

# CONTENTS

<i>List of contributors</i>	viii
<i>Acknowledgements and preface</i>	xi
<b>PART I</b>	
<b>Conceptualizing the problem</b>	<b>1</b>
1 Monitoring the recovery-stress state in athletes <i>Jahan Heidari, Sarah Kölling, Maximilian Pelka, and Michael Kellmann</i>	3
2 Developing athlete monitoring systems: Theoretical basis and practical applications <i>Aaron J. Coutts, Stephen Crowcroft, and Tom Kempton</i>	19
3 Perceptions and practises of recovery modalities in elite team athletes <i>Ranel Venter and Roné Grobbelaar</i>	33
<b>PART II</b>	
<b>Psychophysiological determinants of underrecovery</b>	<b>49</b>
4 Overtraining – what do we know? <i>Romain Meeusen and Kevin De Pauw</i>	51

5	Recovery-stress balance and psychobiosocial states monitoring of road cyclists <i>Claudio Robazza, Fabio Forzini, Selenia di Fronso, and Maurizio Bertollo</i>	63
6	Psychophysiological features of soccer players' recovery-stress balance during the in-season competitive phase <i>Maurizio Bertollo, Fabio Yuzo Nakamura, Laura Bortoli, and Claudio Robazza</i>	74
7	Managing the training load of overreached athletes: Insights from the detraining and tapering literature <i>Laurent Bosquet, Nicolas Berryman, and Iñigo Mujika</i>	87
8	Recovery-stress balance and injury risk in team sports <i>Michel Brink and Koen Lemmink</i>	108
9	Stress, underrecovery, and health problems in athletes <i>Raphael Frank, Insa Nixdorf, and Jürgen Beckmann</i>	119
10	Quantification of training and competition loads in endurance sports: A key to recovery-stress balance and performance <i>Avish P. Sharma and Iñigo Mujika</i>	132
<b>PART III</b>		
<b>The impact of sleep on recovery</b>		<b>149</b>
11	The role of sleep in maximising performance in elite athletes <i>Johnpaul Caia, Vincent G. Kelly, and Shona L. Halson</i>	151
12	Sleep, dreams, and athletic performance <i>Daniel Erlacher and Felix Ehrlenspiel</i>	168
13	Domestic and international travel: Implications for performance and recovery in team-sport athletes <i>Rob Duffield and Peter M. Fowler</i>	183
<b>PART IV</b>		
<b>Transfer to related areas</b>		<b>199</b>
14	What do sport coaches know about recovery? <i>Christine Nash and John Sproule</i>	201

15	Stress and recovery in extreme situations <i>Michel Nicolas, Marvin Gaudino, and Philippe Vacher</i>	221
16	Stress and recovery in applied settings: Long working hours, recovery, and breaks <i>K. Wolfgang Kallus and Kerstin Gaisbachgrabner</i>	233
17	Psychological relaxation techniques to enhance recovery in sports <i>Michael Kellmann, Maximilian Pelka, and Jürgen Beckmann</i>	247
18	Sport, recovery, and performance: A concluding summary <i>Michael Kellmann and Jürgen Beckmann</i>	260
	<i>Index</i>	267