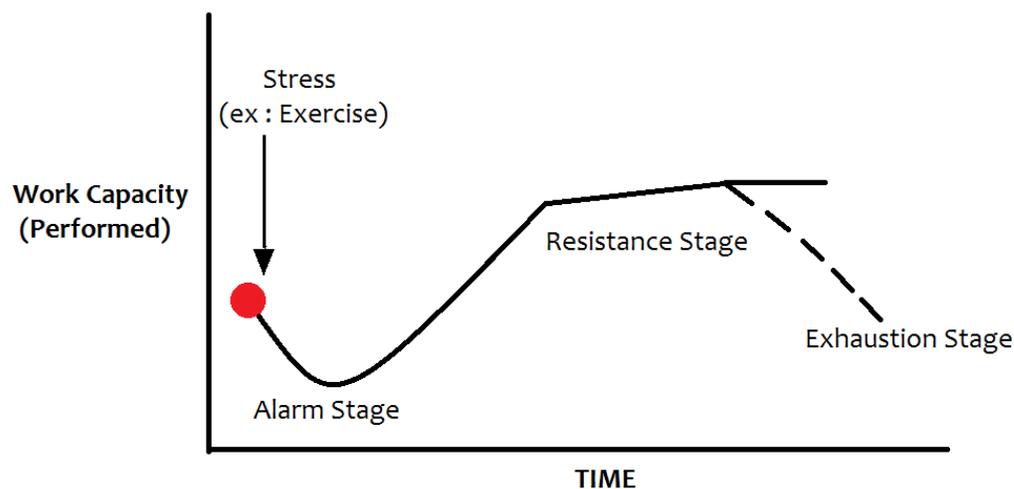


A vital piece to training is making sure that the training stimulus (stress) that you are placing on your body in training is appropriate and the right intensity to elicit actual improvements in fitness levels and not the opposite.

The GAS (General Adaptation Syndrome) model was created to diagram these concepts. It breaks down training stressors and shows the effect it can have on fitness levels. The alarm phase comes first which is the actual training session (stressor). This initially results in decreased performance capacity due to soreness, fatigue, stiffness and a decrease in energy stores. This leads into the resistance phase which is the cornerstone to the GAS model. If stressors are planned appropriately and are not excessive, after the initial alarm phase, performance will either return to baseline OR be elevated to new levels. If appropriate programming is not followed, then exhaustion stage sets in and fitness levels really take a hit. If training is planned and executed well, new fitness levels are reached and a new baseline is set. In our CrossFit world this means “increasing work capacity across broad time and modal domains.” Below is a very basic outline of this model.



At CFG, this model can be applied to two types of cycles:

1. Microcycle- specific training sessions and choosing the right scaled options in WODS throughout the week
2. Macrocycle- monthly training to include planned ½ intensity weeks and tapering before competitions

As your training age matures, it's especially important to continue to balance and monitor training stressors (progressive overload) in order to continue to make gains. This shift can change throughout your macrocycles and is something all athletes should hone in on. This validates not every workout needs to be a full on suck-fest.

NOTE: One thing to remember is that stressors can be cumulative (emotional and physical). So if stress is high in your personal life or professional life in addition to your training stimulus, it can add up. Ultimately training should be adjusted based on a holistic approach considering all aspects of life. Listen to your body and when life stressors are low, train hard; when life stressors are high, back off.

*"Since I began regular training at CFG (> 3 days a week) I have followed a 12 week training cycle--3 weeks training at "full intensity" followed by a "light intensity" week or a "rest week" (on the 12th week of the cycle). These light intensity and rest weeks always help me recharge and come back to training with renewed energy. As a result, I am still improving my performance (after 9+ years!) and I have avoided serious injury due to over training." -Mary Ryan, CFG member since 2008*