

# Smart Sport System

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Training errors are the primary cause of overuse injuries in sport. Up to 60% of runners will face an injury every year. Many other sports, especially endurance sports, are reflective of this trend. The most common training error is that of "too much, too soon". The development of an optimal training program thus plays a significant role in the injury prevention process.

The Smart Sport System has been developed to integrate the key concepts and advances of sports medicine and sports science into a unified approach - for those trying to maximize their performance and prevent injury in the process.

Not only does the word "Smart" provide certain connotations, it is also an acronym:

Scientific

Mechanisms

Applied to

Rehabilitation and

Training.

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Train smarter - today!Â