

HfU]b]Yfgh`Xi 'ni 'j]Y`3`'fk]Yf`YfZU\ fYb `G]Yž
k]Y`Yg`[Y\ hŁ

K c\Yf`k Y]» h`Xi ž`cV`Xi `k À\ fYbX`XY]b Yg`HfU]b]b[g`ni `ghUf_
XfØW_gh3` , VYfhfU]b]b[`]gh`Y]b `YW hYg`D\Àbca Yb``9g`]gh`9g`]gh
a Ø[`]Wž`gc `j]Y`ni `hU]b]YfYbž`XUgg`G]Y`A fYb`? ØfdYf
nYfghØfYbž`UbghUh`]b`Ui Zni VUi Yb``5VYf`X]Y`a Y]ghYb
A YbgW Yb`_ca a Yb`b]Y`Ub`Y]b` YW hYg` , VYfhfU]b]b[` \YfUbž
XUg`Xi fW d\mg]gW Y`DUbbYb`Yfj cf[Y\cVYb`k]fXž`X]Y
gW k Yf`ni `][bcf]YfYb`g]bX``8]Yg`]gh`_Y]b`A i g`_Y`_UhYf`cXYf
gW`YW hY`HU[Y`a `:]hbYggghi X)c``<]Yf`g]bX`+`\\Ai Z][Y
Gma dhca Y`j cb` , VYfhfU]b]b[ž`XUfi bhYf`9f\Ø\i b[`XYf
Fi \Y\YfnZfYei Ybn`i bX`XYg`6`i hXfi W_g`GW`UZcg][_Y]h!
À\ b`]W Y`Gma dhca Y`i bX`GW`UZghØfi b[Yb
A U[YbVYgW k YfXYb` ; `Y]W V`Y]VYbX`k Yb][`9bYf[]Y`i bX
gW`YW hY`@Ui bY`J YfÀbXYfi b[Yb`]b`DYfgØb`]W _Y]h`i bX
Gh]a a i b[`J Yfa]bXYfhYg`GY`Vghk Yfh[YZØ\ ``i bX`A ch]j Uh]cb
; YZØ\`Y`j cb`/ Ua d\Y`/d/



K c\Yf`k Y]» h`Xi ž`cV`Xi `k À\ fYbX`XY]b Yg
HfU]b]b[g`ni `ghUf_`XfØW_gh3

, VYfhfU]b]b[']gh`Y]b 'YWX hYg`D\Àbca Yb"·9g`]gh`9g`]gh`a Ø[`]WXž`gc
j]Y`ni `hfU]b]YfYbž`XUgg`G]Y`A fYb`? ØfdYf`nYfghØfYbž`UbghUh`]\b
Ui Zni VUi Yb"·5VYf`X]Y`a Y]ghYb`A YbgWX Yb`_ca a Yb`b]Y`Ub`Y]b
YWX hYg` , VYfhfU]b]b[']\YfUbž`XUg`Xi fWX`d\mg]gWX Y`DUbbYb
\Yfj cf[Y\cVYb`k]fXž`X]Y`gWX k Yf`ni`][bcf]YfYb`g]bX"·8]Yg`]gh`_Y]b
A i g_Y`_UhYf`cXYf`gWX`YWX hY`HU[Y`]a` :]hbYgggh` X]c"

<]Yf`g]bX`+`\'Ài Z][Y`Gma` d`hca` Y`j`cb` , VYfhfU]b]b[ž
XUfi` b`hYf.

- 9f\Ø\i`b['XYf`F`i`YY\YfnZ`Yei`Ybn`i`bX`XYg`6`i`hXfi`W_g
- GWX`UZcg][_Y]h\À\`b`]WX`Y`Gma`d`hca`Y`i`bX`GWX`UZghØfi`b[`Yb
- A U[`Yb`VYgWX`k`Yf`XYb
- ;`Y]WX`V`Y]VYbX`k`Yb]['9bYf[`]Y`i`bX`gWX`YWX`hY`@Ui`b`Y
- J`Yf`À`b`XYfi`b[`Yb`]b`DYfgØb`]WX`_Y]h`i`bX`Gh]a`a`i`b[
- J`Yfa`]b`XYfhYg`GY`Vghk`Yfh[`YZØ\`i`bX`A`ch]j`Uh]cb
- ;`YZØ\`Y`j`cb`HfUi`f][_Y]h`i`bX`5dUh\`]Y

Overtraining



Increase in resting heart rate and blood pressure



Insomnia-like symptoms and trouble sleeping



Stomach disturbances



Consistent low energy and bad mood



Changes in personality and mood



Decreased self-esteem and motivation



Feelings of sadness and apathy

Overtraining can lead to symptoms that closely mimic depression and chronic fatigue.

A]h`Ub`XYf`Yb`K`cfhYbž`Ui`h`l`b`hYfgi`WX`i`b[`Yb`XYf`l`b`j`Yfg]h\h`j`cb
A Ya`d\`g`hYhYb`Gma`d`hca`Y`Ui`Zž`X]Y`8`YdfYgg]cb`Yb`i`bX

W\fc{b}]{gW\Y'A\O{X}}[_Y]h\gh{Uf}_b{UW\U\{a\}Yb"}\b{gW\k\YfYb":\A``Yb'j\cb',\VYfhfU]b]{gW\U'h\Yh'g]W\A{f}\a{a\i{bgmghY{a\U{i{g'i{bX'G]Y\O{bbYb\i{b\hYf'a\Y\{fYfYb'DfcV'Y{a\Yb''Y]XYb\z{Y]bgW\]Y»\W\A\b{ZY_h]c{bYb'XYf{cVYfYb'5h{Y{a\k{Y\i{bX''Ub[g{Ua\Yf'<Y]i{b[\`xi{fbU'cZ'5h\`Yh]W{HfU]b]{''<Yf\O{bbYb'G]Y\U''Yg'ØVYf',\VYfhfU]b]{``YgYb"

,\VYfk\A`h][h\VY]a\J{Yfgi\W\z{X]Y'f]W\h][Y'HfU]b]{gVU'UbW\YfUi\gni{Z]bXYb3@UggYb'G]Y'g]W\j\cb'i{bgYfYb'HfU]b{Yfb\`Y`ZYb"

\b{X]YgY{a'5fh]_Y''k]fX'nk{Uf'Ui{gZ\O{f]W\VVYgW\f]YVYb\z{k]Y'G]Y\A{f{HfU]b]{Y]bf]W\hYb\z{Yg'k]fX'YXcW\{b]W\h\VY\UbXY\h\z{k]Y'G]Y'X]Y;fYbnY'nk]gW\Yb\b{hYbg]h\A{h'i{bX'K{U\bg]bb'VYgh]a{Yb"5'g{c\z{k{Ybb'G]Y'g]W\Gcf[Yb'a{UW\Yb\z{ni'ghUf_\ni'Xf\O{W\Yb\z{A\]YFc\YVfhgc{b'\U{h'X]Y'5b{h{k{c{f{h":A]_Y'fY]b{Yf'XYf'VYghYb?fUZh{h{fU]b{Yf']b'XYb'I{G5{t{i{b\hYfgi\W\h'X]Y'j{YfgW\]YXYbYbA\O[\`W_\Y]hYb\z{i{a'X]Y\b{hYbg]h\A{h\A{fYg'HfU]b]{g'ni'VYk{YfhYb"

G]Y_\O{bbYb']b'Y]b]{Y'Cd{h]c{bYb'i{b\hYfhY]`h'k{YfXYb.

Cd{h]c{b'%.9]b{Y'G{Y'VghU{bU'mgYhYW\{b]_z{VY_Ubbh'U'g'FDF'\#F{D9{cXYf'F{UhY'XYf'k{U\f[Ybca{a{YbYb'9f\c'i{b[\`i{bX'F{UhY'XYf'k{U\f[Ybca{a{YbYb'5bghfYb[i{b[\`8]Y'FDF!G_U'U'[]Vh'Ub\z{k]Y'G]Yg]W\{b'Y]b{Yf'HfU]b]{gY]b\Y]h'Z\O{Yb'\k]Y'[i{h'G]Y'[YgW\`UZYb\UVYb\z{k]Y'a\ØXY'\#k{i{bX'G]Y'g]W\Z\O{Yb'i{gk"

8]Y'F{D9'VYk{YfhYh\z{k]Y'gW\k{Yf'\#k]Y'gW\k{Yf'g]W\X]Y'8]b[YUbZ\O{Yb\z{k{Ybb'G]Y'a]h'XYa'HfU]b]{VY[]bbYb'\I{bX'k]Y'G]Y'j{A]_Yg'6Y]h{fU['gY\Yb'\k{YfXYb\z{VYk{YfhYh'Yf']\b\z{]b{XYa'Yf'gY]b{Yb?i{b{XYb'fY[Y'a\A»][:fU[Yb'g{hY''h\z{k]Y'g]W\`YXY'6Yk{Y[i{b{k\A\fYbX'XYg'HfU]b]{g'UbZ\O{`h''<]Yf']gh'Y]b'6Y]gd]Y`.

F{D9'j{cb'%%\$'`A{U\I{ja{U'Yf'?fUZh\#;fYbn\i{V''8]Yg{jh'Yb\h{k{YXYf'Y]b{Y'<Y\W\i{j{U!A\Ø\`Y\z{cXYf'g]Y{j{Yfd{UggYb'Y]b{Yb'5i{Zni["F{D9'j{cb'`-`'G{W\k{YfYf'@]Zh\UVYf'bcW\`Y]b{Y'K]YXYf\c'i{b[\`a'HU{b_''F{D9'j{cb'`-`'G{W\k{YfYf'f\g\`L@]Zh\UVYf'bcW\`nk{Y'K]YXYf\c'i{b[Yb']a'HU{b_''

F D9:j cb'+`'AÀ»][Yg'; Yk]WX hž'a Y\fyfY
K]YXYf\c`i b[Yb']a 'HUb_

C dh]cb`&.'5b[Ybca a Ybž'G]Y'j YfhfUi Yb`b]WX h̄XUfUi Zž'gi VY_h]j Y
A Yggi b[Yb`Xi fWX ni ZØ\fyb" G]Y'a ØWX hYb`8UhYb" Bi bž'Yg`[]Vh
Y]b][Y'HYghgž'X]Y'G]Y'j Yfk YbXYb`_ØbbYbž'i a 'A fY`_ØfdYf`]WX Y
6YfY]hgWX Užhni 'j YfVYggYfb"

Ni a '6Y]gd]Y`]ghXYf'j Yfh]_U`Y`Gdfi b['Y]b`n]Ya ']WX ' [YbUi Yf
DfÀX]_hcf'XUZØfž'k]Y'a ØXY'G]Y'g]bX'fg]Y\Y'Ghi X]Y`\]Yf`'K Ybb
=f':]hbYggghi X]c`Y]bYb`X]YgYf`Gdfi b[\Ø\YbghØW_Y`\Uhfk Y]» h`Xi ž
X]YgY`8]b[Yf`_ØbbYb`G]Y'X]Yg`U`g`GY`VghY]bgWX Ahni b[ghcc`
j Yfk YbXYb`Gdf]b[Y'j cf'XYa 'HfU]b]b['#bUWX 'XYa '5i žk Àfa Yb"
K Ybb`G]Y`A fY`[Yk c\bhY`Gi a a Y'YffY]WX Yb`cXYf`XUfØVYf`]Y[Ybž
g]bX`G]Y`k U\fgWX Y]b`]WX 'VYfY]hni ' [Y\Yb"

K Ybb`G]Y`Y]b][Y'NYbh]a YhYf`h]YZYf`g]bXž'g]bX`G]Y'a ØXYf`U`g`G]Y
XYb_Yb`i bX'a ØWX hYb`X]Y'G]hni b['a Ø[']WX Yfk Y]gY`fYX i n]YfYb`
cXYf`gc[Uf`ni 'Y]bYa 'U_h]j Yb`9f\c`i b[ghU['a UWYb"

C dh]cb`' . 'K Ybb`G]Y`b]WX h`[YfbY`gdf]b[Ybž`UVYf`XYbbcWX`8UhYb
a ØWX hYbž`Y]b`DfcV`Ya ``9]bY`k Yb][Yf`cZZYbg]WX h`]WX Y`A Ø[']WX _Y]hž
=fY`6YfY]hgWX Užhni 'hYghYbž`gh`Y]b`Y]bZUWX Yf`<UbXdfØZghUbXž'a]h
XYa 'X]Y`<UbX_fUžh`[Ya YggYb`k YfXYb`_Ubb`Ghi X]Yb`nY][Ybž`XUgg
X]Y`<UbX_fUžh`Y]b`j Yf`Àgg`]WX Yf`bX`_Uhcf`ZØf`X]Y`?fUžh`Ub`Y]bYa
VYgh]a a hYb`HU[']gh`f6Y]gd]Y`'`]Yf`

I bX`k Ybb`G]Y`XfØW_Yb`i bX`XfØW_Ybž`UVYf`Y]b][Y`Di b_hY
b]YXf][Yf`U`g`[Yk Ø\ b`]WX ž'g]bX`G]Y'a ØXYf`U`g`G]Y`k]ggYb"

K]Y`_Ub b`a Ub`XUg`U`Yg`b i hnYb 3

K Ybb`G]Y`]bg`':]hbYggghi X]c`_ca a Yb`i bX`UbZUb[Ybž`A fY
5fVY]hggYhg 'ni 'a UWYb`fb]WX h`A f`5i žk Àfa Ybž`U`hYb`G]Y`Ub
i bX`VYi fhY`Yb`G]Yž`k]Y`G]Y`g]WX `ZØ\`Yb`"8Ug`; Yk]WX h`Ui ZXYf
GhUb[Y`_ØbbhY`À\ b`]WX `gY]b`k]Y`VY]`ZfØ\YfYb`HfU]b]b[gY]b`Y]hYbž
UVYf`K]Y`ZØ\`gh`Xi`X]WX`]gh`k U\fgWX Y]b`]WX `UbXYfg`'I`bX`XUg`]gh`A f
?ØfdYfž`XYf`j Yfgi WX hž`A bYb`\`]ZfY]WX Y`bZcfa`Uh]cbYb`ni ' [YVYbž

i a 'XUg' 6YghY 'Ui g' A fYf'G]hni b[' \YfUi gni \c`Yb"

5bghUhh'g]W\ 'Ub 'A fYb' [YbUi Yb 'D'Ub 'ni ' \U'hYbž'_ObbYb'G]Yžk Ybb
g]W\ 'XUg'; Yk]W\ h' gW\ k YfYf 'U'g' [Yk Ó\ b']W\ 'UbZØ\ `h'i bX'G]Y
YfgW\ ÓdZh'g]bXž'hfc hnXYa 'Y]b' [fc » Ufh][Yg'HfU]b]b['UVgc'j]YfYbž
c\ bY'i bbÓh]['k Y[ni gW\ 'Y]ZYb" K A\ fYbX'G]Y 'hfU]b]YfYbž]gh'X]Yg
XYf' \Y]'][Y'; fU' XYg'; YZØ\ `gž'X]Y ?cbhfc ``Y'ni ' \UVYb"

8 fØW_Yb'G]Y 'ghA f_Yfž'k Ybb 'A f' ? ÓfdYf'gU[hž'XUgg'G]Y 'Yg' _ObbYbž
i bX'a UW\ Yb'G]Y 'Yg'g]W\ ' 'Y]W\ hYfž'k Ybb'G]Y 'Yf_YbbYbž'XUgg'G]Y
Yhk Ug' ØVYfUfVY]hYh'g]bX" '9g']gh'Y]b' 5bgUhñž'XYf'G]Y 'Y\Yf
_cbgYe i Ybh'ja ' :]hbYggghí X]c ' \A'hž'g]W\ ' [i h'ZØ\ `h'i bX
J YfVYggYfi b[Yb'j cfb]a a h"

→gd]f]Yfh'j cb' **6:**

8 YhU]g

6Ygi W\ Yb'G]Y 'i bg'Ui Z. 'a Y]b!Z]hbYgg"bYh