

Week 1

CALCULATING TRAINING LOAD INSTRUCTIONS

1. Session duration (minutes) x intensity (RPE)
2. Multiply session RPE by session duration (minutes) = Training Load
3. RPE: Athlete rates session from 1 (very, very easy), 5 (somewhat hard) to 10 (very, very hard)
4. Type the session duration (mins) and RPE in the blue spaces below

Day	Session	RPE	Duration	Session Load	Daily Training Load
Mon	S&C				
	Sport				
	Other				
Tues	S&C				
	Sport				
	Other				
Wed	S&C				
	Sport				
	Other				
Thur	S&C				
	Sport				
	Other				
Fri	S&C				
	Sport				
	Other				
Sat	S&C				
	Sport				
	Other				
Sun	S&C				
	Sport				
	Other				

Total Weekly Training Load

Week 2

CALCULATING TRAINING LOAD INSTRUCTIONS

1. Session duration (minutes) x intensity (RPE)
2. Multiply session RPE by session duration (minutes) = Training Load
3. RPE: Athlete rates session from 1 (very, very easy), 5 (somewhat hard) to 10 (very, very hard)
4. Type the session duration (mins) and RPE in the blue spaces below

Day	Session	RPE	Duration	Session Load	Daily Training Load
Mon	S&C				
	Sport				
	Other				
Tues	S&C				
	Sport				
	Other				
Wed	S&C				
	Sport				
	Other				
Thur	S&C				
	Sport				
	Other				
Fri	S&C				
	Sport				
	Other				
Sat	S&C				
	Sport				
	Other				
Sun	S&C				
	Sport				
	Other				

Total Weekly Training Load

Week 3

CALCULATING TRAINING LOAD INSTRUCTIONS

1. Session duration (minutes) x intensity (RPE)
2. Multiply session RPE by session duration (minutes) = Training Load
3. RPE: Athlete rates session from 1 (very, very easy), 5 (somewhat hard) to 10 (very, very hard)
4. Type the session duration (mins) and RPE in the blue spaces below

Day	Session	RPE	Duration	Session Load	Daily Training Load
Mon	S&C				
	Sport				
	Other				
Tues	S&C				
	Sport				
	Other				
Wed	S&C				
	Sport				
	Other				
Thur	S&C				
	Sport				
	Other				
Fri	S&C				
	Sport				
	Other				
Sat	S&C				
	Sport				
	Other				
Sun	S&C				
	Sport				
	Other				

Total Weekly Training Load

Week 4

CALCULATING TRAINING LOAD INSTRUCTIONS

1. Session duration (minutes) x intensity (RPE)
2. Multiply session RPE by session duration (minutes) = Training Load
3. RPE: Athlete rates session from 1 (very, very easy), 5 (somewhat hard) to 10 (very, very hard)
4. Type the session duration (mins) and RPE in the blue spaces below

Day	Session	RPE	Duration	Session Load	Daily Training Load
Mon	S&C				
	Sport				
	Other				
Tues	S&C				
	Sport				
	Other				
Wed	S&C				
	Sport				
	Other				
Thur	S&C				
	Sport				
	Other				
Fri	S&C				
	Sport				
	Other				
Sat	S&C				
	Sport				
	Other				
Sun	S&C				
	Sport				
	Other				

Total Weekly Training Load