

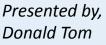


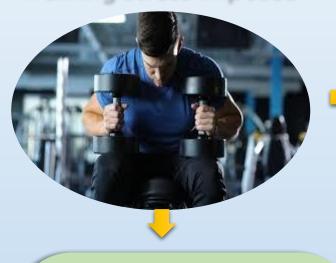


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Negative-Training Stress Response Model (Silva, 1990)

Training stress imposed





Positive adaptation to training stress



Training gain



Negative adaptation to training stress



Lag in training gain



Burnout



Withdrawal

