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)

c) Cortisol (nmol·L⁻¹)

d) IGF-1 (pg·mL⁻¹)
Figure 2. Bar chart showing the change in response (%) for Testosterone and Cortisol before and after 4 and 7 weeks. The chart indicates significant changes with symbols: ^ and * for Testosterone, and ^ for Cortisol.
Figure 3.

Sum of the symptoms scores

Before   After 4   After 6   After 7   After 8
Figure 4.
Figure 5.

a) VO$_2$max (mL·kg$^{-1}$·min$^{-1}$)

b) Testosterone/cortisol ratio

c) Testosterone (nmol·L$^{-1}$)