



a) An overtrained athlete has:

- increased blood pressure due to increased stress on the body
- decreased repairing/^{recovery} ability of body - due to body not been given

sufficient rest

- disruption in ~~biochemistry~~ ^{the biochemistry of the body} ~~enzymes~~

- increase in resting heart rate - due to body under stress to

do more repairing

- increased demand for nutrients - to help with repair of body cells

and recovery.

~~then at~~