

## TRAINING LOAD PRINCIPLE #1

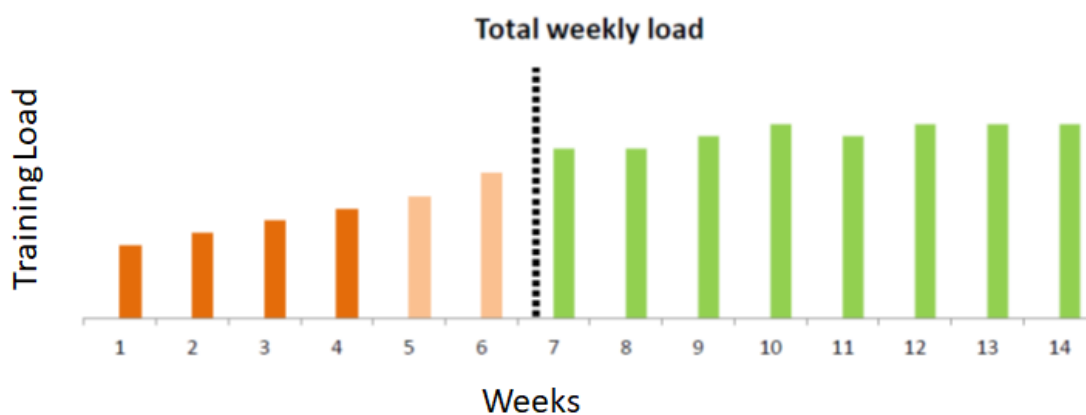
### Progressively Establish Chronic Training Load

Load monitoring and management are vital components of a successful athlete training program, to maximise performance and minimise injury risk. Progressively establishing a chronic training load minimises the risk of injury.

#### WHAT IS A CHRONIC TRAINING LOAD:

- A cumulative training dose that builds up over a long period of time.

Weeks 1-6 in the below graph demonstrate a logical progression back to a typical chronic-training load after injury or a break in training.



#### ADOLESCENT ATHLETES

Research indicates younger athletes do not tolerate high training loads as well as older athletes, and typically take longer to achieve chronic high training loads.

#### INJURY PROTECTION:

Moderate to high training loads protect from injury if achieved in a safe manner, so continuing to progressively build and maintain load is essential. To minimise risk of injury, training load increases should generally be <10%

#### WEEKLY TRAINING DIARIES:

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