cups (8 to 16 ounces) of fluid two hours before training or a game to make sure you are well hydrated. 15-20 minutes right before exercise, drink another 8 ounces.

During: Drink 4-6 ounces (a couple big gulps) of fluid every 15-20 minutes.

After: It is important to keep hydrating when you are done exercising. For every pound of weight you lost, drink at least 1 pint (16 ounces) of water.

Athlete of the Month



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