



a) There are many characteristics of an overtrained athlete; however they must not be confused with the training effect. Extreme tiredness and fatigue in major muscle groups associated with the particular exercise are one physiological effect. Drowsiness and a loss of techniques are other symptoms of an overtrained athlete. Inability to complete task requirements could be a result of overuse injuries such as stress fractures. Frequent injury or an inability to recover from previous injury are physiological characteristics of overtraining. Lower back pain and inflexibility around specific joints can be related to overtraining. A loss of endurance is a result of high fatigue, and is accompanied by overtraining. Similarly an inability to perform at a high intensity or at the same level as ~~previous~~ normal are basic characteristics or physiological symptoms of overtraining.