

Guideline #1 – Avoid increasing your volume too quickly

Your body enjoys slow gradual progressions.

I think everyone has heard of the 10% rule when increasing your training volume. A safer rule of thumb that I use with my athletes is to increase their training volume by 7% per week. This allows for the progressive overload that is needed to boost the athlete's fitness but, more importantly, aids in the athlete's ability to absorb the training.

My philosophy is 'it isn't how much training you do but how much training you absorb'. Also, remember that $\text{volume} = \text{duration} \times \text{intensity} \times \text{frequency}$

~ Brad Spokes, BScPT, CSCS, CAFCI