

PART II	What the Experts Have to Say	47
CHAPTER 4	Coaches' and Sport Scientists' Views on Risk Factors	49
	› Characteristics, Behaviors, Attitudes, and Experiences of Susceptible Athletes	49
	› People, Factors, and Situations That Pressure Athletes to Increase Training	52
	› People, Factors, and Situations That Affect Athletes' Needs for Recovery	56
	› Conclusions	58
CHAPTER 5	Burnt Cookies: Conversations With an Exercise Physiologist	61
	› Introducing the Exercise Physiologist	61
	› Studying Oneself	61
	› Training as an Exercise Physiologist	62
	› The Source of Fascination: Connecting Dave's Story With His Athletes	64
	› Coaches and Overtraining	66
	› Stories of Professional Elitism	68
	› Exercise Physiologist as Lay Psychologist	69
	› Burnt Cookies	70
	› Further Conversation With David Martin	71
	› Why Does Overtraining Keep Happening?	72
	› The Exercise Physiologist–Athlete Relationship	73
	› When Service Goes Pear-Shaped	74
	› The Quality of Relationships Fuels Change	74
	› Why Do I Do What I Do?	75
	› Reflections on David	76
CHAPTER 6	Sport Systems Can Damage: Conversations With a Sport Psychologist	79
	› Introducing Dr. Trisha Leahy	79
	› Overtraining, Abuse, and Trauma	80

› Are You Uncomfortable Now?	81
› Exploring Perceived Risks	82
› The System Is the Problem	84
› Individual Risks Versus System Risks: False Dichotomies	84
› Psychosocial and Family Dynamics	85
› Harassment in Sport	86
› Silencing Men's Voices in Sport	87
› Five Years Later in Hong Kong: Overtraining and Trauma Revisited	88
› Duty of Care and Professional Bystanding	89
› You Have to Be Mentally Tough: Cultural Values That Justify Abuse	92
› Men in Sport Revisited	92
› The Power of Early Experiences	94
› Perfectionism and Idealism	95
› Reflections on Trisha	96
› A Closing Story for Part II	97

PART III What Can We Learn From Athletes? 99

CHAPTER 7 The Pathogenic World of Professional Sport: Steve's Tale 101

› Introducing Steve	101
› Early Ambivalence About Sport	101
› Love of the Game and Regret	102
› Playing for Pay	103
› Injury Mismanagement	104
› Coach and Medical Staff Pressures	105
› Going the Extra Mile	107
› Lessons Learned Early	108
› The Culture of Footy	109
› Living and Performing for Others	112
› Reflections on Steve	112

CHAPTER 8	A Case of Olympic Seduction: John's Tale	115
›	Introducing John and His Seduction	115
›	Olympic Gold as Love Object	115
›	Early Successes	117
›	Knowledge Versus the Human Heart	118
›	The Devastation of Shattered Dreams	120
›	Repeating Patterns	121
›	Struggling to Understand	124
›	Interpersonal Influences Driving Overtraining	126
›	Reflections on John	130
CHAPTER 9	The Perfect Girl: Jane's Tale	133
›	Introducing Jane	133
›	I Am an Overtrainer!	134
›	No One Can Stop Me	135
›	Parental Influences	136
›	Hiding Weaknesses and Battling Anxieties	139
›	The Gravity of Weight	139
›	Early Sport and Performance Lessons Learned	141
›	Institutional Abuse	145
›	The Good Coach Can't Fix Her	146
›	Internal and Cultural Drivers of Overtraining	148
›	Reflections on Jane	151
CHAPTER 10	The Perfect Boy: The Author's Tale	153
›	Sean's Tale	153
›	All Our Stories	160
›	Athletes' Perspectives and Risk Factors for Overtraining	160
›	Athletes' Stories Compared With Athletes' Experiences From the Literature	162
›	Conclusions	165

PART IV	Past Models and Current Conceptions	167
CHAPTER 11	Models of Overtraining: Then and Now	169
	› Synthesis of Experts' Perspectives and Athletes' Experiences	169
	› The OT Risks and Outcomes Model	170
	› OT Risks and Outcomes Model Compared With Other Models	176
	› Conclusions	181
CHAPTER 12	Afterword: Where to From Here?	183
	› Current Applications	183
	› Future Directions	184
	› Pipe Dreams	187
	› Parting Glances	187
	Suggested Further Readings	189
	References	191
	Index	198
	About the Authors	204