# Table of contents

**Chapter 1**  
General introduction  

**Chapter 2**  
Hormonal levels during the Tour for Life  

**Chapter 3**  
Exercise-induced hormonal responses before and after the Tour for Life  

**Chapter 4**  
Heart rate during a maximal incremental cycling test  

**Chapter 5**  
Choice reaction time  

**Chapter 6**  
Monitoring of stressors and symptoms of overreaching  

**Chapter 7**  
General discussion  

**References**  

**Summary**  

**Dutch summary (Nederlandse samenvatting)**  

**List of publications**  

**Acknowledgements (Dankwoord)**