Abstract

This study analyzed the degree of utility of the subscale of confusion of Profile of Mood States, POMS (McNair, Lorr and Droppleman, 1971), as an indicator of the impact of training in distance runners and middle distance. Specifically, these were to observe their sensitivity to modulations of the charge with the aim that can be used as an indicator of fatigue in the previous stages of Overtraining Syndrome (OTS). This will be submitted to a group of runners in two competitive levels (international, national and autonomous-provincial) to overload mesocycle 6 weeks. Weekly complimented the POMS questionnaire to obtain subscale scores on the confusion of it. In addition, exercise testing was performed in the first and last week mesocycle in order to monitor performance. The results showed that when significantly increased training load on peak days, also observed a significant increase confusion among athletes. In turn, the athletes improved their performance at the end of the period studied, ruling that they were overtrained. Therefore, the POMS confusion subscale shows some predictive power, as in previous stages can be altered to SSE. It would be interesting in future studies, assess the degree of consistency of this subscale in sports that require a high degree of physical demand, and confirm its use as an indicator of the impact of training.

Keywords

Overtraining, runners, confusion.