

Start here. (b) Factors a coach should consider in order to avoid overtraining athletes include giving the athlete a break every couple of weeks or still train them but not as intense as usual, have an easy training occasionally but don't fully lay off them.

~~Use various~~ Use a variety of facilities and venues to help the athlete keep fit and motivated. To avoid overtraining them the coach also needs to consider injury possibilities. When an athlete is overtrained long lasting injuries start to occur. An example for a runner could be Shin Splints, these occur from being over trained

To avoid overtraining athletes and creating injuries, they need a variety and some not as intense training sessions.