

Watch your Biorhythms!

Written by

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Biorhythms refer to an individual's body clock. Some of us are morning people, while others work best at night. Every athlete should be aware of their body clock and use it to maximize their training. For example, for most people the Cortisol level, the body's stress hormone, is at its highest early in the morning. Excessive amounts of Cortisol can destroy muscle mass and lead to more stored body fat. Therefore, most of us should avoid training at this time of the day. Everyone should try and work out at their best training time. This has been found to be around 4pm for most people. Of course, when your target is burning fat, then the morning time is still the best time.

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