



Are You Overtraining?

Training hard and not seeing any results? Recreational athletes are prone to overtraining when adequate recovery is not emphasized. Overtraining looks different for everyone, and what works for another person may be too much for you.

Use this handout to determine if you might be overtraining, and if so, how to address this issue.

Symptoms of Overtraining

- Decreased performance
- Increased recovery time
- Fatigue or lethargy
- Insomnia
- Difficulty concentrating
- Memory issues
- Muscle or joint pain
- Low libido
- Amenorrhea in women
- Anxiety or depression
- Cardiovascular injury
- Inflammation
- Increased autoimmune symptoms

How to Recover from Overtraining

- Reduce or stop anything more than moderate physical activity for a while
 - Moderate intensity = about 50 percent effort
- Focus on gentle activities like walking, gardening, hiking, yoga
- Spend time outdoors moving gently or resting
- Get plenty of sleep and rest
 - Aim for seven to nine hours per night minimum
 - Take naps when needed
- Eat adequate calories, macronutrients, and micronutrients
 - Ask your healthcare provider to help you establish personalized dietary guidelines for adequate nourishment
- Do not return to high-intensity activity until fully recovered