



CHOICE
EXPERIENCE
COMPASSION

The Center
for Physical Rehabilitation

ATC TIP

ARE YOU OVERTRAINING

MAINTAINING A RIGOROUS WORKOUT

SCHEDULE without allowing enough time for the body to recover, often leads to what is known as overtraining. Not only is an athlete at a higher risk for injury but overtraining can manifest itself in several other ways.

WHAT CAN CAUSE OVERTRAINING

- Sudden increase in exercise frequency
- Intensity or duration of training sessions
- Not allowing your body adequate recovery
- The length of time you have been training

SIGNS AND SYMPTOMS OF OVERTRAINING

- Persistent muscle soreness
- Elevated resting heart rate.
- Increased susceptibility to infections.
- Increased incidence of injuries.
- Irritability
- Depression
- Loss of motivation
- Insomnia
- Stop noticing progress towards training goals
- Becoming restless and losing focus
- Feeling sluggish all day

HOW TO AVOID OVERTRAINING

GET ENOUGH SLEEP- this is the time when your body is able to heal the most

PROPER NUTRITION- get plenty of protein, fats and carbs

MONITOR STRESS LEVELS

EXERCISE SMARTLY:

FIND A BALANCE & avoid workouts that are too intense for you

PROGRESS WORKOUTS SLOWLY

Allow Proper Recovery Time Between Workout Sessions:

Take one or two days between workout sessions or alternate intensity levels for each workout

Stay Active On Off Days:

Try a less intense mode of exercise (Active Rest)

Yoga, stretching, or foam rolling can be done on these days



Your Physical Therapy Resource

pt-cpr.com | 616.954.0950 | Five Convenient Locations

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