

Do You/CAN YOU

DO THIS?

SHORT WELLNESS

SELF-CHECKS

Do You You Overtrain?

Do You get Enough

Recovery

SPORTS NUTRITION SERIES

Summary: Overtraining occurs when a person exceeds their body's ability to recover from strenuous exercise. Overtraining can be described as a point where a person may have a decrease in performance and plateauing. Read on for details.

SIGNS YOU'RE OVERDOING EXERCISE



You're not sleeping well



You're unmotivated to workout



You're cycles are not consistent



You're feeling more aches & pains



Your appetite has changed



You're getting sick more frequently



You're cranky & anxious



Your performance isn't improving

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Proper nutrition can help in recovery but it may not be enough if you are overtraining. Overtraining can affect your stress hormone levels, which can cause depression, mental fog, and mood changes. You may also experience restlessness and a lack of concentration or enthusiasm. Overtraining symptoms can vary. Physical symptoms include loss of appetite, weight loss (without trying), insomnia, frequent colds or respiratory infections, and muscle or joint pains that seem to have no cause. Unusually poor performance in training or competition and lack of improvement even when you're maintaining diligent training can also indicate overtraining. If you are experiencing any of these symptoms, be aware that your training may be doing harm rather than good.

N. Clark says that rather than overtrain to the point of chronic fatigue, you should take steps to prevent it. Eat a proper sports diet that provides adequate carbohydrate and protein, allow recovery time between bouts of intense exercise, and plan your schedule so that you get enough sleep at night. Try to minimize stress in your life and curtail disruptive activities that might drain your physical and mental energy reserves.

Rest days with little or no exercise are an important part of every training program. Rest enhances the recovery process, reduces the risk of injury, and is an investment in future performance. To replace depleted glycogen stores completely, the muscles may need up to two days of rest with no exercise and a high-carbohydrate diet. True athletes recognize that bad things happen when they train and good things happen when they rest. They plan days with no exercise! Compulsive exercisers, in comparison, push themselves relentlessly and often pay the price in poorer performance and overuse injuries. If your muscles are still sore and stiff then you need more recovery. If you do not have the will to train when you usually do then you need more recovery. If you are hungry and have been training hard feed yourself.

Overtraining

- Stage 1 – Feeling Run Down. ...
- Stage 2 – Restlessness And Insomnia. ...
- Stage 3 – Complete Exhaustion And Break Down.