Monitoring Training Load

This playbook outlines a structured approach to monitor and manage an athlete's training load. The aim is to prevent overtraining and reduce the risk of injury by ensuring that training intensity and volume are kept within safe limits.

Step 1: **Schedule Evaluation**

Set a regular schedule for evaluating the athlete's training intensity, volume, and recovery. This can be daily, weekly, or at any other consistent interval deemed appropriate.

Step 2: **Data Collection**

Gather data on the athlete's performance and physiological markers, including but not limited to heart rate, power output, speed, perceived exertion, and sleep quality.

Step 3: **Analysis**

Analyze the collected data to assess trends over time. Look for signs of increasing fatigue, decreased performance, or other indicators of overtraining.

Step 4: **Adjust Training**

Make necessary adjustments to training plans based on the analysis. This may involve altering intensity, volume, or the balance between training and recovery days.

Step 5: **Educate Athlete**

Educate the athlete on the importance of monitoring their own body signals such as fatigue levels, mood changes, and sleep patterns that can be indicative of excessive training load.

Step 6: **Communication**

Maintain open communication with the athlete to ensure they feel comfortable providing feedback on their condition and the training load.

Step 7: **Re-evaluate**

Regularly re-evaluate the effectiveness of the training plan adjustments and the athlete's perceived well-being to ensure the prevention of overtraining is successful.

General Notes

Software Tools

Consider utilizing specialized software or apps designed to assist in tracking and analyzing training load for a streamlined and data-driven approach.

Expert Consultation

Incorporate feedback from sports scientists, coaches, and physiotherapists to gain a multidisciplinary perspective on the athlete's training load management.