

Figure 1.4 Time course of the restoration process and athlete's preparedness (AP) after a workout according to the supercompensation theory. The vertical axis is both for the amount of substance and for the level of preparedness. According to the model, the two curves coincide.

From: The Science and Practice of Strength Training, V. Zatsiorsky (p. 13)

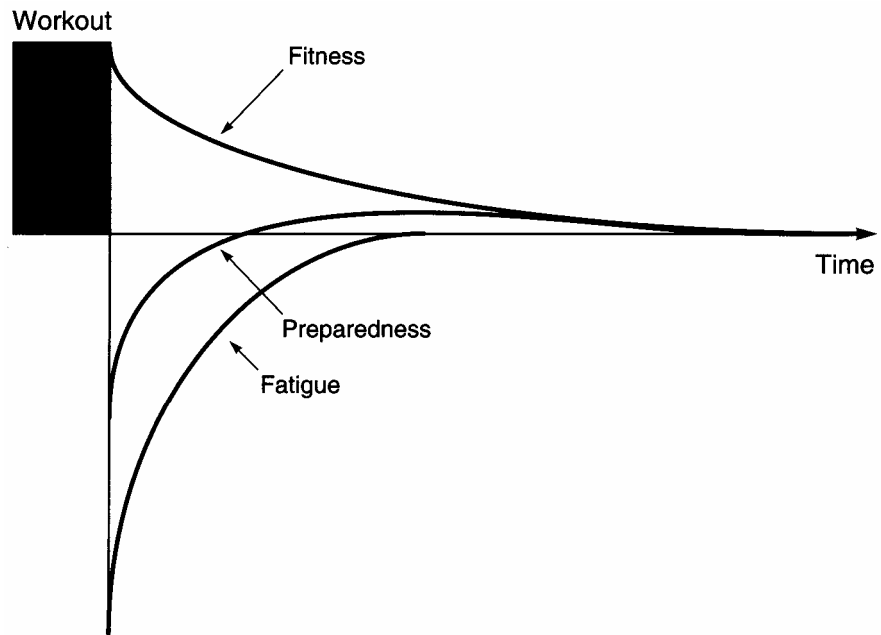


Figure 1.7 Two-factor theory (model) of training. The immediate training effect of a training session is characterized by the joint action of two processes, fitness gain and fatigue. Athlete preparedness improves because of fitness gain and worsens because of fatigue.

From: The Science and Practice of Strength Training, V. Zatsiorsky (p. 16)