The pressures for more and better performances have transformed preparation for successful sport or dance to virtually a year-round endeavour. As a result, an increased number of active individuals experience the symptoms of “burnout” or “overtraining”. We produced research outputs which have been well received by the international scientific community. We provided evidence in support of the hypothesis that the susceptibility to infections following periods of increased exercise training may be due to lower plasma glutamine levels. We also found that muscle strength may also be affected even though intrinsic muscle function is not impaired, as evidenced by the ability to respond to external electrical stimulation. We further established that dancers and athletes are more likely to become overtrained towards the end of their stage-performance and competition seasons, respectively. A three to four weeks period of rest after the end of a demanding season has been linked to increases in most fitness-related parameters in both dancers and athletes. While the concept of overtraining has been established on research in elite athletes, some facets of this problem overlap with chronic general fatigue conditions that can appear in the general populations or in patients.

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a) Book Chapters

b) Publications in Peer-Review Journals