

- The factors a coach should consider in order to avoid overtraining are
- training with your athletes so you know when they get tired or not
  - have short breaks every 30 minutes
  - to push the athlete for a short period of time but not to extensive training.
  - have water stand at place of training to avoid dehydration while training.

all the factors above the coach should consider and keep record of the signs in order for him to know when to make them stop training and so they can avoid overtraining.

Additional writing space on back page.