## **CONTENTS**

INT	INTRODUCTION			
1	THE	MACDECHI ATIONI	12	
1		MOREGULATION		
1.1	Biological Principles		12	
	1.1.1	Body Shell and Body Core	13	
	1.1.2	Heat Production and Metabolic Rate	14	
	1.1.3	Temperature Ranges	15	
	1.1.4	Heat Production and Heat Transfer	17	
	1.1.5	Principals of Thermoregulation	25	
1.2	Thermoregulation During Physical Activity		35	
	1.2.1	Core Temperature and Athletic Performance	35	
	1.2.2	Critical Core Temperature	40	
	1.2.3	Dehydration	43	
1.3	Influencing Factors		45	
	1.3.1	Personal Influencing Parameters	45	
	1.3.2	Non-Personal Influencing Parameters	47	
1.4	Meas	uring Sites of Skin and Core Temperature	52	
	1.4.1	Skin Temperature	52	
	1.4.2	Core Temperature	53	
	1.4.3	Rectal Temperature	54	
	1.4.4	Sublingual and Esophageal Temperature	55	
	1.4.5	Axillary Temperature	55	
	1.4.6	Tympanic Temperature	55	
	1.4.7	Intestinal Temperature	56	

## Cold Application in Training & Competition

CRYC	O AND COLD APPLICATION	60	
Introduction			
2.1.1	History of Cold Application and Therapy	60	
2.1.2	Cold Mediators	62	
2.1.3	Terminology	73	
Effects of Cold Air Application			
2.2.1	Precooling Through Cold Air Application	78	
2.2.2	Simultaneous Cooling Through Cold Air Application	87	
2.2.3	Precooling Through Whole body Cryo		
	Application (WBCA <sub>-110° c</sub> )	89	
2.2.4	Partial-Body Cold Air Application (-30° C)	102	
Effects of Cold Water Application			
2.3.1	Effects of Cold Water Application		
	on Core Body Temperature	112	
2.3.2	Effects of WBCWA (Whole body Cold Water Appllication)		
	on Cycle Performance	113	
2.3.3	Effects of Cold Water Application on Running Endurance	119	
2.3.4	Effects of Partial-Body Cold Water Application		
	on Physiological Parameters	121	
2.3.5	Cold Air Simultaneous Cooling Vs. Cold Water Precooling	125	
2.3.6	Conclusions of Cold Water Cooling	126	
THE	WARM-UP AS A		
THEF	RMOREGULATORY PREPARATION	132	
Litera	ture Review on Warming Up	135	
Terminology			
3.2.1	Definition	137	
3.2.2	Aspcts of Differentiation	137	
Physiological Effects of a Warm-Up			
	2.1.1 2.1.2 2.1.3 Effect 2.2.1 2.2.2 2.2.3 2.2.4 Effect 2.3.1 2.3.2 2.3.5 2.3.6 THE TERMI 3.2.1 3.2.2	<ul> <li>2.1.1 History of Cold Application and Therapy</li> <li>2.1.2 Cold Mediators</li> <li>2.1.3 Terminology</li> <li>Effects of Cold Air Application</li> <li>2.2.1 Precooling Through Cold Air Application</li> <li>2.2.2 Simultaneous Cooling Through Cold Air Application</li> <li>2.2.3 Precooling Through Whole body Cryo</li></ul>	

3.4	Effects on Athletic Performance	147			
	3.4.1 Short-Term Demands	147			
	3.4.2 Mid-Term Demands	151			
	3.4.3 Long-Term Demands	153			
3.5	Optimal Preparation Design	155			
	3.5.1 Optimal Load Intensity	155			
	3.5.2 Optimal Load Duration	156			
	3.5.3 On the Optimal Rest Period	156			
	3.5.4 Optimal Specifics	157			
	3.5.5 Conclusion	158			
3.6	Overall Conclusion	160			
4	GENERALIZATION AND DIFFERENTIATION	. 166			
<b>4</b> .1	Sex Specifics	167			
4.2	Performance Level	168			
4.3	Ability Specifics	170			
4.4					
4.5	··				
4.6	Performance-Related Effects				
	and Timing of the Cold Application	177			
4.7	Conclusion	178			
5	SUMMARY AND PROSPECTS	184			
BIB	LIOGRAPHY	192			
CRE	EDITS	218			