

GENERAL CONDITIONING

Every athlete has a requirement for at least a minimum level of general conditioning. This varies with the standard of competition of course and as you progress towards national or international calibre play, the need for conditioning increases.

BENEFITS

Research has demonstrated time and again the advantages available from being in shape. That's why top calibre athletes, both amateur and professional are willing to work so hard to be as well conditioned as possible for their event(s). In case you are interested, the main points (benefits) are summarized below.

Compared to unconditioned athletes, research shows that well conditioned ones can;

- 1. React more quickly, physically and mentally.*
- 2. Resist injury more effectively*
- 3. Sustain maximum effort longer.*
- 4. Recover more quickly from fatigue.*
- 5. Work more efficiently - more results for less effort.*

Naturally, these advantages would be attractive to any serious competitor.