

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 Å\ fYbX`XY]bYg`HfU]b]b[ g`ni `ghUf\_  
XfØW\_gh3`, VYfhfU]b]b[ `]gh`Y]b`YWXhYg`D\Åbca Yb`"9g`]gh`9g`]gh  
a Ò[ `]WŁžgc`j ]Y`ni `hfU]b]YfYbž`XUgg`G]Y`≠fYb`? ÒfdYf  
nYfghÒfYbž`UbghUhh`]b`Ui Zni VUi Yb`"5VYf`X]Y`a Y]ghYb  
A YbgWXYb`\_ca a Yb`b]Y`Ub`Y]b` YWXhYg`, VYfhfU]b]b[ `YfUbž  
XUg`Xi fWŁ`d\mg]gWXY`DUbbYb`Yfj cf[ Y\cVYb`k ]fXž`X]Y  
gWŁk Yf`ni `][ bcf]YfYb`g]bX`"8]Yg`]gh`\_Y]b`A i g\_Y`\_UhYf`cXYf  
gWŁ`YWXhY`HU[ Y`ja `:]hbYggghi X]c`"<]Yf`g]bX`+`Åi Z[ Y  
Gma dhca Y`j cb`, VYfhfU]b]b[ ž`XUfi bhYf.`9f\Ò\i b[ `XYf  
Fi \Y\YfnžfYei Ybn`i bX`XYg`6`i hXfi W\_g`GWŁ`UZcg][ \_Y]h!  
Å\b`]WXY`Gma dhca Y`i bX`GWŁ`UZghÒfi b[ Yb  
A U[ YbVYgWŁk YfXYb`; `Y]WŁV`Y]VYbX`k Yb][ `9bYf[ ]Y`i bX  
gWŁ`YWXhY`@Ui bY`J YfÅbXYfi b[ Yb`]b`DYfgÒb`]WŁ\_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 Å\ fYbX`XY]bYg  
HfU]b]b[ g`ni `ghUf\_`XfØW\_gh3

, VYfhfU]b]b[ ' ]gh'Y]b'YWX hYg'D\Àbca Yb''9g ' ]gh'9g' ]gh'a Ò[ ' ]WX ž'gc  
 j ]Y''ni ' hfU]b]YfYbž'XUgg'G]Y' ÆfYb '? ÒfdYf'nYfghÒfYbž'UbghUhh'\b  
 Ui Zhi 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 ' : ]hbYggghi X]c"

< ]Yf'g]bX'+ '\Ài Z][ Y'Gma dhca Y'j cb', VYfhfU]b]b[ ž  
 XUfi bhYf.

- 9f\Ò\i b[ 'XYf'Fi \Y\YfnZfYei Ybn'i bX'XYg'6'i hXfi W\_g
- GWX'UZcg][ \_Y]h\À\b')WX Y'Gma dhca Y'i bX'GWX'UZghÒfi b[ Yb
- A U[ YbVYgWX k YfXYb
- ; 'Y]WX V'Y]VYbX'k Yb][ '9bYf[ ]Y'i bX'gWX'YWX hY'@Ui bY
- J YfÀbXYfi b[ Yb']b'DYfgÒb')WX \_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'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'UbXYfYb'K cfhYbž'Ui h'i bhYfgi WX i b[ Yb'XYf'i b]j Yfg]hÀh'j cb  
 A Ya d\]g'hfYhYb'Gma dhca Y'Ui Zž'X]Y'8YdfYgg]cbYb'i bX

W\fc b]gW\Y`A ØX][\_Y]h'ghUf\_`bUW\U\`a Yb"´ ð`gW\k YfYb` : Ä`Yb`j cb  
 , VYfhfU]b]b[ `gW\U`hYh'g]W\`Äf`ä a i bgmghYa `Ui g`i bX`G]Y`\_ÖbbYb  
i bhYf`a Y\fyfYb`DfcV`Ya Yb`Y]XYbž`Y]bgW\`Y»`]W\`ðZY\_h]cbYb`XYf  
cVYfYb`5hYa k Y[ Y`i bX`Ub[ gUa Yf`<Y]`i b[ `æi fbU`cZ5h\`Yh]W  
HfU]b]b[ "´<]Yf`\_ÖbbYb`G]Y`U`Yg`ØVYf` , VYfhfU]b]b[ `YgYb"

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

ð`X]YgYa `5fh]\_Y`k ]fX`nk Uf`Ui gZØ\`f`]W\`VYgW\f]YVYbž`k ]Y`G]Y`Äf  
HfU]b]b[ `Y]b]f]W\hYbž`Yg`k ]fX`YXcW\`b]W\h`VY\UbXY`hž`k ]Y`G]Y`X]Y  
; fYbnY`nk ]gW\Yb`ðhYbg]hÄh`i bX`K U\bg]bb`VYgh]a a Yb"´5`gcž  
k Ybb`G]Y`g]W\`Gcf[ Yb`a UW\Ybž`ni `ghUf`\_ni `XfØW\_Ybž`A ]\_Y  
F cVYfhgcb` \Uh`X]Y`5bhk cfh"´A ]\_Y`fY]bYf`XYf`VYghYb  
?fUZhfU]bYf`]b`XYb`I G5Ł`i bhYfgi W\h`X]Y`j YfgW\]YXYbYb  
A Ò[ `]W\\_Y]hYbž`i a `X]Y`ðhYbg]hÄh`ÄfYg`HfU]b]b[ g`ni `VYk YfhYb"

G]Y`\_ÖbbYb`]b`Y]b][ Y`C dh]cbYb`i bhYfhY]`h`k YfXYb.

C dh]cb`% .`9]bY`GY`VghUbU`mgYhYW\ b]\_ž`VY`Ubbh`U`g`F DF`#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`F DF!G\_U`U`[ ]Vh`Ubž`k ]Y`G]Y  
g]W\`]b`Y]bYf`HfU]b]b[ gY]b\Y]h`ZØ\`Yb` `k ]Y`[ i h`G]Y`[ YgW\`UZYb  
\UVYbž`k ]Y`a ØXY`#k i bX`G]Y`g]W\`ZØ\`Yb`i gk "

8]Y`F D9`VYk YfhYhž`k ]Y`gW\k Yf`#k ]Y`gW\k Yf`g]W\`X]Y`8]b[ Y  
UbZØ\`Ybž`k Ybb`G]Y`a ]h`XYa `HfU]b]b[ `VY[ ]bbYb"´I bX`k ]Y`G]Y`]b  
A ]\_Yg`6Y]hfU[ `gY\Yb`k YfXYbž`VYk YfhYh`Yf`]bž`]bXYa `Yf`gY]bYb  
?i bXYb`fY[ Y`a Ä»][ `: fU[ Yb`ghY`hž`k ]Y`g]W\`YXY`6Yk Y[ i b[  
k Ä\fybX`XYg`HfU]b]b[ g`UbZØ\`h"´<]Yf`]gh`Y]b`6Y]gd]Y`.

F D9`j cb`%\$`´A UI]a U`Yf`?fUZh`#; fYbn\i V"´8]Yg  
]gh`Ybhk YXYf`Y]bY`<YW\_ i j U!A Ø\`Yž`cXYf`g]Y  
j YfdUggYb`Y]bYb`5i Zhi [ "  
F D9`j cb`-`´G\k YfYf`@]ž`UVYf`bcW\`Y]bY  
K ]YXYf\c`i b[ `]a `HUb\_ "  
F D9`j cb`,`´G\k YfYf`f]g\Ł`@]ž`UVYf`bcW\`nk Y]  
K ]YXYf\c`i b[ Yb`]a `HUb\_ "

F D9`j c b`+` `A Å»][ Yg` ; Yk ]Wł hż`a Y\fyfY  
K ]YXYf\c`i b[ Yb`]a `HUb\_

C d h]c b`&.`5b[ Ybca`a Ybž`G]Y`j YfhfUi Yb`b]Wł h`XUfUi Zž`gi V`Y`\_h]j Y  
A Yggi b[ Yb`Xi fWł ni Z0\fyb`"G]Y`a 0Wł hYb`8 UhYb`"Bi bž`Yg`[ ]Vh  
Y]b][ Y`HYghgž`X]Y`G]Y`j Yfk YbXYb`\_0bbYbž`i a` ÆfY`\_0fdYf`]Wł Y  
6YfY]hgWł UZh`ni`j YfVYggYfb"

Ni a`6Y]gd]Y``]gh`XYf`j Yfh]\_U`Y`Gdfi b[ `Y]b`n]Ya` `]Wł `[ YbUi Yf  
DfAX]\_hcf`XUZ0fž`k ]Y`a 0XY`G]Y`g]bX`f**g]Y\`Y`Ghi X]Y`\`]YfŁ`"K Ybb  
Æf`:`]hbYggghi X]c`Y]bYb`X]YgYf`Gdfi b[ \0`Ybgh0W`Y`\Uhfk Y]» h`Xi`ž`  
**X]YgY`8]b[ YŁ`\_0bbYb`G]Y`X]Yg`U`g`GY`VghY]bgWł Āni b[ ghcc`  
j Yfk YbXYb`"Gdf]b[ Y`j cf`XYa`HfU]b]b[ #bUWł `XYa`5i Zk Āfa Yb`  
K Ybb`G]Y`ÆfY`[ Yk c\bhY`Gi a`a Y`YffY]Wł Yb`cXYf`XUf0VYf`]Y[ Ybž`  
g]bX`G]Y`k U\fgWł Y]b`]Wł `VYfY]h`ni` `[ Y\Yb`"****

K Ybb`G]Y`Y]b][ Y`NYbh]a`YhYf`h]YZYf`g]bXž`g]bX`G]Y`a 0XYf`U`g`G]Y  
XYb\_Yb`i bX`a 0Wł hYb`X]Y`G]hni b[ `a 0[ `]Wł Yfk Y]gY`fYXi n]YfYb`  
cXYf`gc[ Uf`ni`Y]bYa`U\_h]j Yb`9f\c`i b[ ghU[ `a UWł Yb`"

C d h]c b`"`. `K Ybb`G]Y`b]Wł h[ YfbY`gdf]b[ Ybž`UVYf`XYbb`cWł `8 UhYb  
a 0Wł hYbž`\_Y]b`DfcV`Ya`"9]bY`k Yb][ Yf`cZZYbg]Wł h]Wł Y`A 0[ `]Wł \_Y]hž  
ÆfY`6YfY]hgWł UZh`ni`hYghYbž`]gh`Y]b`Y]bZUWł Yf`< UbXdf0ZghUbXž`a`]h  
XYa`X]Y`< UbX\_fUZh[ Ya`YggYb`k YfXYb`\_Ubb`"Ghi X]Yb`nY][ Ybž`XUgg  
X]Y`< UbX\_fUZh`Y]b`j Yf`Āgg`Wł Yf`ᄡX]\_Uhcf`Z0f`X]Y`?fUZh`Ub`Y]bYa  
VYgh]a`a hYb`HU[ `]gh`f**bY]gd]Y``\`]YfŁ`"**

I bX`k Ybb`G]Y`Xf0W`Yb`i bX`Xf0W`Ybž`UVYf`Y]b][ Y`Di b\_hY  
b]YXf][ Yf`U`g[ Yk 0\b`]Wł ž`g]bX`G]Y`a 0XYf`U`g`G]Y`k ]ggYb`"

K ]Y`\_Ubb`a Ub`XUg`U``Yg`bi hnYb3

K Ybb`G]Y`]bg`:`]hbYggghi X]c`\_ca`a Yb`i bX`UbZUb[ Ybž`ÆfY  
5fVY]hggYhg`ni`a UWł Yb`fb]Wł h`Æf`5i Zk Āfa YbŁž`\U`hYb`G]Y`Ub  
i bX`VYi fhY]Yb`G]Yž`k ]Y`G]Y`g]Wł `Z0`Yb`"8 Ug` ; Yk ]Wł h`Ui Z`XYf  
GhUb[ Y`\_0bbhY`Ā\b`]Wł `gY]b`k ]Y`VY]`Zf0\YfYb`HfU]b]b[ gY]b\Y]hYbž  
UVYf`K ]Y`Z0`gh`Xi`X]Wł `]gh`k U\fgWł Y]b`]Wł `UbXYfg`"I bX`XUg`]gh`Æf  
?0fdYfž`XYf`j Yfgi Wł hž`ÆbYb`\]ZfY]Wł Y`ᄡZcfa Uh]cbYb`ni` `[ YVYbž`

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

5bghUhh'g]W\ `Ub'ÀfYb'[ YbUi Yb'D`Ub'ni `U`hYbž`\_ÒbbYb'G]Yž'k Ybb  
g]W\ `XUg'; Yk ]W\ h' gW\ k YfYf `U`g[ Yk Ò\ b`]W\ `UbZØ\`h'i bX`G]Y  
YfgW\ ÒdZh'g]bXž'hfc`hXYa `Y]b'[ fc» Ufh][ Yg`HfU]b]b[ `UVgc`j ]YfYbž  
c\ bY`i bbÒh][ `k Y[ ni gW\ `Y]ZYb""K À\ fYbX`G]Y`hfU]b]YfYbž']gh`X]Yg  
XYf`\Y]`][ Y'; fU`XYg'; YZØ\`gž`X]Y`?cbhfc``Y`ni `UVYb"

8fØW\_Yb'G]Y`ghÀf\_Yfž'k Ybb'Àf'? ÒfdYf'gU[ hž`XUgg'G]Y`Yg'\_ÒbbYbž  
i bX`a UWYb'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`5bgUhnž`XYf'G]Y`Y\Yf  
\_cbgYei Ybh]a `: ]hbYggghi X]c`À`hž'g]W\ `[ i h`ZØ\`h'i bX  
J YfVYggYfi b[ Yb`j cfb]a`a`h"

...

⌘gd]f]Yfh] cb`6:

8YhU]`g

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