SURVEY

Question #1:

Are you currently doing any monitoring of your athletes?

Question #2:
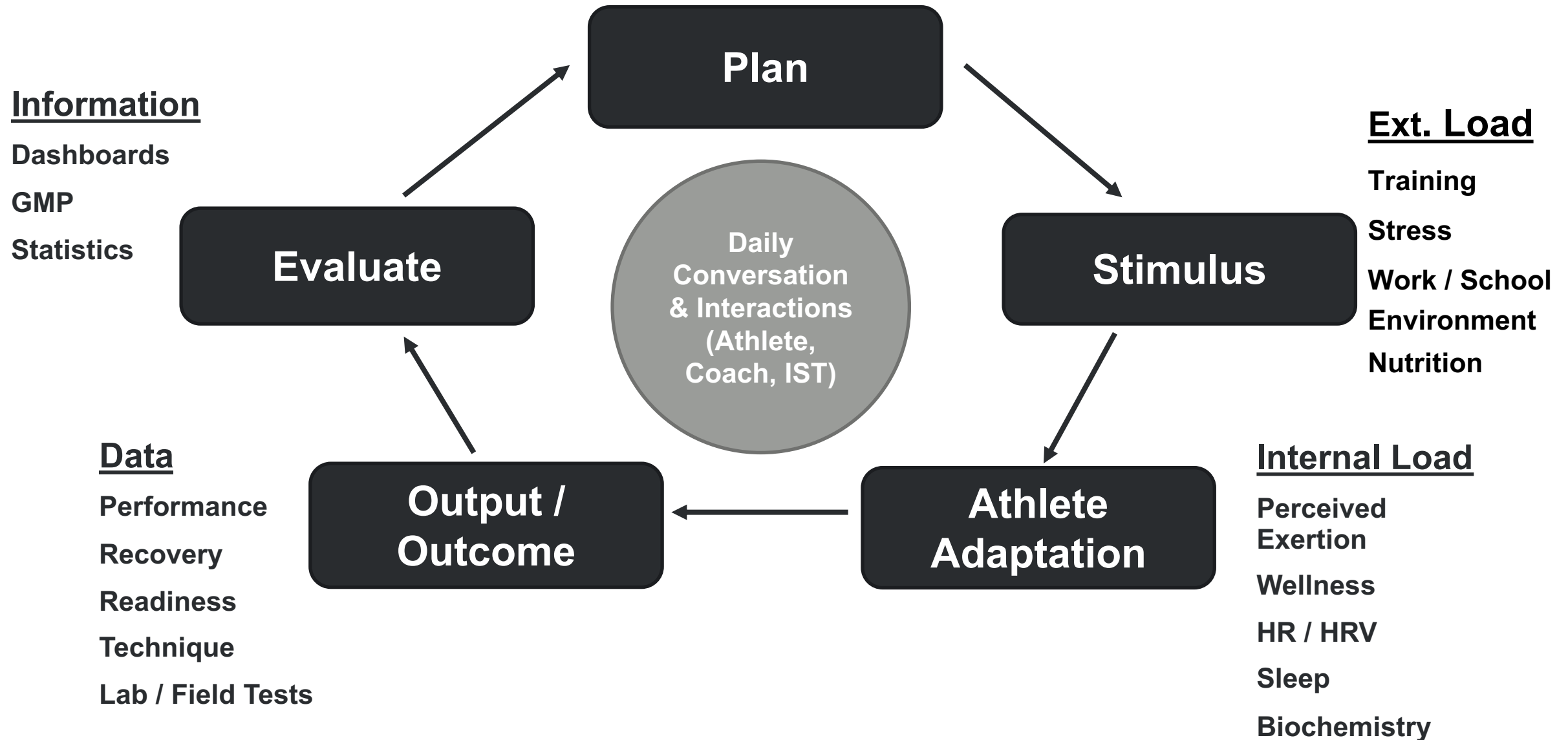
Which methods are you using (click all that apply)

- Pen and paper
- DIY forms (i.e. google forms)
- Third Party App (i.e. Training Peaks, Edge10, Kinduct)
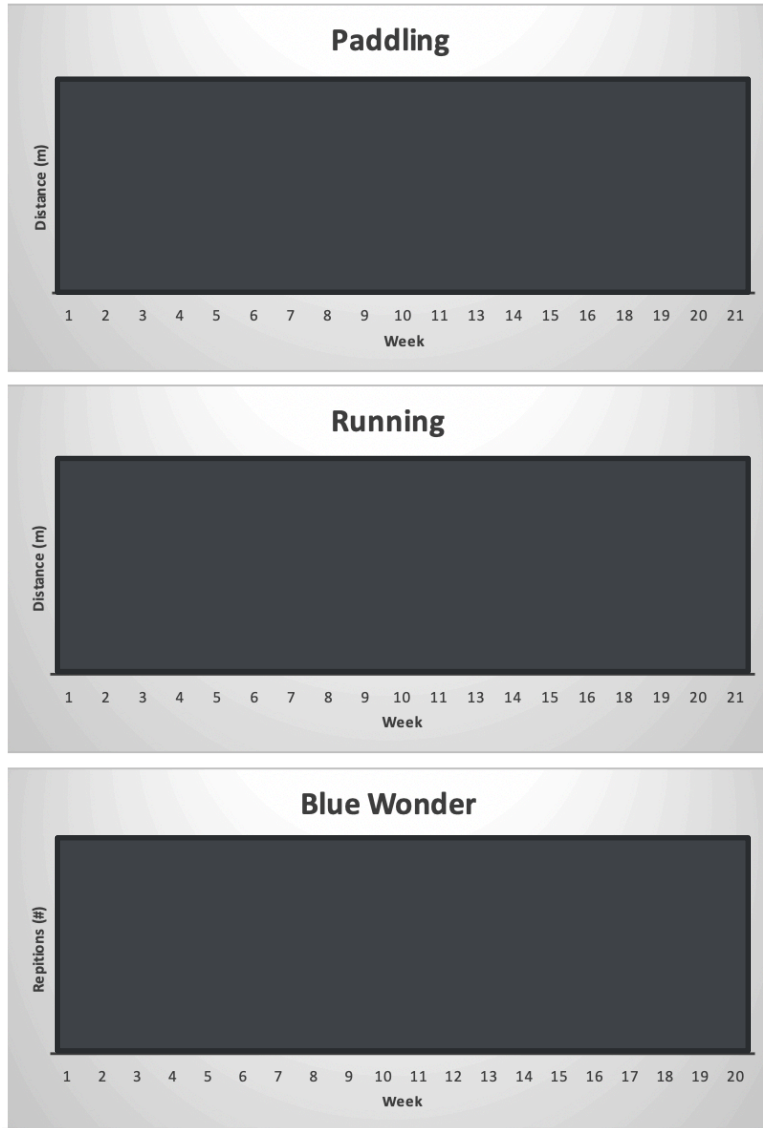- Other
- None

Athlete Monitoring FAQ's

- Why Monitor?
- Where do I start?
- What do I measure?
- How do I collect it?
- How do I interpret it?
- What do I do next?

The Training and Monitoring Cycle

Information
Dashboards
GMP
Statistics

Ext. Load
Training
Stress
Work / School
Environment
Nutrition

Data
Performance
Recovery
Readiness
Technique
Lab / Field Tests

Internal Load
Perceived Exertion
Wellness
HR / HRV
Sleep
Biochemistry

Plan

Evaluate

Daily Conversation & Interactions (Athlete, Coach, IST)

Stimulus

Output / Outcome

Athlete Adaptation

Paddling — Distance (m) vs. Week (1–21)

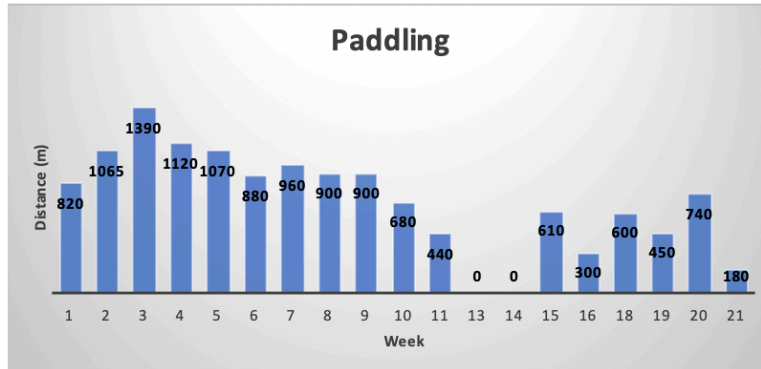

Running — Distance (m) vs. Week (1–21)
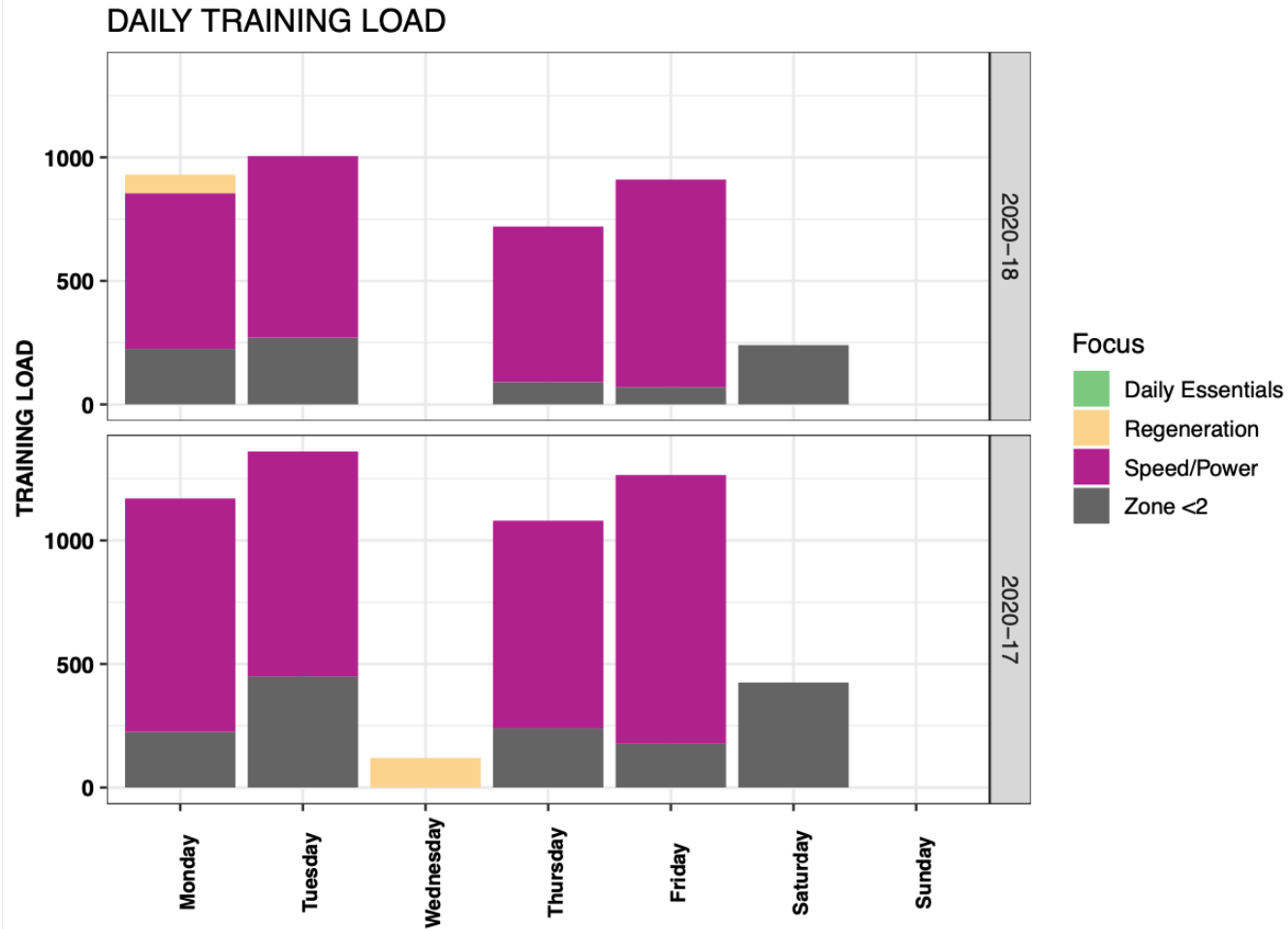

Blue Wonder — Repitions (#) vs. Week (1–20)

External Workload

- The actual amount that an athlete is doing within their sport.

- This can further be enhanced by:
  1. Intensity of the session
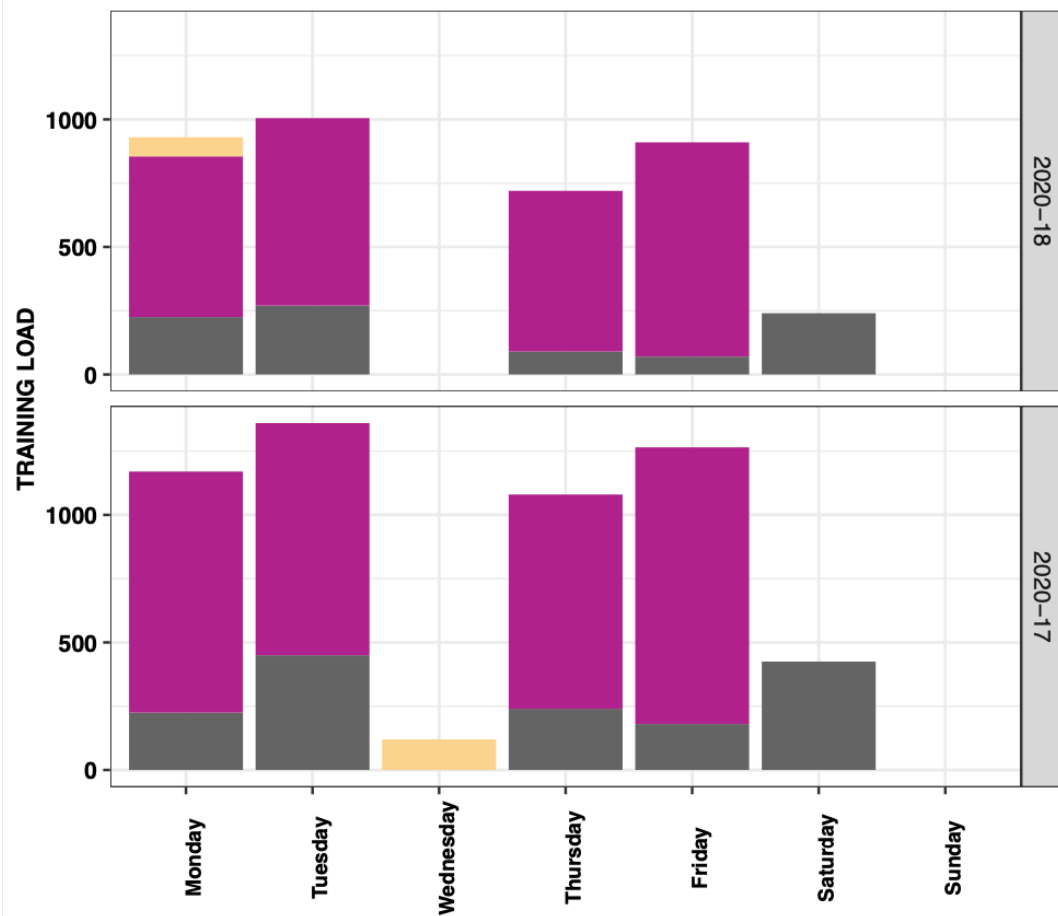 2. Planned vs. Actual
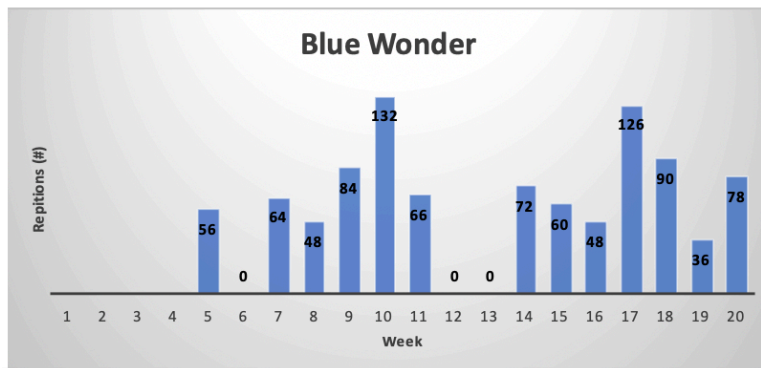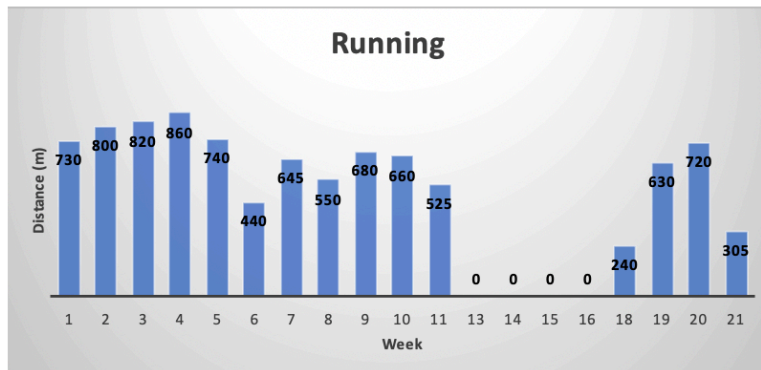
External Workload

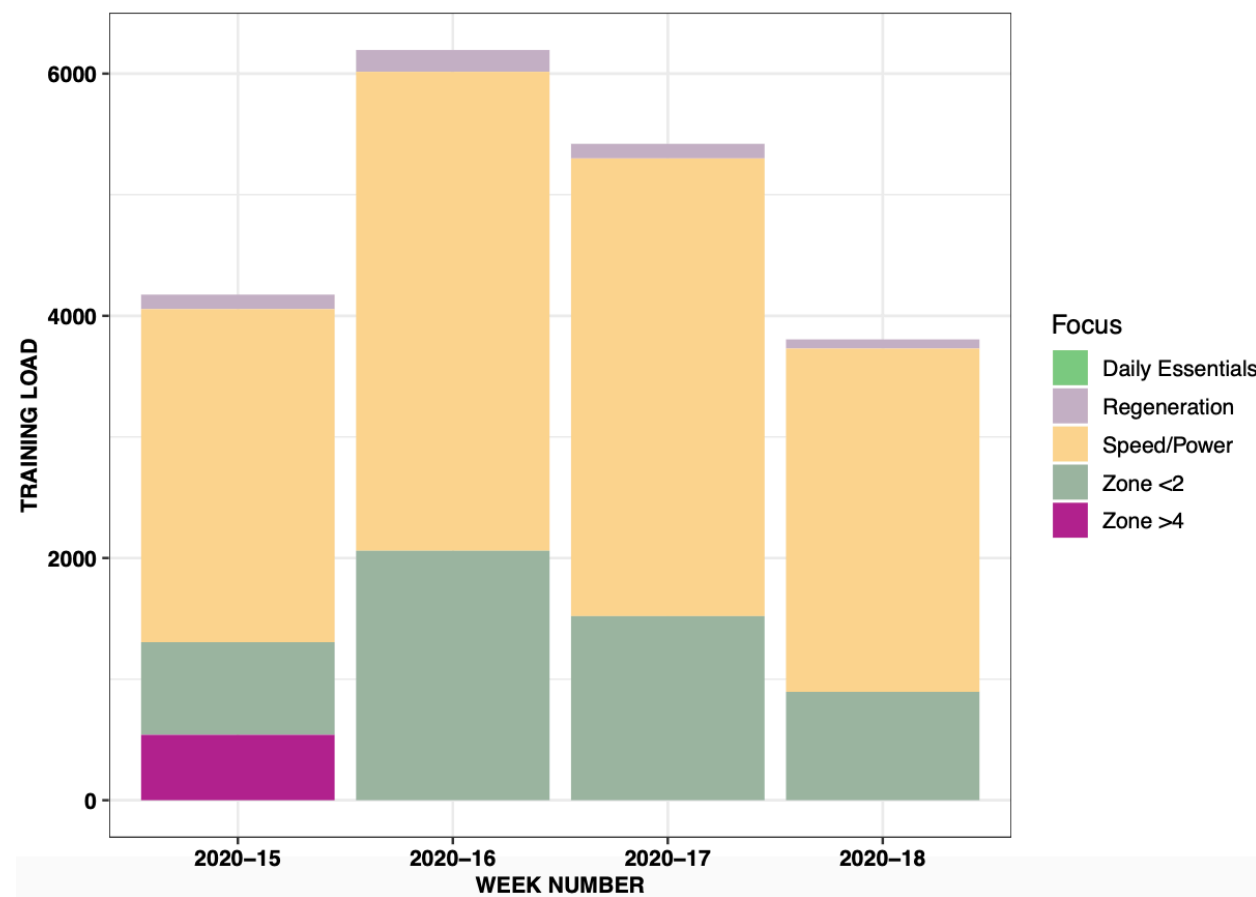| TOTALS		
Total Paddling Distance (m)	13555	
Total Running Distance (m)	9725	
Total Blue Wonder (Reps)	960	

Internal Workload

- The athlete's response to the external workload

- Don't forget to account for non-training stressors
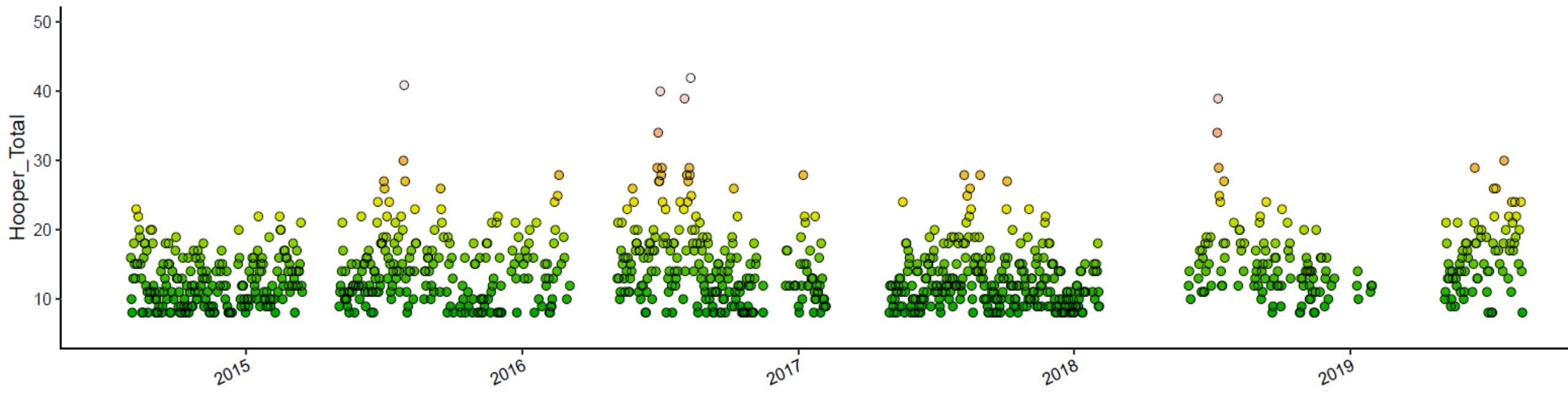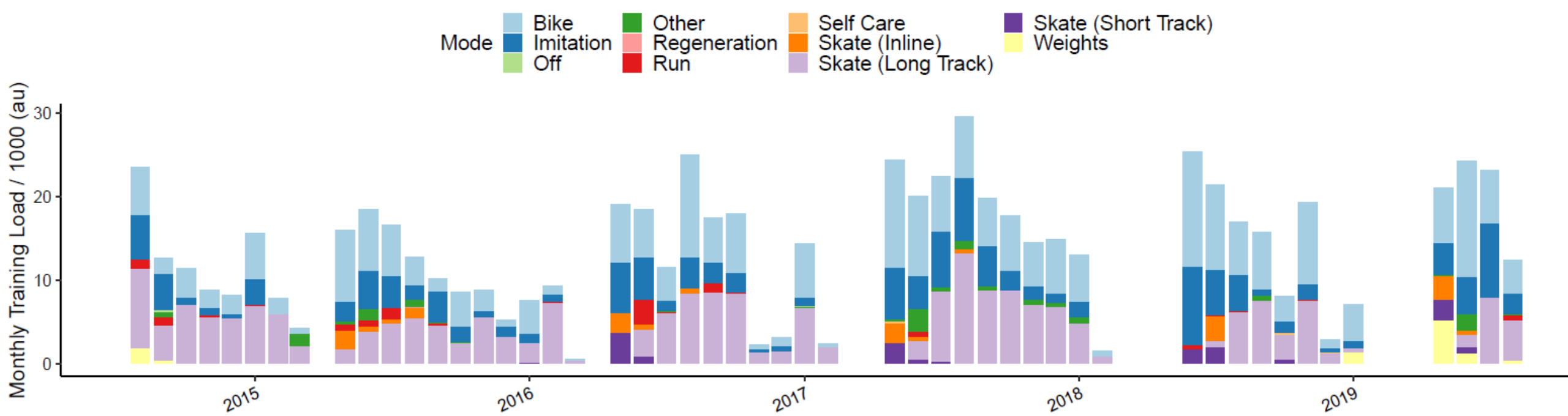
What do I do with this data?

The athlete monitoring cycle: a practical guide to interpreting and applying training monitoring data

Tim J Gabbett,[1,2] George P Nassis,[3] Eric Oetter,[4] Johan Pretorius,[5] Nick Johnston,[6] Daniel Medina,[7] Gil Rodas,[7] Tom Myslinski,[8] Dan Howells,[9] Adam Beard,[10] Allan Ryan[11]
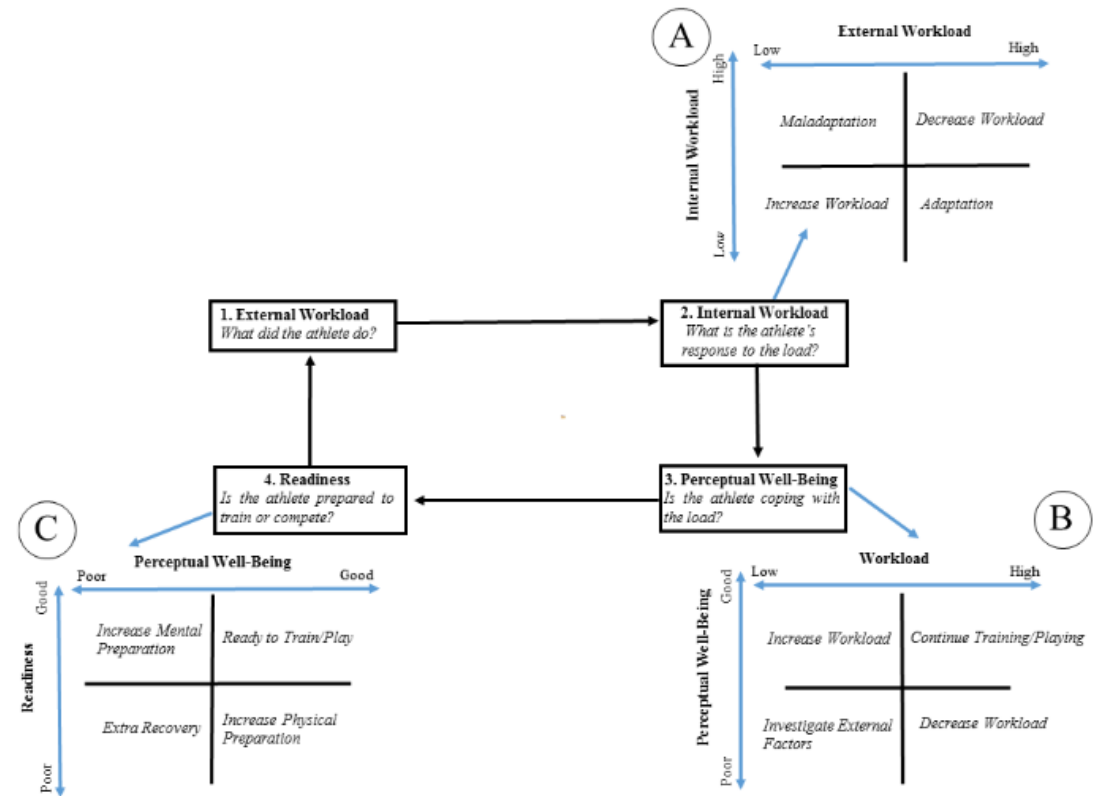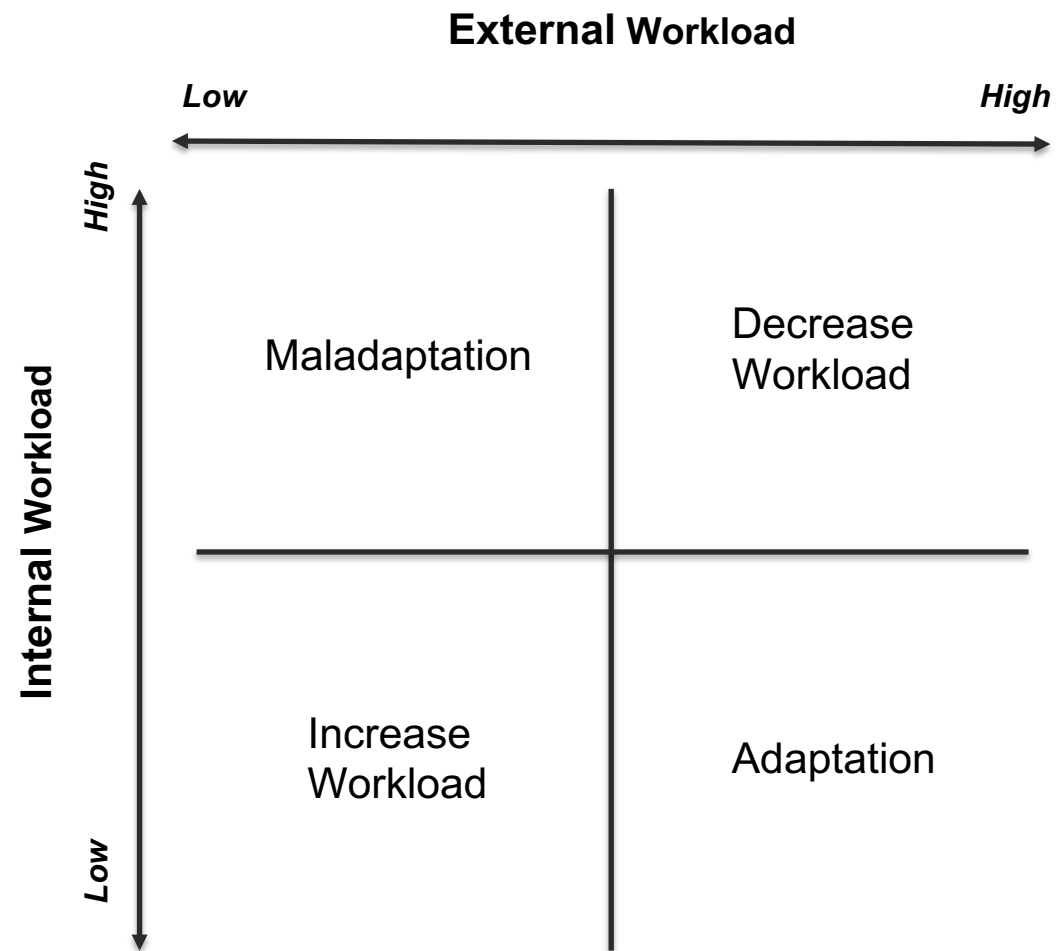
Figure 1 The athlete monitoring cycle.

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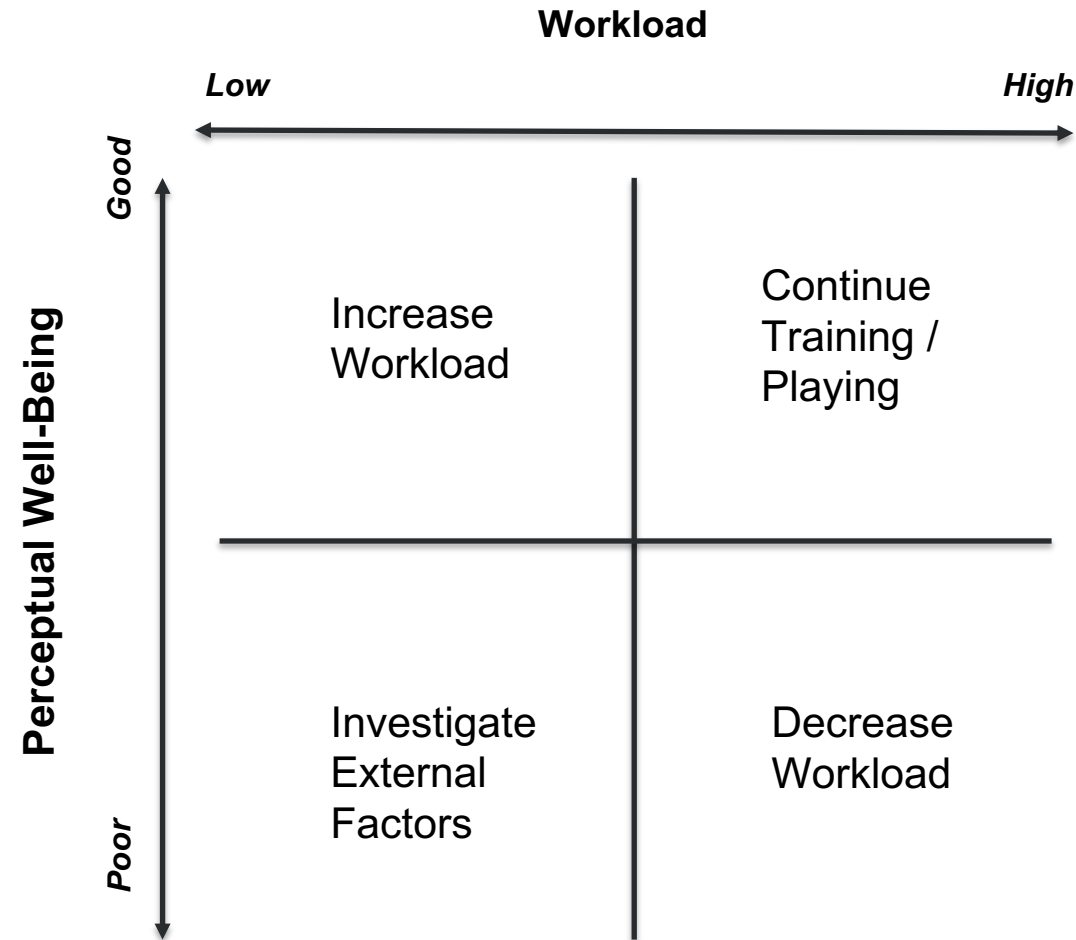
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Monitoring Training Loads and Perceived Stress in Young Elite University Athletes

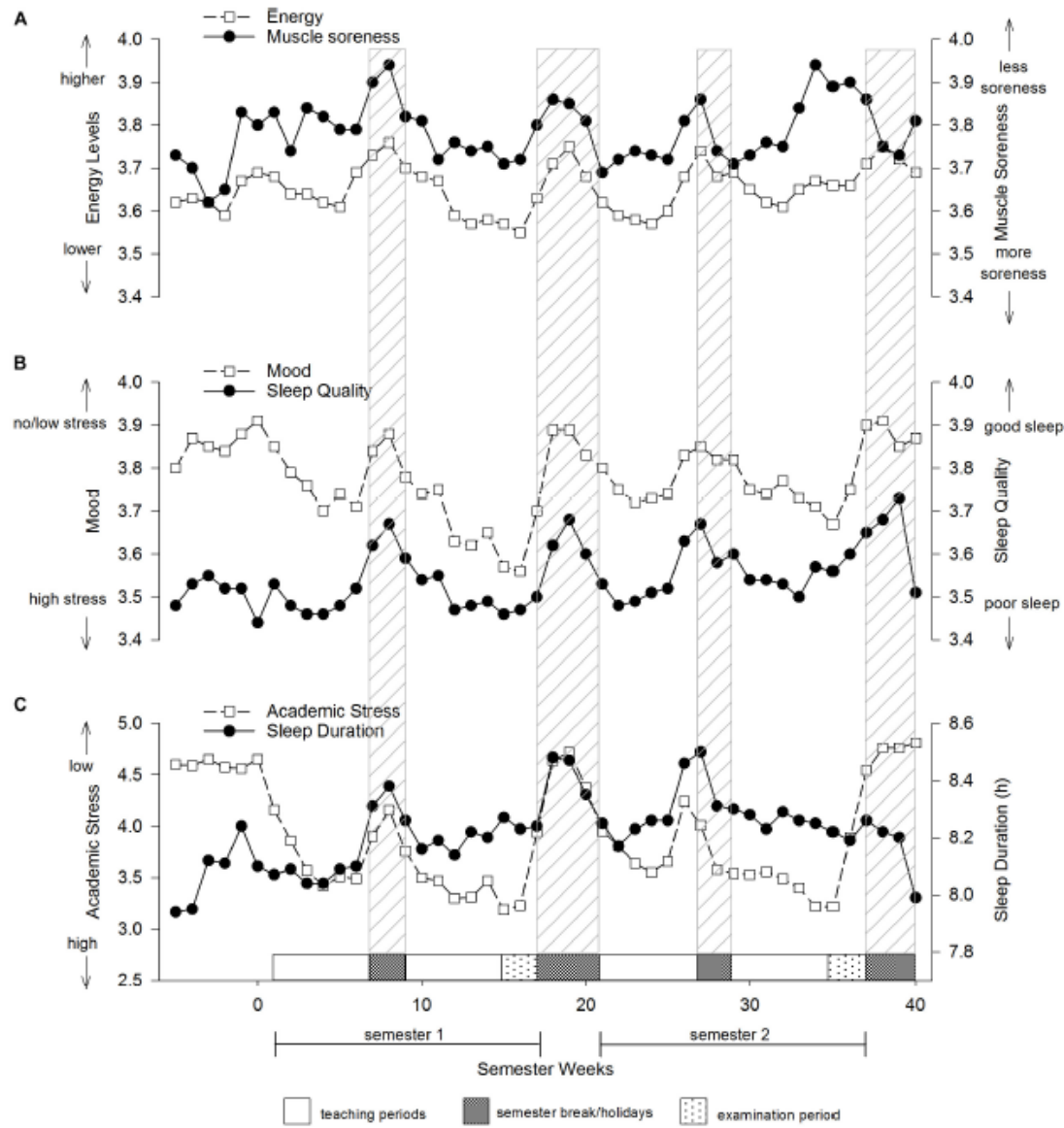Michael John Hamlin[1]*, Danielle Wilkes[1], Catherine A. Elliot[1], Catherine A. Lizamore[1] and Yaso Kathiravel[2]

FIGURE 2 | Subjective measures of young elite university athletes. (A) Energy and muscle soreness, (B) mood state and sleep quality, (C) academic stress and sleep duration. Values are weekly means.

Considerations

- Not a replacement for conversations

- Easy for the athlete

- Easy for the coach / sport scientist

- Consistent feedback mechanism

- No hard and fast rules. Establish individual baselines and norms.

- Clear understanding of KPIs in relation to monitoring AND Performance

Advanced Coaching Diploma

Topics like these are covered in the Advanced Coaching Diploma program offered by the COPSI Network. The NCCP Advanced Coaching Diploma (ACD) is the most extensive multi-sport training program offered by the [National Coaching Certification Program](#) in Canada.

Coaches holding an NCCP Advanced Coaching Diploma (ACD) are recognized as among the most qualified coaches and leaders of Canadian athletes and sport programs to compete at provincial, national, and international levels. This unique, multi-sport program is essential for coaches who seek the next step in their coaching careers.

References

The athlete monitoring cycle: a practical guide to interpreting and applying training monitoring data. Gabbett TJ, et al. Br J Sports Med October 2017 Vol 51 No 20

Monitoring Training Loads and Perceived Stress in Young Elite University Athletes. Hamlin et al., Frontiers in Physiol., 2019; 10: 34

Markers for monitoring overtraining and recovery. Hooper SL et al., (1995) *Medicine & Science in Sports & Exercise, 27*(1), 106–112