Chapter 12

Managing a training load and sports injury risk management

Text Sources


Recovery

Managing a training load and sports injury risk management
Managing a Training Load

Maintaining a training load;
- Recovery
- Psychological and physiological factors affecting recovery
- Overtraining
- Psychological and physiological factors affecting overtraining
- Risk Management Systems

Recovery assists with;
- Repair of muscle fibres
- Rebuilding and strengthening
- Replenishing ATP and PC stores
- Breakdown of Lactic Acid
- Replenishing Fuel Stores and re-hydration
Training forces the body to adapt to physical stress.

- Due to physical stress, the body fatigues during the training load.
- Recovery techniques should therefore be used to minimise fatigue between training bouts.
- These techniques are significant to long-term performance and health of the individual.
- Recovery is the process of returning an athlete to a state of performance in which they are mentally and physically prepared for.
- The training method/s used and the applied principles used determine the recovery method required.
- Without sufficient recovery, the athlete could suffer associated illness, injury and chronic syndromes.

See fig 12.2
Active Recovery

An **active recovery** is recommended because it;
- Maintains oxygen levels higher than if the person were to simply sit/lie down
- This speeds up removal of lactic acid which actually impedes recovery
- Creates a “muscle pump” which increases rate of oxygen supply & waste removal via circulatory system (muscles pressing on blood vessels surrounding active/working area) prevents venous pooling.

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<th>Passive Recovery (rest)</th>
<th>Active Recovery (same activity at reduced intensity)</th>
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<td><strong>Minimal Removal time</strong></td>
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<td><strong>Maximal removal time</strong></td>
<td>2 hrs</td>
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Checkpoints

- Complete questions 1-5 page 289 of Nelson Physical Education VCE Units 3 & 4.
Aids to Recovery

Managing a training load and sports injury risk management
Coursework 12.1

- Complete the **case study** on page 289 of Nelson Physical Education VCE Units 3 & 4.
Cool Down

Benefits of a cool down

- Prevents blood pooling, therefore bringing blood pressure back to normal levels
- Removes waste products from the blood, namely lactic acid.
- Reduces adrenaline and noradrenaline hormone levels in the blood
- Decreases muscle stiffness.

Sporting Examples

- AFL – 20 minute cool down and consuming food/fluids immediately after training or a game.
- 1500m distance runners – complete a low intensity 4-5km run after a major event.
Stretching after training or competition is very important.

- Assists in preventing DOMS.
- PNF and static stretches are recommended.
- Stretching the following day is also recommended.
Hydration and Diet

- Carbohydrates and proteins should be consumed within 20 minutes of completing training or competition (Glycogen replenishment).
- Nutritious snacks are effective in assisting hydration.
- Fluid replacement should equal fluid loss during training (Water or sports drinks). Electrolytes need to be replaced.
Glycogen Replenishment

Figure 9.8: Muscle glycogen replenishment is greatest when carbohydrate is consumed within the first 2 hours post-exercise.

Hydrotherapy

Hydrotherapy is the use of water to assist with recovery.

1. Ice / Ice baths (Cryotherapy) – Immersion of body in ice water. Often used in high intensity or contact sports. Ice; reduce swelling, remove lactic acid and wastes, decrease effects of DOMS.

2. Pool/beach sessions – Reduces weight bearing stress on the body. Enables athletes to relax.

3. Alternating hot and cold showers (Contrast therapy) – Used in high contact sports eg. AFL.

4. Spas and Mineral Springs (Balneology)
RICERS and HARM

RICERS method
Rest – Rest the injured athlete
Ice – Apply ice ASAP. Apply for 20 minutes every 1-2 hours in the first 48 hours.
Compression – Apply a compression bandage to reduce internal bleeding and swelling.
Elevation – Elevate above the height of the heart to reduce excess fluid.
Referral – Refer the athlete to a medicine practitioner.
Stretch – Keep the injured part stretched during the treatment process.

No HARM protocol should be applied.
- No heat,
- No alcohol,
- No running or
- No massage in the first 48 hours.
Hyperbaric Oxygen Therapy

- Used in the treatment of soft-tissue injuries
- Promotes and enhances the recovery process
- Uses 100% oxygen chamber
- Increased atmospheric pressure levels
- Increases the oxygen concentration levels in the blood – thus increasing recovery
Massage

- Relaxes fatigued muscles
- Increases blood flow to muscles, improves joint movement and muscle repair.
- Should be 15-30 minutes in length.
- Stimulates the muscular, circulatory and nervous systems

Massage should not be used on an injured area in the first 48 hours (Use RICERS).
Progressive Muscle Relaxation/ Meditation

Progressive relaxation
- Involves tensing and relaxing muscles.
- Athlete progressively moves from one muscle group to another.
- Athlete learns to tense and relax specific muscles.
- Relaxation assists with decreasing muscle tension.

Meditation
- Relaxation of the body via the CNS and reducing external stimuli.
- Meditation lowers blood pressure and HR.
- Promotes slow breathing and the relaxation of muscles.
Autogenic Training

- Autogenic training is a relaxation technique which promotes the sensation of warmth and heaviness in specific areas of the body.
- The technique involves the daily practice of sessions that last around 15 minutes.
- During each session, the practitioner will repeat a set of visualisations that induce a state of relaxation.
- Each session can be practiced in a position chosen amongst a set of recommended postures (e.g. lying down, sitting meditation, sitting like a rag doll, etc.).
- There are parallels to techniques in yoga and meditation and progressive relaxation.

Example

Sit in the meditative posture and scan the body
- "my left arm is heavy and warm" (repeat 3 times)
- "my arms and legs are heavy and warm" (repeat 3 times)
- "my heartbeat is calm and regular" (repeat 3 times)
- "my solar plexus is warm" (repeat 3 times)
Mental Imagery

- Athlete is in a relaxed state and creates life like images in the mind.
- Athletes can use images of themselves successfully performing skills.
- Many sports such as golf, tennis and skating, not only require physical skills, but a strong mental game as well.
- Most coaches preach the line that sports are 90% mental and only 10% physical.
- Especially in sports where hundredths of a second or tenths of an inch separate the champions from the mediocre athletes, an extra edge can be extremely crucial.
- Hence, numerous athletes are turning towards mental imagery to take their game to the next level.
- Different uses of imagery in sport include: mental practice of specific performance skills, improving confidence and positive thinking, problem solving, controlling arousal and anxiety, performance review and analysis, preparation for performance, and maintaining mental freshness during injury.

Breathing Techniques

- Athletes can be trained to use breathing techniques which aids recovery.
  Eg. Using the nose to breath, expansion of the rib cage.
Factors Influencing Recovery

Time
- Recovery days are essential
- At least one day a week should have minimal or no training.

Sleep
- Quality sleep is essential to recovery
- Athletes should have a set routine for sleeping
- Techniques such as meditation, progressive muscle relaxation and breathing exercises can be done prior to sleeping.
Athletics Australia

RECOVERY ACTIVITIES
(Things you should do during training and competition)
✓ Immediately after a competition or training:
  Drink/eat
  Walk/move (about 5 minutes)
  Stretch while warm
  Hot/cold shower

✓ That evening/end of each day:
  Hot/cold shower/spa.
  Stretch and self massage (legs)
  Use relaxation skills 10–15 minutes before bed
  (e.g. music, reading, visualisation, progressive muscle
  relaxation, breathing exercised)

✓ Next day:
  Check weight and hydrate
  Eat well (carbohydrates/protein, etc.)
  Swim and stretch in pool
  AND/OR hot/cold spa/shower
  Walk for 30 minutes or light activity

✓ Each week:
  At least two full massages
  At least two pool/stretch sessions
  Time out to relax (not strenuous)

✓ Note:
  Get up at the same time each day
  Record how you feel
  Great  OK  Tired/stuffed

  Check weight each morning
  Clean socks for each training session
Aids to Recovery - Skins

Sports Skins
- Gradient compression to enhance circulation
- Aid Lactic acid removal
- Increase flow of oxygen
- Controls body temperature
- Controls body moisture
- Reduces muscle vibration.

Wearing Guide
- Worn before, during and/or after exercise for 4-24 hours.
- Very comfortable and can be slept in.
Monitoring Training Performance

Managing a training load and sports injury risk management
Some useful approaches to monitoring training and recovery are:

- Keeping a training log
- Coaches observations
- Developing the athlete’s physical and psychological self-monitoring skills

These approaches enable athletes to monitor their performance to get the right balance between training and recovery.
# Sample Training Log

<table>
<thead>
<tr>
<th>Week beginning</th>
<th>Sample training log</th>
<th>Weight ........kg</th>
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### HR and BW Measurements

#### Heart rate (HR) and body weight (BW) daily measurements

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*Record first thing in the morning.*

**Figure 9.5:**
Sample training log used to monitor training loads and stress

**Source:**
Applied Sports Knowledge, www.ask.net.au
Overtraining

Managing a training load and sports injury risk management
Overtraining

Signs of overtraining:
- Performance plateau
- Declining performances
- Prolonged fatigue
- Can’t return current performance levels

Overtraining is also known as ‘burnout’ or ‘staleness’.

Burnout is a cumulative exhaustion where rest periods does not allow sufficient recovery.

Characterised by:
- Emotional
- Behavioural
- Psychological
- Physical symptoms

See fig 12.11 p.295
Warning Signs and Symptoms

Psychological signs and symptoms
- Moodiness and easily irritated
- Increased anxiety and depression
- Loss of competitive drive
- Feeling tired and inability to relax
- Altered sleeping patterns
- Decreased concentration and confidence

Physiological signs and symptoms
- Persistent soreness
- Heaviness and weakness in muscles
- Body aches and nausea
- Increased incidence of injuries
- Prolonged fatigue and delayed recovery
- Loss of appetite and weight loss
- Elevated resting HR
- Dehydration and insatiable thirst and excessive sweating
- Hyperactivity
- Menstrual irregularities
Why Does Overtraining Occur?

Training based factors:
- Poorly designed training program
- Excessive training
- Sudden changes to training load
- Inadequate rest
- Unreliable monitoring
- Psychological factors (Boredom, lack of enthusiasm, moodiness)

Lifestyle based factors:
- Inadequate nutrition
- Insufficient sleep
- Anxiety
- Stress
- Failure to reach goals
- Lifestyle conflicts
Prevention of Overtraining

Prevention of overtraining
- Well designed individualised training program
- Gradual load increase
- High priority on rest and recovery
- Balance between work and rest
- ‘Hard’ sessions balance with ‘lighter’ session
- Adding variety to training
- Careful monitoring of physical and mental state of the athlete
- Encouraging the athlete to eat well and get plenty of sleep

Treating overtrained athletes:
- Rest (Up to five weeks) & low level exercise
- Seeking medical treatment where necessary
- Removal of stress
- Setting goals
- Cross training can be used to re-introduce the athlete to training
- Learning self-regulation skills
- Using a variety of regenerative strategies such as hydrotherapy and massage can also be beneficial.
Checkpoints

- Complete questions 1-5 page 296 of Nelson Physical Education VCE Units 3 & 4.
In 2006 Craig Mottram nearly walked out on distance running. Mottram had suffered from mental and physical burnout.

He had trained solidly for six months and received a silver medal at the commonwealth games—but was beaten by Kenyan Augustine Choge.

After the games he trained for the world championships. Suddenly the mind and body, which he'd trusted implicitly, was letting him down.

"It was a new experience because it had never happened to me before," "I thought I was going all right and then you are really trying to go and you can't. It was really frustrating because the results didn't make much sense to me at the time."

"Mentally it is very hard. You are just hanging on and in the end all you are trying to do is survive and not make a fool of yourself," Mottram said.

After reducing his training load and a decrease from 5000m to 3000m events, Mottram produced one of his greatest runs to crush the world's best.

"He learnt more about training and how to prepare and how not to force it," Bideau (Mottram’s coach) said.
Checkpoints

- Complete questions 1-5 page 297 of Nelson Physical Education VCE Units 3 & 4.
Risk Management

Managing a training load and sports injury risk management
Planning for Sports Safety

Sport should be safe and enjoyable.

- It will never be risk free, but we can provide a healthier and safer environment with good planning.
- Sports safety planning and implementation is not difficult, it's common sense. It's not a one-off event, but a cycle of continuous improvement.
- Sports safety planning and management can help to prevent or reduce the severity of injuries sustained by participation in sport, recreation or physical activity.
- Every sport or recreation organisation has the responsibility to provide a safe environment for players, coaches, referees and spectators, not only to reduce the potential of injury, but also to meet legal duties of care.
- Risk management planning (of which a sports safety plan is a component) is becoming an increasingly common practice in the sport, recreation and physical activity sector.
- A documented sports safety audit can provide a sound framework on which to build.

VCE Physical Education - Unit 4
Risk Management

Risk management is the process of measuring and assessing risk and then developing strategies to manage the risk. It is measured in terms of:
- **Likelihood** of occurring
- **Consequences** of the event or situation

Suggested steps:
- Identify and assess risks
- Identification of possible actions
- Risk avoidance
- Creating and implementing a plan
- Ongoing monitoring and evaluation of the plan

Athlete’s should consider the following three questions:
- What could go wrong?
- How could it happen?
- What action could we take to prevent it happening?

Checkpoints

- Complete questions 1-6 page 299 of Nelson Physical Education VCE Units 3 & 4.
What Could go Wrong?

- Inadequate pre-participation screening – **Assessment of the** individuals fitness and skill levels should be screened prior to starting a training program.
- Coaches’ conduct and practices – **Coaches who develop training programs beyond their knowledge and training can lead to problems.**
- Program design – **Poorly designed programs can lead to serious injuries.**
- Activities and equipment – **By not individualising the program to the individual, injury is more likely to occur.**
- Inability to get medical assistance – **May result in incorrect treatment.**
- Not providing sufficient recovery.
- Environmental conditions – **Should not training in extreme weather conditions or dangerous conditions (Eg. Lightning storms).**
Avoiding things going wrong

1. Coaching/Supervision; Adequate supervision, proper instruction/coaching, sound planning, teaching sports safety, keeping up-to-date with current coaching and sport practices, accreditation levels via coaches up-dates, adequate athlete preparation via training, enforce codes of behaviour/conduct of players.

2. Environment; Safe playing environments and facilities, weather conditions, prevention and treatment of environmental stress factors

3. Risk Assessment; Warning of inherent dangers, proper classification of risks (audit),

4. First Aid/support; Screening pre-participation prior to an individual undertakes training, counselling availability and regular trainers up-dates.

5. Injury Care; Evaluate athletes for injuries or limitations, training and injury return, injury management.
Complete questions 1-3 page 302 of Nelson Physical Education VCE Units 3 & 4.
SMARTPLAY provides information on:
- Medical history forms
- Injury records and referrals
- Modified sports
- Health policies
- Sports 1st aid and trainers information
- Physical preparation
- Coaches and officials
- Protective equipment
- Playing surfaces

SMARTPLAY www.smartplay.net

Pre-screening tools (See p.304)

VCE Physical Education - Unit 4
Coursework 12.2

- Complete the **laboratory task** on page 304 of Nelson Physical Education VCE Units 3 & 4.
Checkpoints

- Complete questions 1-4 page 305 of Nelson Physical Education VCE Units 3 & 4.
Record Keeping

Records to keep:
- Conditioning process
- Training log
- Running records
- Training journals
- Progressive notes
- Injury records
- Referral notices

Keeping records enables the athlete to:
- Monitor their training
- Reach goals
- Safe application of overload
Prevention of Injuries/return

Prevention strategies
- Warm-up and cool down
- Pre-season should be developed by trained professionals
- Skill development and preparation prior to training is recommended.
- Preventative strategies must be used by athletes
- Injuries should be fully rehabilitated prior to recommencing training*
- Back care should be emphasised
- Hamstring muscles should be trained strongly.

Injury Return*
When returning to training after an injury, you should:
- Be pain free
- Have full range of motion
- Full or close to full strength
- No swelling
- Perform full weight bearing
- Be able to use the ‘normal’ technique.
Checkpoints

- Complete questions 1-3 page 307 of Nelson Physical Education VCE Units 3 & 4.
Sports Injuries – Feel the Pain...
Test Your Knowledge

- Complete the review questions 1-3 page 309 of Nelson Physical Education VCE Units 3 & 4.
Complete the chapter questions on page 100-108 of Nelson *Peak Performance* Physical Education VCE Units 3 & 4.
Read the summarised information of pages 98-115 of PHYS ED Notes and complete the revision questions.
During the Australian Open Tennis championships in January 2006, temperatures exceeded 40°C and players were susceptible to dehydration.

Which of the following may result from a player becoming dehydrated?

A. vasodilation of peripheral blood vessels  
B. increased electrolyte levels and heat stress  
C. reduced blood volume and increase in core body temperature  
D. increased blood volume and increase in core body temperature
Web Links – Chapter 12

• Australian Physiotherapy Association: [http://www.physiotherapy.asn.au](http://www.physiotherapy.asn.au)
• Smart Play initiative (South Australian government): [http://www.smartplay.net](http://www.smartplay.net)
• Information about overtraining from About.com: [http://sportsmedicine.about.com/cs/overtraining](http://sportsmedicine.about.com/cs/overtraining)
• Information about risk management (Bambooweb Dictionary): [http://www.bambooweb.com/articles/r/i/Risk_management.html](http://www.bambooweb.com/articles/r/i/Risk_management.html)
• Information about overtraining: [http://www.oaktrees.org/fitness/overtrain.html](http://www.oaktrees.org/fitness/overtrain.html)
• Exercises at VisualCoaching.com: [http://www.visualcoaching.com](http://www.visualcoaching.com)