

7 Signs that You Are Overtraining

1. PERSISTENT FATIGUE: Tiredness of fatigue that lasts more than a week can be a classic sign of overtraining. If you aren't recovering from training, fatigue will compound and elevated cortisol levels will interfere with recovery.
2. ELEVATED MORNING HEART RATE: This is a signal that the body is not recovering and is combating an elevated level of stress. An increase of 5-7 beats per minute over a week or more is a good indicator of overtraining.
3. LACK OF INTEREST: Overtraining and lack of recovery interferes with serotonin and dopamine production, two critical neurotransmitters that affect motivation and mood.
4. PERSISTENT GENERAL SORENESS/COLD SYMPTOMS: Non-specific, general soreness and cold-like symptoms are signs that your body is fighting the inflammatory process and isn't recovering properly. A chemical called Cytokines, that become elevated, lead to impaired recovery.
5. DIFFICULTY SLEEPING: lack of recovery and elevated stress hormones result in increased melatonin production that creates poor quality sleep, a critical piece of recovery.
6. DELAYED RECOVERY FROM WORKOUT: Overtraining leads to longer recovery time from typical workouts due to increased cellular damage that hinders the adaptive process.
7. IMPAIRED FOCUS AND CONCENTRATION: Imbalances in neurotransmitters from overtraining accelerate fatigue and concentration making daily tasks and training much more difficult.

THE GOOD NEWS IS THAT THE REMEDY FOR ALL THESE SIGNS ARE SIMPLE:

1. Take several days off
2. Focus on proper nutrition
3. Stay hydrated
4. Improve sleep quality
5. Practice relaxation strategies