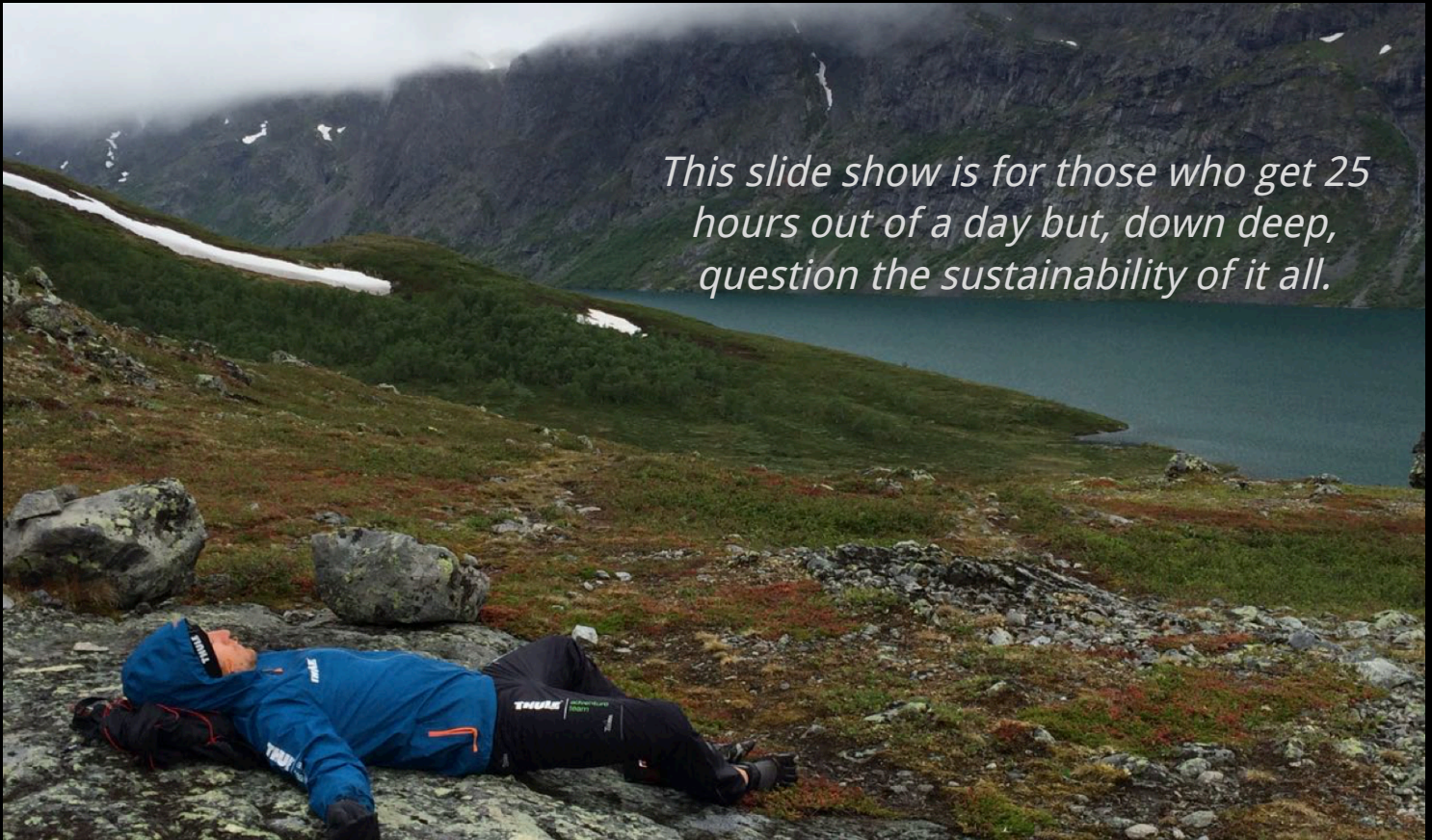


Endurance burn-out

When an athlete stops listening to the body



This slide show is for those who get 25 hours out of a day but, down deep, question the sustainability of it all.

BACKGROUND

After almost two decades as a successful endurance athlete and business owner, I had considered myself somewhat of a time management expert. I believed that my success was built on my ability to *squeeze a little more* out of each training and work day. *Or was it?*

That turned out to be an egotistical myth that ended abruptly in 2015 when I suffered from adrenal fatigue and overtraining.

My mind's ability to over-ride my body's signal of fatigue led to short-term success as an athlete and entrepreneur. But it required that I lived in an unsustainable "autopilot" mode that was incompatible with listening to my body. In the end, my body had the last word: forcibly removing from my life the sport that I loved.

CONTENT

This slide show captures the challenges imposed by adrenal fatigue and overtraining, including the physiological and psychological aspects, and shares my evolving view on the idea that "more is better."

- Passion: The pull of endurance sports
- Success: My training regime to reach the top
- Exercise: The good, the bad, and the ugly (overtraining and adrenal fatigue)
- Stress: Why the body needs it; how to manage it
- Social context: The impact of time constraints, our own expectations, & an 'over-achieving' culture
- Changing behavior: Tools to quiet the mind & listen to the body
- Reflections: The difference between health & fitness

Slide show is 90 minutes total with a pause in the middle and a Q&A at the end.