

# *The Pit Falls of Overtraining*

(Authored by someone that's made the mistake.)

As we all know, too much of a good thing can be bad. Even too much exercise can hurt us. Overtraining results when exercise is performed at a greater rate than the body can recover from, which we have all done. An example is doing 30 minutes or more of hard cardio work on the Stairmaster or elliptical and then going into a hard and heavy weight workout everyday. Unfortunately, many of us have done this and don't know or care if we have over trained because of our **BIG EGO'S** and simply follow the axiom that "more is better." The results can take their toll on the body and mind resulting in a performance that is either impaired or at best is less than optimal.

According to the American College of Sports Medicine, these are some of the signs following overtraining:

- *Trouble Sleeping*
- *Feeling over-tired*
- *Heart rate is higher than normal*
- *Not as strong / lack of endurance during normal workouts*
- *Joints and muscles always aching*

To help prevent overtraining – take a few days off and vary your workout days between easy and hard. Try to separate your hard cardio days and your heavy weightlifting days. Always take a day off of lifting after a heavy lifting day. You can do some cardio the next day, but let your body recover and rest. It's not only the muscles that need to recover and heal, but your joints and all the connecting tissue such as the ligaments and tendons need to cool down to relieve inflammation. If you ever injure a joint, ligament or tendon, your workouts will definitely slow down or even have to stop for an extended period of time. After you have recovered from your injury you still may not come back hundred percent, especially if you had to have surgery. Most importantly, ask yourself "Do I feel good or do I feel tired and hurt all the time". If you don't feel good, you may be overtraining.

Take it from someone that's done it too many times. I promise it will catch up to you. Perhaps not now when you are young and feeling bullet proof, but it will catch up to you when you get a little older and then it's too late. Your joints will hurt you every workout and believe me that's no fun.

*"I sincerely hope this article will help someone not make the same mistakes that I have made in the past when it comes to training".*