Serum sex-hormone binding globulin and cortisol concentrations are associated with overreaching during strenuous military training

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Figure 1.

a) Testosterone (nmol·L⁻¹)

b) SHBG (nmol·L⁻¹)

[Graphs showing changes in testosterone and SHBG levels before, after 4, and after 7 days, with significant differences indicated by asterisks and other symbols.]

c) Cortisol (nmol·L⁻¹)

d) IGF-1 (pg·mL⁻¹)

[Graphs showing changes in cortisol and IGF-1 levels before, after 4, and after 7 days, with significant differences indicated by asterisks and other symbols.]
Figure 2.

Change in response (%)

Testosterone

Cortisol

Before

After 4 weeks

After 7 weeks

^ and *

^^
Figure 3.

Sum of the symptoms scores

Before | After 4 | After 6 | After 7 | After 8

0 10 20 30 40 50 60

* ** ***
Figure 4.
Figure 5.