On the physiological and psychological differences between functional overreaching and acute fatigue

Twan P. G. ten Haaf
About the author

Twan ten Haaf was born on March 20, 1989, in Mill, the Netherlands. After finishing high school in 2007, he started studying General Health Sciences at Maastricht University. He specialized in Human Movement Sciences and Human Biology and graduated as a top 3% student of the university in 2010. After a gap-year, he enrolled in the Research Master Human Movement Sciences at the Vrije Universiteit Amsterdam. He investigated the reliability of a method to estimate gross efficiency during anaerobic exercise, and graduated cum laude in 2013. He then started working as a junior researcher on a project on overtraining under supervision of dr. Jos de Koning at the Vrije Universiteit Amsterdam. This was followed by a PhD study on this topic, of which the results are described in this thesis. Meanwhile, he worked as a researcher on weight management in collaboration with dr.ir. Peter Weijs at the Amsterdam University of Applied Sciences between 2014 and 2016. He is currently working as a sports scientist within the Chinese Olympic Committee speed skating program.