

5 tips to reduce the effects of travel on athletic performance

Sports teams are often required to travel to compete in regional, national or international competitions. Organising travel and away trips is a challenge; to try minimise the possible negative effects of such travel and ensure athletic performance is not affected.



(nmtourism.com)

Longer travel is likely to provide a more difficult challenge although all the concepts discussed below can be applied to travel of any length. Below are a 5 tips that may help.....

Pre travel

1. Get enough sleep

Ensuring athletes have had enough sleep prior to travel is imperative. Travelling under a pre-fatigued state is only likely to make the effects of travel much worse.

If travelling long haul, ensuring good sleep patterns can also aid the transition when traveling across time zones. If travelling westward, try to go to sleep as late as possible two to three days prior to departure, which will make it easier to adapt to the new location.

2. Hydrate

Drink plenty of water before, during and after travel to help combat dehydration. This is especially important if travelling by plane as the re-cycled air circulating in the cabin will feed dehydration. The use of electrolytes can also be useful to help aid water retention and the possible loss of such electrolytes loss that is associated with dehydration.



(telegraph.co.uk)

During travel

3. Rest to the new time zone

Set your watch to the new time zone immediately. This will help the transition from different time zones and will enable planning of meals and sleep. Eating and sleeping should occur at the appropriate times related to the end destination to ensure a smooth transition between destinations.

4. Avoid alcohol and caffeinated drinks

Due to altitude, pressurisation and dehydration, it is reported that one alcoholic drink during flight travel has the alcoholic equivalent of nearly two and a half on the ground. Regardless of how long the outbound travel is prior to the athletic event alcohol should be avoided. The same is true for travel after competition due to the effects alcohol has on an athlete's rate of recovery.

5. Move.....

Any prolonged positioning is likely to result in reductions in movement efficiency. Prolonged sitting gives rise to tight hamstrings and hip flexors as well as increased intervertebral

disc pressures. All those factors are injuries waiting to happen so get off your ipad or reading your book and MOVE!!!!!!



(fit.webmd.com)

Thanks for reading

AB