Summary:

Training load is influenced by both training volume and training intensity. A precise understanding of training loads completed during training can be beneficial for both the coach and the athlete. The coach can use feedback from training to systematically modify future training so that performances can be improved. Athletes can use this feedback for motivation for future training. Training load can be monitored in many different ways, however, we recommend the session-RPE method for quantifying training load because it is simple to use, easy to understand and relatively easy to implement. From a sports science perspective, a valid and reliable record of training load allows the effectiveness of different training to be assessed. It can be used to ensure that both sufficient training loads are implemented and that excessive loads are not. Finally, over time and with some practice, accurate monitoring of training load will enable the coach to better understand the best training methods for individual athletes. Ultimately, this may lead to improved performance in competition.