

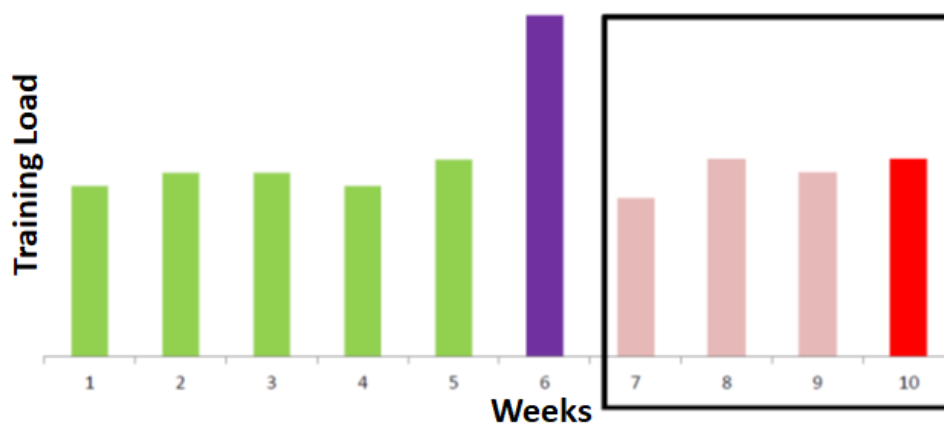
## TRAINING LOAD PRINCIPLE #2

### Minimise large week-to-week fluctuations in training load

To decrease the risk of injury it is important to minimise large week-to-week fluctuations in training load.

#### **SPIKE IN TRAINING LOAD = INCREASED RISK:**

If an athlete is already performing moderate-high training load (green) and then experiences a large spike (purple), their risk of injury is heightened in the following 4 weeks.



#### **PLANNING AND PREPARATION:**

It is important to monitor weekly training loads to prevent spikes and ensure chronic training loads are established progressively.

It is also important to create an Athlete Annual Plan so periods of increased training load, due to competitions or specialised training sessions, can be planned for and managed appropriately.

#### **ATHLETE ANNUAL PLAN:**

Provides an overview of the athlete's annual training load, including training sessions and competitions for all sport and physical activity. This should be a collaboration by all interested parties including the athlete, S&C and Coaches (MSA & external). See MSA resources for an Athlete Annual Plan template.