

WV Wellness

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How many times should you train per week?

The response depends on the type of training activity performed in addition to its aims. If the session involves a fairly intensive or extensive workout, aimed for example at improving certain muscle qualities (such as strength or stamina), a reasonable recovery period is imperative to give the body time to build new structures (enzymes, mitochondria, muscle fibers, etc.). Furthermore, in the case of particularly exhausting sessions, it is required to replenish energy reserves.

MINIMUM RECOVERY TIMES

Each type of characteristic stimulated will require different recovery times but, in principle, for a subject undergoing training of normal intensity, a 24-hr interval is sufficient; on the other hand, beginners should not ideally train more than every other day for at least the first two to three months. In the case of workouts, which are particularly stressful on the joints, muscles and tendons, it is certainly preferable, particularly for the elderly and less active, to insert at least one to two rest days between two successive workouts. In such cases, the body must also reinforce these structures in order to prevent them from being damaged.

MAXIMUM TIME BETWEEN SESSIONS

Conversely, too long a time between one session and the next would lead to the positive gains from the first session being completely negated. In fact, any improvements the body makes to stimulated muscles (increased strength, stamina and so on), are only retained if they are maintained on a regular basis, otherwise they are lost since the body no longer has a need for them. Of course, the maximum interval between two successive workouts depends on the type or quality of the sessions but, for the average person, an interval of four days can already be deemed to be excessive.

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