STAYING IN THE GAME

Evidence-Based Strategies for Longevity in the Sports You Love

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Who I Am

Clinician

Doctor of Physical Therapy with 10+ years of experience optimizing human performance—from personal training to clinical practice specializing in athletic longevity.

Founder

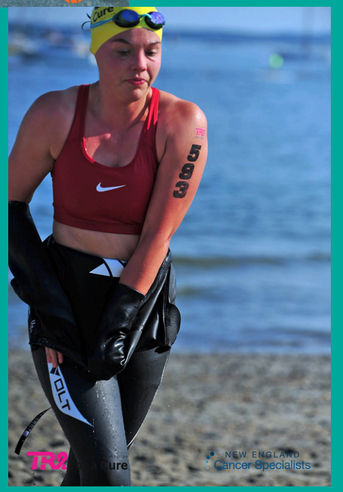
Owner of Maine Strength Co in Yarmouth, where we help athletes of all ages train smarter and stay in their sport longer.

Athlete

Longterm endurance athlete. I understand both the science and the lived experience of staying in your sport.

Educator + Researcher

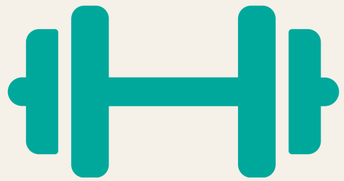
Collaboration with Medical University of South Carolina DPT program, and researcher in evidence-based approaches to performance optimization.



The Question

What separates athletes who compete for decades from those who are sidelined by injury?

Today's Roadmap



Strength Training

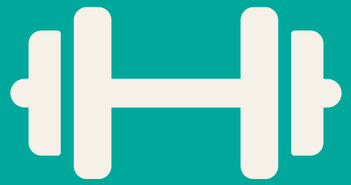
Your competitive advantage for injury prevention and sport longevity

Recovery Strategy

Working with your physiology instead of against it

Body Literacy

Recognizing warning signs and making informed decisions



PILLAR 1

Strength Training: Your Competitive Advantage in Sport + Life

Why Strength Training Is Non-Negotiable

30-50%

reduction in injury risk with consistent strength training

3-8%

muscle mass loss per decade after age 30 (without intervention)

What Strength Training Protects:

- Bone density (critical for preventing fractures)
- Joint stability and connective tissue resilience
- Power output and explosiveness
- Metabolic health and body composition
- Balance and fall prevention

Muscle is considered the “longevity organ”

If You're New to Strength Training

Where to Start

- 2x per week is your minimum effective dose
- Focus on movement patterns AND muscles: squat, hinge, push, pull, carry, calf raises
- Start with bodyweight or light loads—technique first
- Sessions can be 20-30 minutes

The Goal

Build a foundation that supports your sport-specific demands.

Common Mistake: "I don't want to get bulky"

Reality: Building significant muscle mass requires years of dedicated training and specific nutrition. What you will get is resilient, functional strength that keeps you in your sport.

If You're Already Strength Training

Optimization Variables

Frequency

- 2-3x/week (+)
- Consider recovery between sport and gym

Intensity

- Aim for primary lifts to feel like a 7-8/10 Rate of Perceived Exertion (RPE)

Specificity + Load

- Modify your programming to fit the needs of your sport
- Power, lateral movement, eccentric control

Key Principle: For progression, you always have to toggle at least one thing for adaptation

Common Training Mistakes

Doing too much sport volume without foundational strength

Playing one sport 5x/week with no strength work can create overuse injuries, not fitness.

The most important part of training...is the recovery

Recovery is where adaptation happens—don’t skip it!

Only training in your sport's movement patterns

Use strength training as an opportunity to fill what's missing.

Confusing soreness with progress

Soreness ≠ effectiveness. Consistent, progressive training without crushing yourself wins.

PILLAR 2

Recovery:
Your Performance Strategy

The Reality of Aging Physiology

Your training stimulus hasn't changed.
Recovery shifts.

What Changes:

- Tissue adaptation windows can lengthen (48-72 hours vs 24-48 hours)
- Inflammation resolution can take longer
- Sleep architecture changes
- Protein synthesis rates can start to decrease

What This Means:

You can handle the same total weekly volume—you just need more time between sessions to adapt.

Strategic rest is key.

Evidence-Based Recovery Protocols

Sleep: The Non-Negotiable

- 7-9 hours for tissue repair and hormone regulation
- Consistent sleep/wake times optimize recovery
- Poor sleep = impaired recovery, increased injury risk

Active Recovery

- Light movement promotes blood flow without stress
- Walking, easy cycling, swimming at conversational pace
- Saunas

Nutrition: Fueling Adaptation

- Protein: ~0.8-1.2g/lb of lean body mass for tissue repair
- Carbohydrates: Replenish glycogen for next session
- Hydration: Critical for performance and recovery

Periodization Basics

- You can't be "on" year-round anymore
- Build intensity toward key events, then recover
- Off-season exists for a reason—use it

Structuring Your Training Week

Sample Weekly Template (Adjust to Your Sport)

Mon	**Sport Practice** Moderate
Tue	**Strength Training** Full Body
Wed	**Active Recovery** Light movement
Thu	**Sport Practice** High intensity
Fri	**Strength Training** Full Body
Sat	**Active Recovery** Light movement
Sun	**Sport/Competition** Peak effort

Key: Notice the spacing between hard sessions. This is intentional.

Principles:

- No back-to-back high-intensity days
- 48+ hours between strength sessions
- At least 1 complete rest day per week
- Adjust based on how you feel—this is a template, not a prescription

PILLAR 3

Body Literacy:
Knowing What to Listen For

Symptomatic Red Flags

Pain patterns that require professional attention:

Night pain that wakes you up

Pain at rest, especially at night, can indicate serious pathology. Get evaluated.

Morning stiffness >30 minutes

Some stiffness is normal. Prolonged stiffness suggests inflammatory process.

Pain that progressively worsens

Normal soreness plateaus or improves. Sometimes we experience pain that “warms up”. Worsening pain = something wrong.

Pain that changes your movement

If you're compensating or avoiding movement, address it before it creates new problems.

If you have any of these, don't wait. Early intervention prevents months of sidelining.

The Decision Tree: When to Push, When to Seek Help

Normal Soreness (Keep Training)

- Dull, achy, feels like muscle soreness
- Improves with warm-up
- Peaks 24-48h post-exercise
- Doesn't affect movement quality
- Gone within 1-3 days

Manage & Monitor (Modify Training)

- Sharp initially, settles to dull
- Specific to certain movements
- Improves with activity modification
- No swelling or instability
- Responds to rest/ice/load management

Seek Professional Help (Don't Wait)

- Sharp, localized pain
- Night pain or at rest
- Progressive worsening
- Changes movement patterns
- Swelling, instability, or numbness

Key Takeaways

1. Strength training isn't optional—it's what keeps you in your sport.

2. Recovery capacity changes—adjust your training frequency, not your goals.

3. Learn to distinguish normal adaptation from warning signs—early intervention prevents months of sidelining.

Questions?

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Thank you so much for attending!