

OVERTRAINING

What is it?

Overtraining is basically where you are training more than your body can cope with. This means that your body can't adapt to the training you are doing. There are a number of different physiological mechanisms behind this which include overworked muscles that can no longer use oxygen efficiently and a less responsive nervous system.

Regardless of the science behind overtraining it is certainly something which you should aim to avoid...

What are the symptoms of overtraining?

There are many different signs and symptoms of overtraining but here are a few:

Unexpected illness/ weakened immune system	Injuries, niggles or generally feeling sore
Increased resting heart rate	Problems sleeping
Decreased performance	Loss of appetite
In women a loss of periods	Feelings of depression

What can you do about it?

The first and most obvious thing you can do if you feel you are overtraining is to rest. Take some time off training (as long as it takes to feel rested). If you are starting to feel injured take time to focus on your recovery and consider seeing a specialist such as a physio if the problem persists.

If you are concerned your overtraining might be due to an exercise addiction or eating disorder see a specialist such as a doctor for help with this.

When you start getting back into exercise make sure you come back slowly – start with one or two low intensity sessions a week and build up from there. Make sure to take regular rest days/ easy training weeks.

Keep an eye out for symptoms of overtraining developing in the future to try and prevent this happening again in the future.