

Tendon Adaptation to Strength Training

Originally published 26 June 2019 · fatchfitness.com



Strength Training

Tendons first increase in stiffness then in size after strength training. BUT their adaptation to strength training is significantly **SLOWER** than skeletal muscle adaptation to the same strength training stimulus.

Also it has been found that upon detraining, the slower to adapt tendon structures reduce in strength/tensile property **FASTER** than the concurrent reduction in muscle strength.

TRAINING IMPLICATIONS:

1. When new to a strength training routine, don't rush into increasing weight too early with each exercise - give your tendons time to adapt to the stimulus.
2. When returning from time away from your strength training routines, ease back into your routines (reduce your weight for all exercises) otherwise tendon injury may occur.

References:

1. [CURRENT CONCEPTS OF MUSCLE AND TENDON ADAPTATION TO STRENGTH AND CONDITIONING.](#)
2. [Tendon Changes with Aging](#): Fatch Fitness.