

# OVERTRAINING

- ▣ THIS IS A VAST SUBJECT. 10-15 MINS.DOESNT DO IT JUSTICE.
- ▣ HOW NOT TO OVERTRAIN
- ▣ HOW TO RECOGNIZE THE WARNING SIGNS

“OVERTRAINING IS WASTED  
TRAINING”  
Grete Waitz



# 40 YEARS OF RUNNING

▣ I HAVE OVERTRAINED  
AT TIMES

▣ I HAVE OBSERVED IT  
MANY TIMES IN OTHER  
RUNNERS I KNOW OR  
HAVE TRIED TO HELP

# A QUESTION OF BALANCE

▣ BALANCING PUSHING  
YOUR SELF

BUT NOT ENDING UP ON THE  
PHYSIO'S COUCH

▣ OR IN HOSPITAL

# Rubber Band Principle



▣ How can we recognise these symptoms



# Rubber Bands Explained!

- ▣ You are the rubber band !
- ▣ You stretch the rubber band in a hard speed session or long run
- ▣ But you have to allow the rubber band to return to normal , to recover before your next hard session
- ▣ If you keep stretching the band , it goes out of shape .....or BREAKS.
- ▣ It is the classic “adaptation process” coaches talk about

# Steph Twell on Overtraining



# Steph Twell on Overtraining

- ▣ 1. Simply put (in my words not Steph's exact ones.
- ▣ 2. You have a schedule
- ▣ 3.. It may say for example hard sessions Tuesday, Thursday, Saturday, easy days in between
- ▣ 4. There is limited benefit doing Thursdays hard session if Tuesday's session is still in your legs.
- ▣ 5. Be prepared to adapt to avoid “overtraining”



# MAIN CAUSES OF OVERTRAINING

- ▣ INCREASE IN THE TRAINING LOAD
- ▣ EXCESS TRAINING LOAD
- ▣ INADEQUATE REST
- ▣ LIFE INFLUENCES

# WARNING SIGNS

▣ ARE YOU TIRED?

▣ ARE YOU  
FATIGUED?

▣ OR ARE YOU  
EXHAUSTED

# 3 KINDS OF EXHAUSTION

## 1) ACUTE EXHAUSTION..

Breathless after hard effort but recovery is rapid

## 2) FATIGUE OF THE WHOLE MUSCULAR SYSTEM. 2 or 3 days rest usually sorts

## 3) CHRONIC FATIGUE !

Recovery long and slow and can last weeks.

AT ANY PARTICULAR TIME

WHICH STATE OF  
EXHAUSTION  
YOU ARE IN?

1...2...OR... 3

# The Race is on. Laura Muir 2017 WC 1500 London





# WINDING THINGS UP!



# 4<sup>th</sup> IS THE WORST PLACE





Accute Exhaustion!  
I'll Be OK in a Minute!





OH WELL!!!  
Fairly speedy recovery!





# THE BROWNLEE BROTHERS

Remember this one when Ali helped jonny!



# ALMOST THERE



MADE IT !!





Possible Fatigue of the whole  
system! OH DEAR, Longer  
recovery



BEYOND THE BEYOND  
Oh Dear, This will take sometime  
to recover from!





# PHYSICAL SIGNS

- ▣ INCREASE IN EARLY MORNING HEART RATE
- ▣ INABILITY TO COMPLETE ROUTINE SESSIONS
- ▣ HEAVY LEGS: Still sluggish 24 hours after session/race
- ▣ PERSISTANT muscle soreness session to session.
- ▣ **ANYTHING HERE SOUND FAMILIAR?**

# WHEN SHOULD I WORRY?

- ▣ SOME OF THESE CAN BE EASILY EXPLAINED
- ▣ THEY GO AWAY OR REDUCE WITH 24/48 HOURS EASY TRAINING OR REST
- ▣ IF THEY PERSIST FOR A WEEK??
- ▣ THEY NEED ADDRESSING

# MORE WARNING SIGNS

- ▣ INCREASED FLUID INTAKE AT NIGHT
- ▣ PERSISTANT DIARRHEA
- ▣ WEE INFECTIONS ..COLDS, SNEEZES, HEADACHES ETC KEEP RECURRING
- ▣ GRADUAL WEIGHT LOSS
- ▣ SWELLING OF LYMPH GLANDS

# EMOTIONAL SIGNS

- ▣ LOSS OF ENTHUSIASM
- ▣ LETHARGY
- ▣ INABILITY TO CONCENTRATE
- ▣ EASILY IRRITATED
- ▣ CHANGES IN SLEEP PATTERNS
- ▣ LOSS OF APETITE
- ▣ POOR CO-ORDINATION, CLUMSINESS
- ▣ **ANYTHING HERE SOUND FAMILIAR?**

And pretty extreme case

▣ FALLING ASLEEP  
AT WORK!!

▣ ANYTHING HERE  
SOUND FAMILIAR?



# THE WEE SNOOZE



# THE BIG SNOOZE



# TACKLE IT HEAD ON



# WHAT DO YOU DO

- ▣ REST OR REDUCED TRAINING CAN SOLVE MANY ISSUES
- ▣ A WEEK OF SLEEPING WELL ;EATNG WELL; REATING WELL; CAN WORK WONDERS
- ▣ GO INTO POST MARATHON MODE
- ▣ LIKE AN INJURY, IF SYMPTONS PERSIST FOR MORE THAN A WEEK,
- ▣ A DOCTORS VISIT IS ADVISABLE



# CHOICES TO MAKE

## A TALE OF TWO RUNNERS

### Rowan Boswood winner

### WHW2019



# 1 MONTH BEFORE YOUR MAJOR RACE

- ▣ YOU DO A STEPPING STONE RACE
- ▣ IT DOESN'T GO AS WELL AS PLANNED
- ▣ YOU FEEL TOTALLY GOOSED AND DEFLATED AS A RESULT

## TWO CHOICES

- ▣ **RUNNER A** TRAINS EVEN HARDER TO MAKE UP FOR LOST TIME
- ▣ **RUNNER B** RESTS FOR 10 DAYS.
- ▣ WHICH ONE RUNS BEST ON RACE DAY?

ANYTHING  
HERE SOUND  
FAMILIAR?



# MORAL OF THIS STORY

- ▣ LESS TRAINING OR
- ▣ MORE REST
- ▣ CAN PRODUCE BETTER RESULTS
- ▣ DON'T FALL INTO THE "VALLEY OF DEATH"

# 6 TIPS TO TRAIN WITHOUT OVERTRAINING

- ▣ The 90 percent rule
- ▣ Enjoy the easy runs
- ▣ Respect the rest days
- ▣ Follow the hard easy rule
- ▣ Cross train
- ▣ SLEEP MORE ,EAT WELL

# 1..THE 90% RULE

- ▣ FINISH THE HARD WORKOUTS TIRED ...
- ▣ ... BUT ALWAYS FEELING THERE IS SOMETHING LEFT
- ▣ FINISH FEELING “PLEASANTLY FATIGUED”

## 2,,KEEP TO THE HARD.. EASY SCHEDULE

▣ MAKE SURE YOU  
ADHERE TO THE HARD  
DAYS ....EASY DAY  
SCHEDULE

▣ ENJOY THE EASY DAYS



## 2A.OR EASY WEEKS HARD WEEKS

- ▣ Week 1 Base camp **60 Mls** 100k a week (the adaptation threshold)
- ▣ Week 2 **70-75** miles a week
- ▣ Week 3 **80-85** miles a week
- ▣ Week 4 **90-100** miles a week inc “big weekend!”
- ▣ Week 5 Back to 60 miles a week etc
- ▣ **ALL RELATIVE TO YOUR OWN GOALS**

## 3..REST DAYS

- ▣ REST DAYS...

- ▣ ARE...

- ▣ **REST DAYS**

- ▣ NOT SNEAKY TRAINING  
DAYS

## 4.ENJOY THE EASY DAYS

- ▣ SOUNDS SIMPLE
- ▣ BUT JUST RUN EASY
- ▣ LOW HEART RATE.
- ▣ ENJOY THE SCENERY.

## 5.CROSS TRAIN

- ▣ ALTERNATIVE EXERCISE IS VERY GOOD FOR YOU
- ▣ IT BUILDS ALL ROUND STRENGTH
- ▣ HELPS YOU REALISE THERE IS MORE TO RUNNING THAN RUNNING



## 6.A QUESTION OF BALANCE

- ▣ TRAIN HARD ...BUT...
- ▣ SLEEP MORE
- ▣ EAT WELL
- ▣ DRINK WELL
- ▣ BALANCE YOUR LIFE

# BEST PEDS

- ▣ TWO OF THE BEST & SIMPLEST PERFORMANCE ENHANCING DRUGS ARE
- ▣ MORE REST BETWEEN SESSIONS
- ▣ **SLEEP**

YOU TOO CAN MAKE THAT PB



THANKYOU

▣ GOOD LUCK

▣ QUESTIONS