

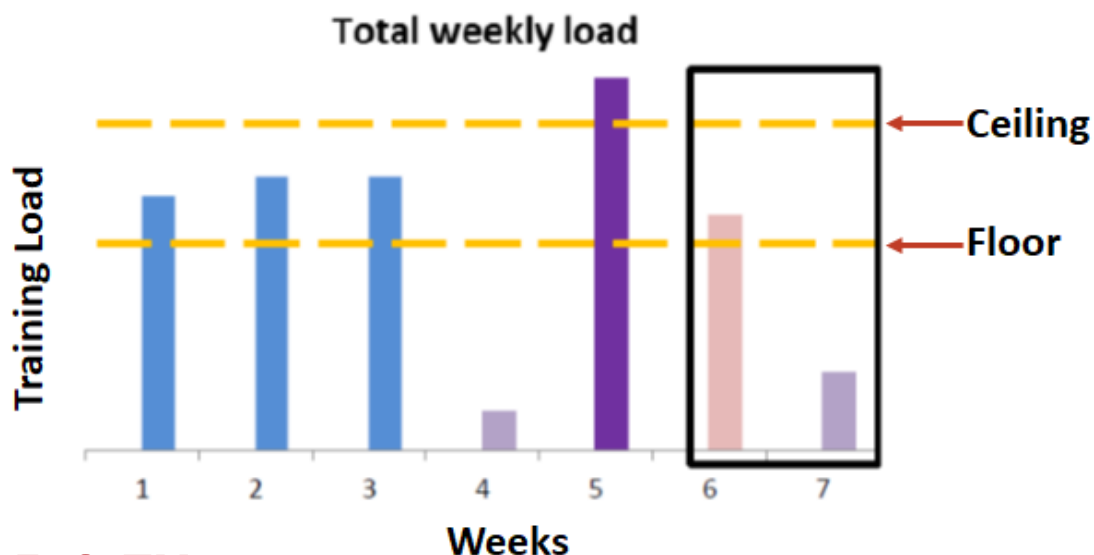
TRAINING LOAD PRINCIPLE #3

Establish a 'floor' and 'ceiling' training load.

When there has been disruption to ongoing training, it is important to establish a **floor** and **ceiling** training load, once the athlete has returned to their typical training load.

BENEFITS:

- Establishes a minimum training standard
- Reduces future injury risk



SPECIFICITY:

Be aware that the floor and ceiling is specific to each sport and specific to individuals within that sport.

KEY TAKE HOME MESSAGES:

- Develop awareness of the loads that can be tolerated,
- Manage loads carefully following times away from training
- Be very cautious of 'super-weeks' being created due to various reasons

WEEKLY TRAINING DIARIES:

Provide an effective means of recording, monitoring, and optimising training loads. See MSA Rehabilitation and Physiotherapy resources for a template.