

# DOMS:

## FEELING ACHEY AFTER YOUR SESSIONS?

Feeling our muscles ache 24-48hours after exercise is really common - especially if you've tried something new or worked a bit harder than usual. This is totally normal and to be expected. So, here's a quick breakdown of what it is, and what you can do about it, so you can really make the most of your sessions!

### What Is DOMS?

DOMS stands for Delayed Onset Muscle Soreness - in a nutshell, it's when your muscles are sore within a few days of exercise. It's particularly common with strength training, especially if you're new to it or you've worked with a higher volume than you're used to (more sets, reps or weight, particularly on the same body parts).

Please note that it's not a measure of how hard you have worked, and an absence of DOMS isn't a sign that you didn't work hard enough. If you train frequently, it maybe quite rare to experience DOMS, and that is fine.

### Why Does It Happen?

There are loads of theories as to why it happens, and it's most likely due to microscopic damage done to muscle fibres when putting a new stress on the body (don't worry, this isn't something we need to be concerned about!). If you start a new type of exercise, you can expect to feel a bit sore or aching the following few days - but you'll notice that, as long as you're not training at too-high intensity, this soon reduces and becomes less common.

### What Can We Do About It?

- Recovery is key! Nutrition will make a big difference following exercise - focus on increasing your protein intake, aiming for a serving of protein in each meal where possible.
- Make sure you stay well hydrated.
- Research shows that DOMS reduces when people keep moving - try and keep your day to day movement up, maybe adding in a lunchtime walk if you can!

If you have any questions or want more tips on how to get the results you want, feel free to get in touch.

**simongPT.co.uk**

“



**Simon Graham**  
Specialist Weight Loss Coach &  
Personal Trainer



Scan here  
to find out about  
Weight Loss or Strength Coaching  
& book a FREE Zoom consultation