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Over training is the state that the athlete is at their lowest capacity both psychologically and physiologically. In order to avoid overtraining ~~coaches~~ ~~athletes~~ should consider the appropriateness of the athletes training, evaluating the stresses of other factors on the athlete ~~such as~~ such as family and health as well as ensuring appropriate recovery strategies are undergone by the athlete and the level of the athlete.

The appropriateness of the athletes training refers to the evaluation of the type of training, the intensity of the training and the frequency of the training undertaken by the athlete. This is to ensure the athletes physical ability does not diminish and to ensure the coach is not pushing the athlete past their abilities. This should be evaluated by the coach on a regular basis with the coach making adjustments to the athletes program if signs of over training occur such as delayed onset muscle soreness or the acceptability to small infections.

The coach should also consider the level of the athlete and this comes in turn with the appropriateness of their training. For example a amateur athlete will be able to cope with smaller levels of physical exhaustion than professional athletes. The coach should consider appropriate recovery strategies that suit the training that was undertaken this can be as basic as a cool down and stretching. This is important as it ensures the athlete is physically more ready ~~that~~ for the next training session allowing the body to remove lactate and lengthen muscle back to their full range of motion.

Other factors include assessing the athlete's diet and other stresses that may affect the athlete psychologically. This is important as it will ensure the athlete is undergoing and providing them selves to overcome difficult training sessions and allows the coach to

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understand the athletes mental state
So adjustment can be made to the
athletes program.

You may ask for an extra Writing Booklet if you need more space.