

LIST OF FIGURES

Fig. No	Title	Page No
1.1	Negative Training Stress Syndrome. Silva (1990)	7
3.1	Representation of a Convergent Parallel Design	36
3.2	Conceptual Frame work	46
4.1	Training stress scores of athletes who are undergoing training currently	49
4.2	Recovery scores of athletes who are undergoing training currently	50
4.3	Overall training stress scores and overall recovery scores of athletes who are undergoing training currently	51
4.4	Athletes overall Training stress and Recovery scores in percentage	52
4.5	Athletes Training stress scores in percentage	53
4.6	Athletes Recovery scores in percentage	53
4.7	Graphical Representation of the Interpretation	82