

BURNING MOTIVATION

The role of motivation in predicting burnout and overtraining



Original Research

Lemyre, P., et al. Motivation, overtraining, and burnout: Can self-determined motivation predict overtraining and burnout in elite athletes? *European Journal of Sport Science* 7(2):115-126, 2007.

STAYING MOTIVATED THROUGH THE COMPETITIVE SEASON IS CRITICAL TO YOUR SUCCESS. YOUR MOTIVATION LEVELS CAN ALSO PREDICT IF YOU WILL BURN OUT OR NOT.

When your sport's season starts or when you get ready to train for a meet, you typically feel an immense high: you are psyched! As you delve deeper and deeper into the training cycle or season, you try to maintain your motivation, but sometimes it is not quite as strong later in the cycle. And while physically you felt great in the beginning, later on you may feel a certain degree of sluggishness, somewhat less power, a bit more tired, and perhaps a few aches and pains. Your performance is still up there, but not quite what you expected. This scenario revolves around three conditions: motivation, overtraining, and burnout. Typically, you can do something about waning motivation and early signs of overtraining. But once you are burned out, your season is over. In order to prevent burnout, it would be great if you could predict it via levels of motivation and symptoms of overtraining, which is exactly what this study investigated.

Power Key: elite athlete, burnout, overtraining, motivation