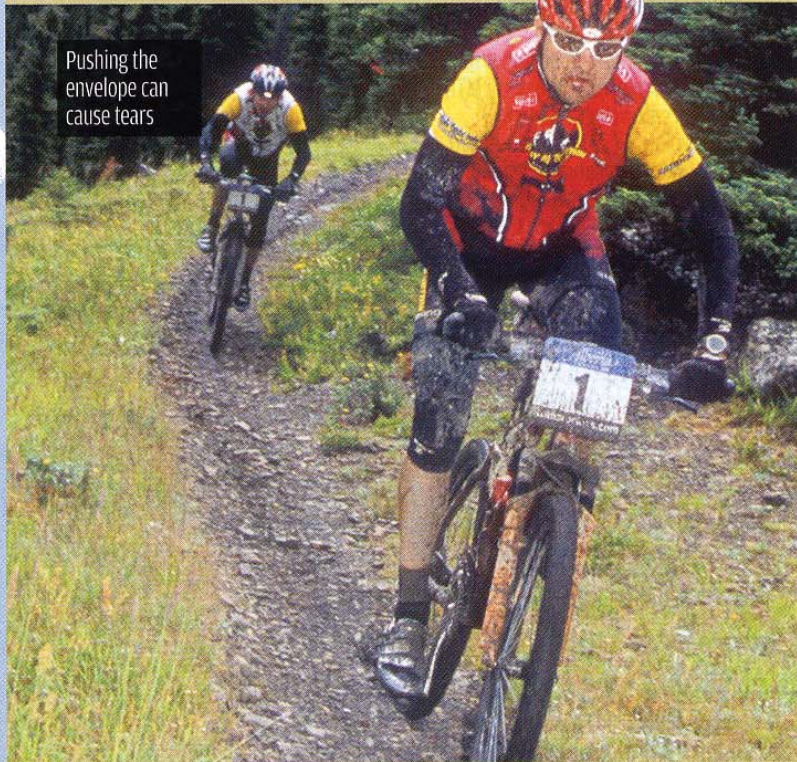


WHAT HAPPENS IF YOU TRAIN TOO HARD?

➔ Why softly softly catchy monkey is a good training regime

Pushing the envelope can cause tears



Overtraining is often used as an excuse to get out of riding when you would rather be sat on your arse watching TV. Sometimes, however, for those who are more serious about their riding and racers especially, the symptoms of overtraining are ignored and it can be a major hindrance to progress.

It's hard to force yourself to rest when all you want is to be the next World Champion. For every champion however, there are 10 riders that fell by the wayside because they didn't listen to their bodies and overtrained. The symptoms to watch out for are a dip in the will to train, heavy legs, breathlessness during low intensity

exercise, progressive weight loss, reduced appetite, a resting heart rate that is 5-10 beats higher than normal first thing in the morning and a heart rate that goes higher than normal during exercise. Increased fluid intake and cravings for sugary foods can be another sign, as well as reduced sleep and bad moods.

The best way to prevent overtraining is to have a good coach who can notice the early signs. It is important that they are able to set realistic long and short term goals for you and are able to help you to understand the different intensities at which you should be riding during training.