

ATHLETE MONITORING

Session Rating of Perceived Exertion (sRPE)

0	NOTHING AT ALL
0.5	VERY EASY
1	EASY
2	
3	MODERATE
4	SOMEWHAT HARD
5	HARD
6	
7	REALLY HARD
8	
9	VERY HARD
10	MAXIMAL

TRAINING LOAD = sRPE x Duration (minutes)