

## Overtraining

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Overtraining is one of my favorite (or perhaps least favorite) topics to talk about. It can happen to anyone and is not necessarily caused by too much exercise. I picked this topic because a few clients and me have experienced over training in the past few weeks.

### What is over training?

I define overtraining as over stressing the body coupled with inadequate recovery over a sustained period of time. Stress can be workout stress, as well as non-exercise stress like job stress, family stress, traffic stress, etc. Even though your exercise stress level might be “normal” and consistent with past training weeks, other stresses in your life can effectively overload your body and put you into a state of overtraining. Prolonged overtraining can lead to sickness and injury.

I recently experienced the symptoms of overtraining a few weeks ago during one of my recovery weeks (i.e. low volume training week). My symptoms included: constant fatigue, feeling run down and poor sleep quality. I am fairly confident the over training was induced by too much stress from running 5 clinics over 2 weekends. I was constantly in a “go-go” mode, which physically wore me down. Workouts became a chore rather than something to be enjoyed.

Symptoms of overtraining include (I've experienced all of these at some point):

- \* Constant fatigue
- \* Feeling run down
- \* Prolonged soreness
- \* Sickness
- \* Loss of interest
- \* Lack of motivation
- \* Frequent bad moods
- \* Increased frequency of injury
- \* Inability to sleep soundly

\* General malaise

**Solution:** Rest! It's best to cut out as much stress as possible for a few days – to especially cutting back on workout volume and intensity. You absolutely will not lose fitness for a few days rest. Your body will appreciate the rest in the long run and you will more than likely improve your overall fitness in the long run by stopping the overtraining before it progresses to sickness and/or injury. Extra sleep, healthy eating and “down-time” will help, too.