

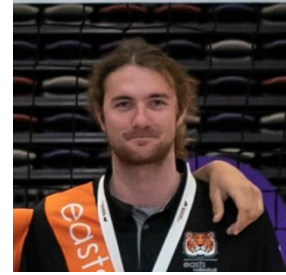


Athlete Health and Wellbeing

Sports Science – Effect of Inactivity on Performance

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Hello again coaches, parents and athletes, and thank you for taking the time once again to read this. I wish to start today by ensuring you I am not writing to scare you or cause any more unnecessary panic, however; I think it is pertinent to educate you all on the effects of physical inactivity on our bodies and our performance.

We work very hard as athletes to ensure our body is ready to perform and has the necessary components of fitness that we have discussed in previous reports. The result of all our training is a chronic adaptation to exercise which is desirable as it allows us to perform better if we train the right principles effectively. With our cessation of structured training, and the closing of indoor and outdoor gyms, many of us will be exercising far less or at least far less intensively. Unfortunately, all the hard work we put into training can be easily undone during these periods of inactivity. To further compound this misfortune, physical inactivity leads to much quicker physical adaptations than physical activity. In basic terms, if you don't use it, you lose it (and QUICKLY).

I have attached a research article on this phenomenon for your perusal if you are interested, however; I will summarise here: The researchers subjected a group of sub-elite young male soccer players to a 2-week cessation of training where they were allowed to maintain activities of daily living but were not able to train or compete in any circumstance. They then compared test results from pre and post-intervention testing. The summary of the results was that the players who did not complete physical activity for a mere 2 weeks scored statically significantly poorer in measures of cardiorespiratory fitness in both performance measures and biological measures.

I wish to reiterate; this is not designed to scare you, rather encourage you to exercise under the prescribed conditions as set by the Australian Government during this time. Please stay tuned for further updates as some practical workouts for volleyball players will be coming out soon!!!

As always, any questions please direct them to East's Volleyball Director of Athlete Development Angus Sullivan via the following email: angussullivan.sc@gmail.com.

Christensen, P. M., Krstrup, P., Gunnarsson, T. P., Kiilerich, K., Nybo, L., & Bangsbo, J. (2011). V'O₂ Kinetics and Performance in Soccer Players after Intense Training and Inactivity. *Medicine & Science in Sports & Exercise*, 43(9), 1716–1724. doi:10.1249/mss.0b013e318211c01a