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There are a number of physiological and psychological factors why a coach should avoid overtraining.

Overtraining an athlete can onset aspects such as injury, fatigue, lethargy and decrease levels of motivation. Through a number of methods a coach can avoid this by adequately managing their athletes training programme.

The coach when developing an athletes training year must plan adequate nutrition, relaxation and training programs to avoid the onset of overtraining. The physical demands of the athlete must be the coaches number one consideration, as the health of the athlete is essential. The coach must consider the training program relevant to the principles of training such as specificity and, progressive overload and, variety. Through a warm up, cooldown and training threshold. Through this the coach can ensure the athlete is partaking in a adequate programme yet has variety so boredom does not kick in. However to adequately manage the training year so the onset

of overtraining does not set in the coach needs to taper and peak his athlete. Therefore taper them a week or two before a competition to make sure they are physically and psychologically prepared and manage their program so they peak at the right time.

This can be done the macrocycles and microcycles in the planning of training for the athlete. Physical relaxation techniques such as massage, ~~ery~~ chiropractic and yoga/ ~~are~~ stretching are all ways a coach can prepare and relax an athlete to avoid overtraining. The coach must avoid overtraining due to overuse injuries such as stress fractures and sprains which can affect their performance.

The ~~the~~ psychological ways a coach can manage an athlete to avoid overtraining is through motivation, goal setting and relaxation techniques.

Through external positive motivation a coach can keep an athlete positive and motivated to train and succeed, avoiding lethargy and demotivation. A coach and his athlete can do goal settings for the training year and competition to keep the athlete motivated and planned in order to avoid

overtraining. Relaxation techniques such as mental rehearsal / imagery / visualization are all essential in keeping an athlete motivated to train, other

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methods such as ~~the~~ meditation ~~and~~ are also ways to avoid overtraining.

Skill practice, variety, the training environment and nutrition are all aspects which help avoid overtraining which the coach needs to consider.

In conclusion, a coach needs to consider a variety of aspects not just ~~is~~ the physical aspects of overtraining on athletes, these are both physiological and psychological aspects.

You may ask for an extra Writing Booklet if you need more space.