

Sexuality, sex and running, how much of it is it allowed?

Sexuality has been the subject of many studies for years, and interest in reactions physical, psychological and physiological factors that occur in the individual have been the cause of many attention from several researchers.

It is known that sexuality has a positively or negatively impact in the physical and psychological processes of humans, so maintaining a balance between both processes it's really necessary.

Sexual activity is related to the need of individuals to communicate physically and psychologically, sexuality is consequently conditioned by the social environment, religious and cultural behaviors of the place where people live sexuality is suppressed by changes in mood and appetite.

Due that attitude, customs, practice and habits play an important role in sexuality and its direct their course to personal satisfaction it has been determined that sexuality is not a purely biological issue, but it becomes an integral part of the individuals. It is like that, as diverse studies, many of them directed by Master and Johnson from the decade of the 70s have suggested that sexuality is an integral part of the human being, including the social and psychological factors, being a clear element of the development of the individuals.

As it was mentioned at the beginning, sexual activity has been studied for years, and like to sexual intercourse and exercise, this controversial combination subject has been studied and observed from times as remote as the Greek Empire itself, many of those observations and beliefs have given rise to myths and taboos, and as noted, the Msc. Pedro Reinaldo García, Sports Nutrition specialist in his personal blog following a work that he published more than a couple of years ago about sex and exercises, sexual activity is the human activity more plagued by taboos, and if combined with sports will not be the exception.

As a he noted in its publication, are not few times where I hear from runner coaches making recommendations to their pupils to refrain from having sex until a few weeks before the competition to avoid decreases in the expected results. According to what indicated by Pedro in the publication that I mentioned before, with reference to the results obtained with or without sexual abstinence pre competition, several studies that have been carried out in this area, and there is no clear evidence that normal sexual activity before a sporting event goes on detriment of the results in this, much less still, by the deprivation of sex before.

According to the Bike magazine, in its edition number 01 of the year 2005, number 153, and to an article published on its website by the Cliclismo USB Community, the practice of sexual activity helps to lower tension and stress

and improve the functioning of the immune system, in addition to alleviating certain joint and muscle pain. Other studies have shown that having had sex the last 12 hours before a sporting event does not affect performance, even in couples who had sex up to 2 hours before competing. Other opinions and experiences indicate that for males having sex before running can have a positive effect by allowing to generate more testosterone, in addition of the positive psychological effects generated in the couple by both men and women.

When is talking of sexual activity as well as a running activity, can be saying that both have an positive impact in the individual, including its influence on mental health, physical health, general well-being and be social of the practitioners, which will undoubtedly improve the level of quality of life of these, although obviously the running requires a greater expenditure of calories. Other opinions maintain that the systematic practice of sport has a positive impact on the production of testosterone, which, as is known, intervenes in the processes of metabolism protein and muscle growth among others, so the healthy practice of sex before a sports event stimulates the production of testosterone and increases sports performance.

For the above said, for the results of my runners in competitions of resistance and my own experiences, I do not think it necessary to maintain a sexual refrain, weeks, days and hours before a race, what if it could have an adverse effect is to maintain this activity together with the excess alcoholic drinks as stimulants and many hours of loss of sleep prior to competition.