

References:

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Links:

- http://www.ausport.gov.au/sportscoachmag/development_and_maturation2/monitoring_training_load
- http://www.polar.com/en/support/the_what_and_how_of_training_load
- <http://westperformance.blogspot.in/2011/02/training-load-what-is-it-why-is-it.html>
- <http://www.ncbi.nlm.nih.gov/pubmed/25200666>
- www.fsps.muni.cz
- <http://ale-santuz.blogspot.in/2013/07/what-is-training-load.html>