

Colorado

# CAFÉ SCIENTIFIQUE

Tuesday 18 January 2011

at the Wynkoop Brewing Company

<http://www.wynkoop.com/>

Corner of 18<sup>th</sup> and Wynkoop in LoDo, Denver

About a block from Light Rail. Thirteen minutes by foot from Auraria.

## **THE *OVERTRAINED* ATHLETE**

**Iñigo San Millán, PhD,**

**Director, Exercise Physiology and Human Performance Laboratory,  
University of Colorado Hospital  
and CU Sports Medicine and Physical Therapy Clinic**

Dr. San Millan has worked with professional cycling teams including Saunier-Duval, ONCE, Astana, and Garmin, familiar to many of us from the Tour de France. Though the pros know about it, overtraining is unfamiliar to most of the recreational athletic population. What Dr. San Millan has found is that the incidence of overtraining is very high among recreational athletes. There are a variety of methods to diagnose overtraining and fatigue, such as blood analysis, including hematological and biochemical levels, and different markers that clearly indicate an overtraining/fatigue status. Physiological and metabolic parameters measurements during physiological testing in the lab indicate the same sort of overtraining. Excessive training, poor recovery, poor nutrition, the wrong training plan, etc., can end up very easily in overtraining and deteriorating performance, and is associated with increased infection susceptibility. Overtraining/fatigue among recreational athletes is a great unknown because the vast majority never find out that they are doing it wrong. What are the short- and long-term consequences?

***EVERYONE IS WELCOME.* The discussion starts at 6:30 in the Mercantile Room (no food service there). Come before 6 PM to leave yourself time to get something to eat, or stay and eat afterwards. We end around 8 PM.**

There's no charge. The Wynkoop is generously providing the facility; we buy our own drinks. It is first come, first seated, and **seating is limited** so that everyone can take part in the discussion.

The Colorado Café Scientifique is organized by an informal group of faculty from CU and institutions up and down the Front Range, as well as science fans from industry, government and elsewhere. We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to [John.Cohen@UCDenver.edu](mailto:John.Cohen@UCDenver.edu)

**Essential information about the topic and the event on our Web site at:  
<http://CafeSciColorado.org>**