SPORTS CLINIC

ARE YOU SUFFERING FROM OVERTRAINING?

Recognise the warning signs early and protect your recovery

Normal training fatigue usually improves after a few rest days. Overtraining syndrome occurs when an athlete repeatedly exceeds the body's ability to recover from training stress. Recovery may then take weeks or months.

WARNING SIGNS

PHYSICAL

- Declining performance despite usual training
- Persistent fatigue
- Ongoing muscle soreness
- Recurring minor injuries

PHYSIOLOGICAL

- Higher resting heart rate
- Disturbed or poor-quality sleep
- Recurring minor infections, especially colds

PSYCHOLOGICAL

- Higher resting heart rate
- Disturbed or poor-quality sleep
- Recurring minor infections, especially colds

TWO COMMON PATTERNS

Parasympathetic pattern

More often seen in endurance athletes and commonly related to high training volume. Typical features include fatigue, reduced performance, low mood and reduced appetite.

Sympathetic pattern

More often seen in power or strength athletes. Typical features include a higher resting pulse, sleep disturbance and anxiety.

WHEN SHOULD YOU SEEK HELP?

Other medical conditions can cause similar symptoms.

If symptoms do not improve after 1–2 weeks of rest, arrange a medical and nutritional assessment.

WHAT AN ASSESSMENT MAY INCLUDE

MEDICAL REVIEW

General assessment including heart, lungs and blood pressure.

BLOOD TEST IF INICATED

Checks may include anaemia, iron and other nutritional deficiencies, thyroid, kidney and hormonal function.

RECOVERY PLAN

Nutritional assessment followed by a training-load review, ideally with your coach.

SPORTS CLINIC DOCTORS can assess persistent symptoms and help guide a safe return to training.

Patient information only. This handout does not replace an individual medical assessment