

Overtraining

When you're looking to achieve a goal in a short period of time it is easy to push too hard and to do too much. This can lead to overtraining.

Overtraining can be defined as a condition associated with an individual who trains too frequently or does not allow enough time for recovery after exercise. This can often occur due to a number of lifestyle issues. It is important to be aware of your body and how you feel on a day to day basis but similarly recognise what to look for in overtraining.

Symptoms of overtraining:

- Constantly feeling tired/drained 'washed out' feeling
- Reduction in exercise performance (not able to lift as much or cycle as hard)
- Extended recovery from exercise (DOMS)
- Increased fatigue
- Emotional and mood disturbances
- Elevated heart rate
- Sleep disturbances
- Decreased immunity



The Nuffield Health topic 5 - Get Fit for Summer

Get Fit for Summer



Getting fit for Summer

Choosing the right goal – Identifying reasons and level of difficulty

First you need to find out what your goals are – such as “to lose 15 pounds.” Then go to the next step, identifying the benefits of reaching the goal: “to lose 15 pounds... so that I will look good in my swim suit,” etc. It is vital that you are honest with yourself here.

Goals that are too easy do not stimulate effort and often fail. But goals that are too difficult also do not stimulate effort when the goal-setter does not believe the goal is achievable.

Make the goal official – by writing it down

A goal is more than a statement of intent, it is a commitment made to yourself.

Be specific

Good goals are specific, quantifiable and tied to a specific date such as a goal “to run 5K in 30 minutes, by August 15.” Not all health goals are so neatly quantifiable, but fortunately, most fitness goals are.

Create a plan and follow through

The next step is to gain some professional advice to help construct a plan to achieve your stated goals. It is also important to identify any obstacles that may get in the way of reaching your goal therefore your plan will cover all the bases. Having a workout partner or trainer or support from your family may help with the follow through, help to establish a habit.

Remain flexible

Because life is unpredictable, the final step to effective goal-setting is to constantly re-evaluate the situation and remain flexible. Remember, a motivating goal is one that is difficult but believable. If a goal ceases to become believable, then by all means, adjust the goal. This is not failure, this is how effective people continue being effective.

Recognise partial success

Any progress is progress, and incremental gains will continue as long as good habits are built upon a solid and flexible plan to accomplish the right goal, for the right reasons. Reward yourself for achieving milestones on the way to reaching your goal.

How to create a programme that works for you

Use the FITT principles

The FITT principles are a set of rules or guidelines to be adhered to in order to benefit from any form of exercise programme. By following the guidelines each exercise programme can be tailored to suit an individual's needs.

F

Frequency

Refers to how often you should exercise for

**I**

Intensity

Refers to how hard you should exercise for

**T**

Time

Refers to how long you should exercise for

**T**

Type

Refers to what kind of exercise you should do

