CAN YOU TRAIN TOO MUCH?

In short the answer is YES! You can train to much and this can lead to what is known as overreaching and/or overtraining syndrome. It involves training too often and too intensely **without giving your body a chance to recover.** Ironically, this syndrome is commonly an unintended product of trying to get more fit:

A training program without enough rest days or recovery time can put too much stress on your system, leading your well-intentioned workout routine to backfire and can start to manifest in many ways, with symptoms ranging from fatigue to muscle injuries.

OVEREACHING: is muscle soreness above and beyond what you typically experience that occurs when you don't sufficiently recover between workouts. Overreaching usually happens after several consecutive days of hard training and results in feeling run down. Luckily, the effects of overreaching can be easily reversed with rest.

OVERTRAINING: occurs when you ignore the signs of overreaching and continues to train. Many people/athletes believe that weakness or poor performance signals the need for even harder training, so they continue to push themselves. This only breaks down the body further. Full recovery from overtraining is difficult and can require weeks or months of time off from working out.

COMMON SYMPTOMS & WARNING SIGNS OF OVERTRAINING

Training-related signs of overtraining
- Unusual muscle soreness after a workout, which persists with continued training
- Inability to train at a previously manageable level
- "Heavy" leg muscles, even at lower exercise intensities
- Delays in recovery from training
- Performance plateaus or declines
- Thoughts of skipping or cutting short training sessions

Lifestyle-related signs of overtraining
- Prolonged general fatigue
- Increase in tension, depression, anger or confusion
- Inability to relax
- Poor-quality sleep
- Lack of energy, decreased motivation, moodiness
- Not feeling joy from things that were once enjoyable

HOW TO AVOID OVERTRAINING

The best fix for overtraining is to avoid doing it in the first place.

Here are tips to help keep your routine safe and realistic.

1.Listen to your body: if your feeling tired then have a day off from the gym do some light stretching or go for a walk.

2. **Keep a training log.** Record your feelings of well-being as well as how much you're exercising. As you increase your training load, noting how you feel each day in a training log can help you recognize the signs of overtraining

3. **Balance training with time for recovery.** Adequate rest is not a sign of weakness. You need at least one complete day of rest every week.

4. Acknowledge when you're overdoing it — **and talk to someone about it.** If you find yourself becoming obsessed with training, exercising despite injury or pain, or feeling guilty if you go a day without vigorous exercise, talk with someone about your feelings. You want to have a healthy relationship with exercise.

5. **Make sure you're getting enough calories and nutrients.** Your calorie intake should cover what your body needs for training and muscle repair.

6. **Drink lots of water.** Dehydration contributes to muscle fatigue. Ensure adequate fluids with the goal of having light-colored urine. Be cautious with fluids that add to dehydration such as caffeinated and alcoholic beverages.

7.Do what you can to reduce your stress. Everyone deals with stress differently. When your stress levels exceed your ability to cope, your body will begin to break down. Look for opportunities to rearrange your priorities to reduce the effects of your stressors.