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## **Are You Overtraining?**

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Overtraining in running is a matter of “too much, too soon, too fast”. Many running injuries are a result of overtraining. There is too much intensity, too many miles run and too swift an advancement. It is training beyond one ability to recover. Some runners exercise longer and harder than others to improve. But without adequate rest and recovery, this can do more harm than good.

### **How do I recognise that I have been overtraining ?**

Some common warning signs include:

- Prolonged lethargy, extreme tiredness and lack of energy.
- General malaise and possible depression.
- Prolonged aches and pains in muscles and joints.
- A sudden drop in performance.
- A decrease in training capacity and intensity.
- A sudden drop in immunity (an increased number of flu and sore throat attacks).

### **What can I do to minimise the risk of over training?**

Pace yourself appropriately when adding mileage or intensity to your training regime. A safe incremental regime will be to increase your weekly mileage by not more than 10% each week, with regular monitoring of your exercise and resting heart rate. It is difficult to plan a training regime, as everyone’s body is different. If you are unsure, ask a physiotherapist or sports physician for advice on how to plan your exercise regime.

### **What should I do if I suspect I have been overtraining?**

Stop and reduce your training routine. Rest for a few days of rest and maintain a normal balanced diet. When you feel normal again, gradually increase your training regime. If the symptoms persist, seek medical attention immediately.