

# PLAYER LOAD: CONTRIBUTORS



INTERNATIONAL  
RUGBY  
PLAYERS



## Personal

- Consider “Life Load” e.g: Studies, Young children or difficult personal circumstances
- It’s important to leave time for the batteries to re-charge!



## Training

- Makes up between 85-90% of a player’s workload.
- Measure training often and consistently
- Training should be steady and avoid spikes to optimise performance!

## Matches

- Try to make sure the batteries are full, not flat, come matchday!



## Team commitments

- Team management should avoid “load creep”
- Training should be altered to reflect the amount of travel
- Player workload also includes Media and commercial commitments



**All the evidence suggests that poor load management is a major risk factor for injury.** Load management is NOT always about playing fewer matches or training less frequently. It’s a management system that seeks to get the balance right. *Make sure you’re aware of the risk factors!*

# PLAYER LOAD: HOW MUCH IS TOO MUCH?



## Factors in measuring load



**Frequency:** *sessions per week*



**Volume:** *minutes per session*



**Intensity:** *rate of perceived exertion (RPE)*



**Individual:** *player age, injury profile, etc.*



**Training:** *type of workout*

## RPE definition

The Rated Perceived Exertion (RPE) scale measures the perceived intensity level of a physical activity. It is used to estimate how hard a task is and what effort that task requires, from resting to max effort.

## How to monitor load



### Spreadsheets

*Document volume (minutes) and intensity (RPE)*



### Technology

*GPS, accelerometers, radio-frequency devices*



### Analytics

*Coding of events, performance analysis*

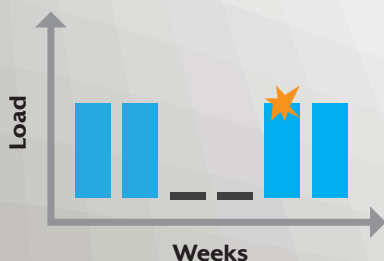
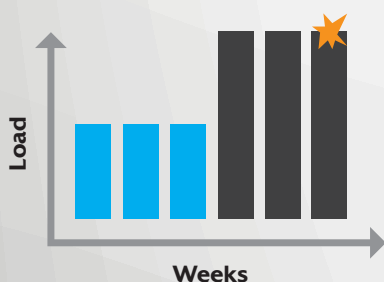
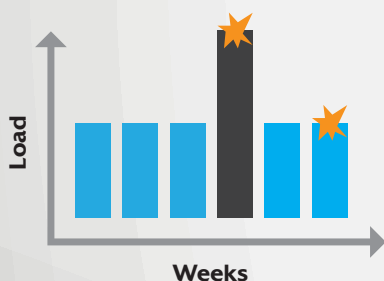
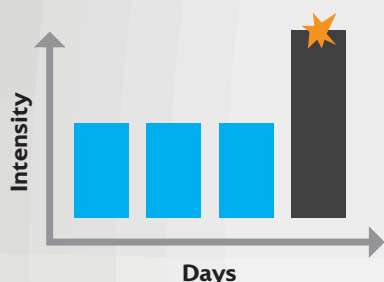
## RPE scale


10	Max effort
9	Extremely hard
8	Very hard
7	Hard
6	Difficult
5	Somewhat difficult
4	Comfortable
3	Easy
2	Very easy
1	Resting

# PLAYER LOAD: RISK FACTORS



## Load variations



 Indicates high risk



## Individuality

High risk athletes have a lowered tolerance for load and need individualised focus. High risk athletes may be:

**IMMATURE**

**VETERANS**

**RETURNING  
FROM INJURY**

**IN MULTIPLE TEAMS**

**NEW SQUAD  
MEMBERS**

**LACKING TRAINING  
HISTORY**



## Mental fatigue

**STRESS**

**TRAINING STRESS**

**PERFORMANCE  
EXPECTATION**

**POOR SLEEP**

**EATING HABITS**



# PLAYER LOAD: MANAGE & OPTIMISE



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## Plan

**COMMUNICATION**

**PROTECTION**

**INDIVIDUALIZATION**



## Prepare

**REGENERATION  
/PREP**

**WARM UP**

**SMART TRAINING**



## Perform

**FEEL READY**

**ROBUST AND  
RESILIENT**

**MENTALLY ALERT**

