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Personal Trainer Certification

Guide To Prevent Overtraining

As a trainer, with the hours you are going to spend on your feet and working with clients, it's going to be essential that you are being mindful about your overall recovery process. Overtraining can still take place in some personal trainers, especially if at any point you decide to get into group fitness training as well.

Preventing overtraining is going to be vital as your career basically depends on it. If you are someone who is doing your own intense workouts alongside your personal training, you are going to be at a higher risk yet.

Let's go over what you can do to ensure that overtraining doesn't take place and you have a long and happy career.

1. Sleep well

First, make sure that you are sleeping at least 8 hours each and every night. Sleep needs cannot be stressed enough and this is one place where too many people fall short. You're trying to squeeze everything into your busy day and sleep just falls by the wayside.

You have a more energy demanding job than most, so 8 hours is a must.

2. Avoid crash diets

Next, if you are aiming to get leaner yourself with your own training, make sure you avoid crash diets. They are not going to help you stay well fueled and with the demands of being on your feet, will only increase your risk of overtraining.

Use a more moderate approach to dieting. As your activity level is higher, you should be able to afford to consume more calories.

3. Take time out for you

Make sure that you avoid overscheduling yourself as well. Feeling on the verge of burnout is also going to increase your risk factor for overtraining, so make sure you have at least one day off each week with no training with clients or yourself.

Use this day to revitalize, relax, and prepare for the week ahead.

4. Keep your own workouts shorter

Focus on keeping your own personal workouts on the shorter side. Remember that you don't have to exercise for hours each day. As a trainer, being fit is important, but being energized is as well. Focus on intense strength training workouts and do them on your less busy days throughout the week.

5. Manage group fitness sessions with your own workout sessions

If you are performing group fitness training, make sure you reduce back on how much personal cardio you're doing. This could lead to overtraining very quickly if you are doing group cardio plus your own cardio and then strength training on top of that.

6. Take planned breaks each year

Each year, take a few weeks off at different intervals. A week off is a great way to recharge yourself for the months ahead and allow your body to fully heal from all the exercise you've been doing.

If you keep these tips in mind, you should find that you don't have to deal with overtraining at any point during your career and always feel your best as you work with your clients.