
muscle soarness Muscle soreness and recovery?

Posted by james_kingsley - 2008/11/25 09:40

Hi, I train 3 days per week, alternating upper and lower body. I never tain for longer than 1 hour. I train to maximum intensity until I reach both positive and negative failure on the last set. I usually perform 4/5 exercises per session and 4 sets per exercise. My question is that I do not get that muscle soreness anymore that I used too. No matter how hard I push, I wake up the next morning as if I had been watching TV all day. I always used to feel a good stiffness and soreness which felt kinda good. I have tried mixing up my training program and using new exercises, but I still train with no pain.. Is it possible that I do recover extremely fast and that I should in fact increase the intensity of my program in terms of training days and exercises. Can you still grow and not feel any soreness?? Confused. James. Sent via Deja.com <http://www.deja.com/> Share what you know. Learn what you don't.

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Posted by Ornette - 2008/11/25 09:40

Muscle soreness is not necessary for growth. If you have been training for any length of time you should not get sore. Most soreness occurs when training is first started or associated with injury. Don't sweat the lack of soreness.

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Posted by Watson Davis - 2008/11/25 09:40

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