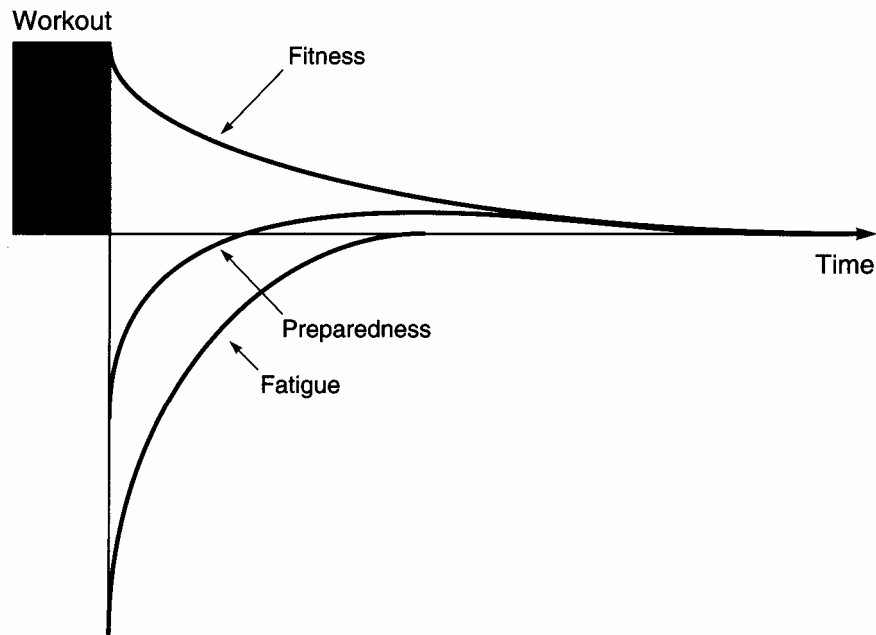


**Figure 1.4** Time course of the restoration process and athlete's preparedness (AP) after a workout according to the supercompensation theory. The vertical axis is both for the amount of substance and for the level of preparedness. According to the model, the two curves coincide.

*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)*