Supplementary Material 1. Search strategy for databases within this review.

MEDLINE Complete and SPORTDiscus with Full Text:

TX ((overtrain* OR over-train* OR overreach* OR staleness)) AND TX (underperformance OR "under performance" OR underrecovery OR under-recovery OR "under recovery")

Scopus:

(TITLE-ABS-KEY ((overtrain* OR over-train* OR overreach* OR staleness)) AND TITLE-ABS-KEY ((underperformance OR "under performance" OR underrecovered OR under-recovery OR "under recovery")))

Web of Science:

(ALL=((overtrain* OR over-train* OR overreach* OR staleness))) AND ALL=((underperformance OR "under performance" OR underrecovery OR under-recovery OR "under recovery"))