

Overtraining Load

1. Concept of Overtraining Load

The same **physical load** can be **high** for a specific individual at a given time but **low** in different circumstances, depending on the person's **physical condition**.

If training loads are appropriately managed, they can have **positive effects**. However, **overtraining** leads to **negative effects** that vary in severity, sometimes even causing **serious health problems**.

Definition of Overtraining Load:

- **A state of decline in an athlete's performance** accompanied by **physiological and psychological symptoms**, resulting from **poor training program planning**.
- **An excessive increase in training load components** (intensity, volume, density) **without considering the athlete's adaptive capacity**.

2. Effects of Overtraining on Athletes

- **Overtraining hinders training effectiveness** and causes **performance fluctuations**, requiring **program adjustments** to mitigate its effects.
- **The nervous system is negatively impacted**, just like other vital organs, which directly affects an athlete's **motor performance**.
- **Overtraining is most common at the end of the competition phase**, when athletes face **high physical and psychological stress** due to frequent competitions.
- **Overtrained athletes are at a higher risk of injuries** compared to those following a well-structured training program.

3. Causes of Overtraining

A. Causes Related to Training Program Planning and Execution

1. **Frequent maximum training loads** that exceed the athlete's capacity.
2. **Sudden increases in training intensity** without proper progression.
3. **Overusing rest periods to push athletes beyond their limits** with excessive loads.
4. **Significant increases in training duration**, leading to prolonged fatigue.
5. **High-frequency competitions** within short time intervals, demanding excessive physical and mental exertion.
6. **Failure to manage training load variations** according to training methodologies.
7. **Forcing athletes to exert maximal effort continuously**, even during recovery phases.

B. Causes Related to the Athlete's Lifestyle Outside Training

1. **Insufficient sleep.**
2. **Irregular daily routines.**
3. **Smoking.**
4. **Use of performance-enhancing drugs.**
5. **Alcohol consumption.**
6. **Excessive use of sedatives.**
7. **Poor family relationships.**
8. **Irregular sexual activity.**
9. **Unhealthy living conditions** (e.g., noise, poor ventilation, overcrowding).
10. **Excessive physical exertion in daily life.**
11. **Frequent illness or exposure to diseases.**
12. **Living in a stressful or conflict-ridden environment.**
13. **Sudden exposure to traumatic events.**
14. **Uncertainty about future career prospects.**

4. Symptoms of Overtraining

A. Psychological Symptoms

- 1. Increased tension, irritability, and emotional instability.**
- 2. Significant decline in morale.**
- 3. High sensitivity to criticism from coaches and teammates.**
- 4. Weakened bond between the athlete and coach.**
- 5. Reduced motivation and enthusiasm for training.**
- 6. Viewing referee or administrative decisions as personal challenges.**
- 7. Increased frustration and dissatisfaction.**
- 8. Quitting or giving up more easily, with lower willpower.**
- 9. Hypochondria (imagining illnesses that do not exist).**
- 10. Lack of punctuality and avoidance of scheduled training sessions.**

B. Physical Symptoms

- 1. Decreased endurance** across all forms.
- 2. Reduced speed** in various physical activities.
- 3. Loss of muscular strength.**

C. Physiological Symptoms

- 1. Loss of appetite.**
- 2. Disrupted sleep patterns.**
- 3. General weakness and fatigue.**
- 4. Prolonged heart rate recovery time after exercise.**
- 5. Inability to generate the same level of physical effort as before.**
- 6. Decreased breathing efficiency.**
- 7. Feeling excessively cold, even in normal conditions.**

D. Technical (Skill-Based) Symptoms

- 1. Frequent and unexpected errors in skill execution.**
- 2. Increased difficulty in correcting mistakes.**
- 3. Slower execution of technical movements.**

- 4. Unnecessary extra movements leading to inefficiency.**
- 5. Reduced fluidity and coordination in movements.**
- 6. Resistance to repeating drills when instructed by the coach.**
- 7. Lower focus and concentration during technical drills.**

E. Tactical Symptoms

- 1. Weakened ability to process and analyze different in-game situations.**
- 2. Poor decision-making when choosing tactical solutions.**
- 3. Failure to adhere to pre-planned strategies agreed upon with coaches and teammates.**
- 4. Inefficient application of acquired tactical knowledge.**
- 5. Inability to exploit personal strengths in strategic gameplay.**