



# Overtraining Athletes: Personal Journeys in Sport

*Sean O. Richardson, Mark B. Andersen, Tony Morris*

Download now

[Click here](#) if your download doesn't start automatically

*Overtraining Athletes: Personal Journeys in Sport* seeks to communicate the complex subject of overtraining to help athletes, coaches, parents, and sport science professionals understand the dangers of overtraining and take steps toward prevention. Using history and research, current experts' perspectives, and athletes' personal experiences, *Overtraining Athletes* identifies forces that push athletes to overtrain by sharing the struggles of those athletes and the sport professionals who seek to help them.

The text employs a nonlinear structure, allowing the flexibility to sample chapters from each of its four parts based on interest and level of knowledge about the topic. By presenting the phenomenon of overtraining from a variety of perspectives and with varying degrees of technicality, the book engages a wide range of readers while presenting significant research and studies in the area. Each of the four parts of the text displays a distinct method for discovering how overtraining affects athletes, coaches, parents, and professionals.

**Part I** begins with a review of research examining aspects of overtraining, including prevalence, physiological and psychological manifestations, and outcomes. It concludes by discussing risk factors that increase the probability of overtraining. In **part II** coaches' and sport scientists' views on overtraining risk factors are presented. The authors interviewed 14 experts from major sport organizations in Australia to glean their perspectives on the possible variables associated with overtraining. With the perspectives of these experts, readers may identify the characteristics, behaviors, and experiences of susceptible athletes, as well as the situations, factors, sport cultures, and people that both pressure athletes to increase their training and affect athletes' needs for recovery.

In **part III** the focus turns to the experiences of the athletes. Drawing on interviews from 13 athletes with identified histories of chronic overtraining, the authors present three aggregate case studies:

-A professional footballer influenced by economic forces, internalized clichéd slogans, tough sport cultures, and traditional abusive practices

-A triathlete obsessed with the pursuit of the Olympic gold

-A young gymnast-turned-cyclist pressured by abusive coaches and an overinvolved parent

These three narratives, in addition to a description of Richardson's own overtraining experience, create a rich, detailed account of athletes' struggles with overtraining. Part III concludes with observations and reflections on these four overtraining narratives to further explain how readers can learn from these athletes.

In **part IV**, the authors introduce a comprehensive model of overtraining risks and outcomes. This model is examined in relation to other overtraining models, thus accentuating its importance as a useful, fluid tool for identifying athletes who might be at risk as well as environments and cultures that increase vulnerability to overtraining. Part IV concludes with a discussion of future directions for research and professional practice and suggestions for further study.

*Overtraining Athletes* uncovers both the personal and interpersonal struggles encountered by athletes who overtrain. Its qualitative focus, current research, and future directions encourage readers to learn about the topic and take action in the treatment and prevention of overtraining. The authors hope the book will also encourage others to tell their stories, gather new data, and continue to unravel the question of why athletes become damaged through their participation in sport.

**Download and Read Free Online Overtraining Athletes: Personal Journeys in Sport Sean O. Richardson, Mark B. Andersen, Tony Morris**

---

**From reader reviews:**

**Eugene Glover:**

What do you in relation to book? It is not important to you? Or just adding material when you want something to explain what you problem? How about your time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is make one feel bored faster. And you have free time? What did you do? Everyone has many questions above. They should answer that question because just their can do which. It said that about guide. Book is familiar in each person. Yes, it is right. Because start from on kindergarten until university need this specific Overtraining Athletes: Personal Journeys in Sport to read.

**Ellen Kelsey:**

Here thing why that Overtraining Athletes: Personal Journeys in Sport are different and trusted to be yours. First of all examining a book is good but it really depends in the content of it which is the content is as yummy as food or not. Overtraining Athletes: Personal Journeys in Sport giving you information deeper as different ways, you can find any publication out there but there is no publication that similar with Overtraining Athletes: Personal Journeys in Sport. It gives you thrill studying journey, its open up your own personal eyes about the thing in which happened in the world which is might be can be happened around you. You can bring everywhere like in park, café, or even in your approach home by train. For anyone who is having difficulties in bringing the branded book maybe the form of Overtraining Athletes: Personal Journeys in Sport in e-book can be your choice.

**Janet Medley:**

Your reading 6th sense will not betray a person, why because this Overtraining Athletes: Personal Journeys in Sport guide written by well-known writer whose to say well how to make book which can be understand by anyone who read the book. Written inside good manner for you, leaking every ideas and publishing skill only for eliminate your own personal hunger then you still question Overtraining Athletes: Personal Journeys in Sport as good book not simply by the cover but also by content. This is one reserve that can break don't evaluate book by its include, so do you still needing one more sixth sense to pick this!?! Oh come on your reading sixth sense already said so why you have to listening to an additional sixth sense.

**Ruth Hill:**

The book untitled Overtraining Athletes: Personal Journeys in Sport contain a lot of information on it. The writer explains the girl idea with easy means. The language is very clear to see all the people, so do not really worry, you can easy to read that. The book was published by famous author. The author will bring you in the new period of literary works. You can read this book because you can read on your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice examine.

**Download and Read Online Overtraining Athletes: Personal Journeys in Sport Sean O. Richardson, Mark B. Andersen, Tony Morris #UDSMKFEAHC9**

## **Read Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris for online ebook**

Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris books to read online.

### **Online Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris ebook PDF download**

**Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris Doc**

Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris Mobipocket

Overtraining Athletes: Personal Journeys in Sport by Sean O. Richardson, Mark B. Andersen, Tony Morris EPub