



Question 26

a). Overtraining is a condition characterised by placing too much stress on the athlete and a training schedule that is too demanding for them to handle. ~~An increased morning heart rate, a decreased maximum heart rate,~~ Physiological effects include

- an elevated morning pulse rate
- an increased resting heart rate
- a decreased maximal heart rate.
- loss of appetite resulting in weight loss
- tiredness resulting in insomnia
- more susceptible to infections and minor illnesses.
- loss of co-ordination / ability
- depressive mood swings
- muscle soreness (therefore, inability to complete training).
- fatigue much quicker than usual.