

Training Load Chart

TRAINING LOAD CHART											
Max reps (RM)	1	2	3	4	5	6	7	8	9	10	12
% 1RM Load	100%	95%	93%	90%	87%	85%	83%	80%	77%	75%	70%
10	9.5	9.3	9	8.7	8.5	8.3	8	7.7	7.5	7	
20	19	18.6	18	17.4	17	16.6	16	15.4	15	14	
30	28.5	27.9	27	26.1	25.5	24.9	24	23.1	22.5	21	
40	38	37.2	36	34.8	34	33.2	32	30.8	30	28	
50	47.5	46.5	45	43.5	42.5	41.5	40	38.5	37.5	35	
60	57	55.8	54	52.2	51	49.8	48	46.2	45	42	
70	66.5	65.1	63	60.9	59.5	58.1	56	53.9	52.5	49	
80	76	74.4	72	69.6	68	66.4	64	61.6	60	56	
90	85.5	83.7	81	78.3	76.5	74.7	72	69.3	67.5	63	
100	95	93	90	87	85	83	80	77	75	70	
110	104.5	102.3	99	95.7	93.5	91.3	88	84.7	82.5	77	
120	114	111.6	108	104.4	102	99.6	96	92.4	90	84	
130	123.5	120.9	117	113.1	110.5	107.9	104	100.1	97.5	91	
140	133	130.2	126	121.8	119	116.2	112	107.8	105	98	
150	142.5	139.5	135	130.5	127.5	124.5	120	115.5	112.5	105	
160	152	148.8	144	139.2	136	132.8	128	123.2	120	112	
170	161.5	158.1	153	147.9	144.5	141.1	136	130.9	127.5	119	
180	171	167.4	162	156.6	153	149.4	144	138.6	135	126	
190	180.5	176.7	171	165.3	161.5	157.7	152	146.3	142.5	133	
200	190	186	180	174	170	166	160	154	150	140	
210	199.5	195.3	189	182.7	178.5	174.3	168	161.7	157.5	147	
220	209	204.6	198	191.4	187	182.6	176	169.4	165	154	
230	218.5	213.9	207	200.1	195.5	190.9	184	177.1	172.5	161	
240	228	223.2	216	208.8	204	199.2	192	184.8	180	168	
250	237.5	232.5	225	217.5	212.5	207.5	200	192.5	187.5	175	
260	247	241.8	234	226.2	221	215.8	208	200.2	195	182	
270	256.5	251.1	243	234.9	229.5	224.1	216	207.9	202.5	189	
280	266	260.4	252	243.6	238	232.4	224	215.6	210	196	
290	275.5	269.7	261	252.3	246.5	240.7	232	223.3	217.5	203	
300	285	279	270	261	255	249	240	231	225	210	
310	294.5	288.3	279	269.7	263.5	257.3	248	238.7	232.5	217	
320	304	297.6	288	278.4	272	265.6	256	246.4	240	224	
330	313.5	306.9	297	287.1	280.5	273.9	264	254.1	247.5	231	
340	323	316.2	306	295.8	289	282.2	272	261.8	255	238	
350	332.5	325.5	315	304.5	297.5	290.5	280	269.5	262.5	245	
360	342	334.8	324	313.2	306	298.8	288	277.2	270	252	
370	351.5	344.1	333	321.9	314.5	307.1	296	284.9	277.5	259	
380	361	353.4	342	330.6	323	315.4	304	292.6	285	266	
390	370.5	362.7	351	339.3	331.5	323.7	312	300.3	292.5	273	
400	380	372	360	348	340	332	320	308	300	280	
410	389.5	381.3	369	356.7	348.5	340.3	328	315.7	307.5	287	
420	399	390.6	378	365.4	357	348.6	336	323.4	315	294	
430	408.5	399.9	387	374.1	365.5	356.9	344	331.1	322.5	301	
440	418	409.2	396	382.8	374	365.2	352	338.8	330	308	
450	427.5	418.5	405	391.5	382.5	373.5	360	346.5	337.5	315	
460	437	427.8	414	400.2	391	381.8	368	354.2	345	322	
470	446.5	437.1	423	408.9	399.5	390.1	376	361.9	352.5	329	
480	456	446.4	432	417.6	408	398.4	384	369.6	360	336	
490	465.5	455.7	441	426.3	416.5	406.7	392	377.3	367.5	343	
500	475	465	450	435	425	415	400	385	375	350	

- Training load chart can be used to calculate estimated 1-repetition maximum (1RM) values from multiple repetitions completed
- For example, if an athlete completes 8 repetitions of the squat at 160 lbs, the estimated 1RM would be 200 lbs.
- Training load chart can also be used to assign intensity percentages for program design
- For example, if an athlete's 1RM for the squat is 200 lbs, he/she should be able to successfully complete 10 repetitions of 150 lbs, or 75% max intensity.

Adapted from Landers, J. Maximum based on reps. NSCA J 6(6):60-61, 1984.

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Training Load Chart: Your Key to Optimized Athletic Performance

Are you tired of guesswork in your training regime? Do you feel like you're either overtraining and plateauing, or undertraining and not seeing the results you desire? A well-structured training load chart can be the game-changer you've been looking for. This comprehensive guide will unravel the mysteries of training load charting, explaining what it is, how to create one, and how to use it to optimize your athletic performance, prevent injuries, and achieve your fitness goals. We'll delve into different charting methods, practical examples, and the crucial metrics you need to track.

What is a Training Load Chart?

A training load chart is a visual representation of your training volume and intensity over time. It allows you to objectively monitor your training workload, identify periods of high and low stress, and make informed decisions about your training plan to avoid overtraining or undertraining. This isn't just about tracking your workouts; it's about understanding the cumulative effect of your training on your body. Think of it as a personalized performance dashboard for your body.

Key Metrics to Include in Your Training Load Chart

Effective training load monitoring requires tracking specific metrics. While the specific metrics will vary depending on your sport and individual needs, some common key indicators include:

1. Training Volume:

This refers to the total amount of training you undertake. Examples include:

Distance: For runners, cyclists, and swimmers.

Reps and sets: For weightlifting and strength training.

Duration: For endurance-based activities.

Total work performed: This could be calculated as sets x reps x weight lifted.

2. Training Intensity:

This measures the effort exerted during training. Intensity can be measured in various ways:

Heart rate: Monitoring average heart rate during training sessions.

Rate of perceived exertion (RPE): A subjective measure of how hard you feel you're working (often rated on a scale of 1-10).

Velocity: For running and cycling, this can be an excellent indicator of intensity.

Power output (watts): For cycling and some other sports.

3. Training Load (Acute and Chronic):

This is where the magic happens. Training load combines volume and intensity to provide a more comprehensive picture of your training stress.

Acute Training Load (ATL): This represents your training load over a short period (e.g., a week).

Chronic Training Load (CTL): This is the average training load over a longer period (e.g., four weeks).

The ratio between ATL and CTL is crucial. A large ATL relative to CTL indicates a significant increase in training load, potentially leading to overtraining.

How to Create Your Training Load Chart

You can create a training load chart manually using a spreadsheet program like Excel or Google Sheets. Alternatively, many fitness tracking apps and software programs automatically calculate training load metrics and generate charts for you.

Step-by-Step Guide:

1. Choose your metrics: Select the key metrics that are relevant to your sport and training style.
2. Track your workouts: Record your training data daily or after each session. Be consistent!
3. Calculate your ATL and CTL: Use formulas to calculate your acute and chronic training load. There are several different formulas you can use, so research which suits your needs best.
4. Visualize your data: Create a chart (line graph is usually best) to visualize your ATL and CTL over time.
5. Analyze your chart: Look for trends and patterns to identify periods of high and low training load, and adjust your training plan accordingly.

Interpreting Your Training Load Chart

Your chart should clearly show fluctuations in your training load. Ideally, you want to see a gradual increase in your CTL, representing a gradual increase in your fitness level. Sharp spikes in ATL compared to your CTL should be a warning sign, indicating potential overtraining.

Preventing Overtraining with Your Training Load Chart

By monitoring your training load, you can proactively avoid overtraining. If you notice a significant increase in your ATL compared to your CTL, consider reducing your training volume or intensity for a period to allow your body to recover.

Conclusion

A well-maintained training load chart is an invaluable tool for any athlete, regardless of their skill level or sport. By tracking key metrics and visualizing your training load, you can optimize your performance, prevent injuries, and achieve your fitness goals in a more efficient and sustainable way. Remember, consistency is key – the more data you collect, the clearer the picture will become. Start charting today and unlock your athletic potential!

FAQs

1. What if I miss a day of tracking? Don't worry! It's better to be consistently approximate than sporadically precise. Just make a note and fill in the data as soon as you can.
2. What formula should I use to calculate training load? There are several, including TRIMP (Training Impulse), which is a popular choice. Research different methods to find the one that best fits your needs and sport.
3. Can I use a training load chart for other activities beyond sports? Yes! The principles apply to any activity where you want to monitor the cumulative effect of physical exertion, such as intense physical rehabilitation programs.
4. How often should I review my training load chart? Ideally, review your chart weekly to monitor your progress and make adjustments as needed.
5. Are there any apps that can help me create a training load chart? Yes, many fitness tracking apps, such as TrainingPeaks, FinalSurge, and Strava (with some extra calculations), offer features to track training load and generate charts. Explore different options to find one that fits your preferences.

training load chart: Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association, 2021-06-01 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information.

Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

training load chart: The Muscle and Strength Pyramid: Training Andy Morgan, Andrea Valdez, Eric Helms, 2019-03-24 Navigating the available fitness information online can be confusing and time-consuming at best, and a minefield of misinformation at worst. One inherent problem is that information online is always presented as supremely important and as the next 'big thing,' without context or any understanding of priorities. Enter *The Muscle and Strength Pyramid* books. The foundational concept of these books is understanding priorities and context, so you can take all the pieces of the puzzle and fit them together into an actionable plan. * Six sample routines to get you started quickly Six programs for novice, intermediate, and advanced-level bodybuilders and strength-focussed athletes. * Break through those training plateaus With our full progression guidelines and examples, you'll never be left frustrated and wondering what to do next. * Learn how to tailor your own programming for faster results Our quick-start programming guide will show you how to apply all the principles that go into program design. The chief author of the books, Dr. Eric Helms, has not only the academic understanding of training and nutrition as an active researcher but also extensive practical experience. He has been a personal trainer, powerlifting and bodybuilding coach since 2005, helping hundreds bridge the gap between science and practice to reach their goals. In addition, he has the minds of Andrea Valdez, and Andy Morgan to ensure the concepts are communicated clearly and effectively and no stone is left unturned. Andrea is a lifelong athlete with extensive coaching experience and her Masters in Exercise Physiology, and Andy is a successful writer and consultant for body composition change with a unique grasp of how to communicate topics to diverse groups, as he produces content for both the Japanese and English speaking fitness communities. Together, they bring you *The Muscle and Strength Training Pyramid*, the hierarchical, comprehensive, evidence-based guide that is a must-have for every serious lifter or trainer.

training load chart: Triphasic Training Cal Dietz, Ben Peterson, 2012-06 What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on

adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

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training load chart: Respiratory Muscle Training Alison McConnell, 2013-04-18 Respiratory Muscle Training: theory and practice is the world's first book to provide an everything-you-need-to-know guide to respiratory muscle training (RMT). Authored by an internationally-acclaimed expert, it is an evidence-based resource, built upon current scientific knowledge, as well as experience at the cutting-edge of respiratory training in a wide range of settings. The aim of the book is to give readers: 1) an introduction to respiratory physiology and exercise physiology, as well as training theory; 2) an understanding of how disease affects the respiratory muscles and the mechanics of breathing; 3) an insight into the disease-specific, evidence-based benefits of RMT; 4) advice on the application of RMT as a standalone treatment, and as part of a rehabilitation programme; and finally, 5) guidance on the application of functional training techniques to RMT. The book is divided into two parts - theory and practice. Part I provides readers with access to the theoretical building blocks that support practice. It explores the evidence base for RMT as well as the different methods of training respiratory muscles and their respective efficacy. Part II guides the reader through the practical implementation of the most widely validated

form of RMT, namely inspiratory muscle resistance training. Finally, over 150 Functional RMT exercises are described, which incorporate a stability and/or postural challenge – and address specific movements that provoke dyspnoea. Respiratory Muscle Training: theory and practice is supported by a dedicated website (www.physiobreathe.com), which provides access to the latest information on RMT, as well as video clips of all exercises described in the book. Purchasers will also receive a three-month free trial of the Physiotech software platform (via www.physiotec.ca), which allows clinicians to create bespoke training programmes (including video clips) that can be printed or emailed to patients. - Introductory overviews of respiratory and exercise physiology, as well as training theory - Comprehensive, up-to-date review of respiratory muscle function, breathing mechanics and RMT - Analysis of the interaction between disease and respiratory mechanics, as well as their independent and combined influence upon exercise tolerance - Analysis of the rationale and application of RMT to over 20 clinical conditions, e.g., COPD, heart failure, obesity, mechanical ventilation - Evidence-based guidance on the implementation of inspiratory muscle resistance training - Over 150 functional exercises that incorporate a breathing challenge - www.physiobreathe.com - access up-to-date information, video clips of exercises and a three-month free trial of Physiotech's RMT exercise module (via www.physiotec.ca)

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training load chart: Football Fitness and Conditioning Vladimir Vuksanovikj, 2023-11-07 This book is intended for those who want to work on improving the fitness and conditioning of football players. The contents are written, above all, for the needs of the fitness coaches (strength and conditioning / performance coaches) in football/ soccer, but the needs of the head and assistant coaches have also been covered. This book is a particularly useful tool for coaches working with young categories of football players. The principles for fitness (and conditioning / performance) training are similar for different categories of players, professional (adults) / young players. The following contents, through examples and programmes, explain the principles of the processes of training and transformation of Human Motor Abilities (HMA), which are predominantly recognisable in the football game, and which affect the improvement of the general and specific fitness of football players. For us, as authors of this book, our goal is, through these contents, to enable the coaches to independently understand and set up transformation of Human Motor Abilities in the form of fitness and conditioning trainings. The trainings described are examples of good practice (based on science). After reading the contents of this book, the coach should be able to develop one's own plan and programme for each kind of training. The future fitness and conditioning training plan should be a flexible plan and should follow the changes that occur in the players; it should be dynamic and adaptable according to the respective conditions. Topics covered: PRE-SEASON PLAN | TRANSFORMATION OF HUMAN MOTOR ABILITIES | TRAINING LOAD + DOSAGE MANAGEMENT | FUNCTIONAL STRENGTH/POWER TRAINING | PERFORMANCE MONITORING | OFF-SEASON-TRAININGS | REHABILITATION (INJURY PREVENTION)

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training load chart: Training and Racing with a Power Meter, 2nd Ed. Hunter Allen, Andrew Coggan, 2012-11-27 Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

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