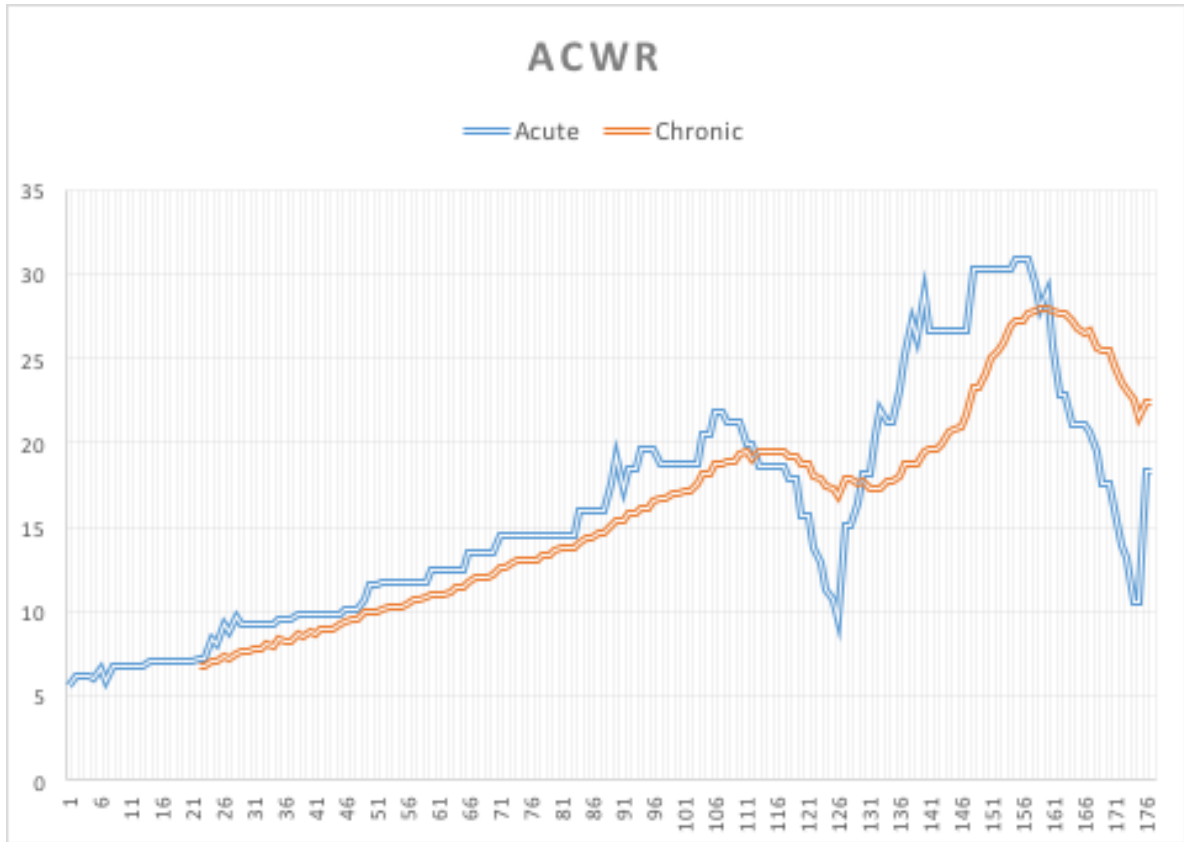


Appendix 2



Date	Day	Duration	RPE	Load	Acute	Chronic	ACWR	Week
7-								
Aug	Sunday	0	0	0				1
8-								
Aug	Monday	2	5	10				
9-								
Aug	Tuesday	1.5	4	6				
10-								
Aug	Wednesday	0.5	5	2.5				
11-								
Aug	Thursday	2	5	10				
12-								
Aug	Friday	0.75	6	4.5				
13-								
Aug	Saturday	2	5	10	5.5			
14-								
Aug	Sunday	0	0	0	6.142857143			2
15-								
Aug	Monday	2	5	10	6.142857143			
16-								
Aug	Tuesday	1.5	4	6	6.142857143			
17-								
Aug	Wednesday	0.5	4	2	6.071428571			
18-								
Aug	Thursday	2	5	10	6.5625			
19-								
Aug	Friday	0.75	6	4.5	5.875			
20-								
Aug	Saturday	2.5	6	15	6.785714286			
21-								
Aug	Sunday	0	0	0	6.785714286			3

22-Aug	Monday	2	5	10	6.785714286						
23-Aug	Tuesday	1.5	4	6	6.785714286						
24-Aug	Wednesday	0.5	4	2	6.785714286						
25-Aug	Thursday	2	5	10	6.785714286						
26-Aug	Friday	1	6	6	7						
27-Aug	Saturday	2.5	6	15	7						
28-Aug	Sunday	0	0	0	7						4
29-Aug	Monday	2	5	10	7						
30-Aug	Tuesday	1.5	4	6	7						
31-Aug	Wednesday	0.5	4	2	7						
1-Sep	Thursday	2	5	10	7						
2-Sep	Friday	1	6	6	7						
3-Sep	Saturday	2.75	6	16.5	7.214285714	6.785714286	1.063157895				
4-Sep	Sunday	0	0	0	7.214285714	6.785714286	1.063157895				5
5-Sep	Monday	2.5	7	17.5	8.285714286	7.053571429	1.174683544				
6-Sep	Tuesday	0.75	6	4.5	8.071428571	7	1.153061224				
7-Sep	Wednesday	2	5	10	9.214285714	7.267857143	1.267813268				
8-Sep	Thursday	1	7	7	8.785714286	7.160714286	1.226932668				
9-Sep	Friday	2	6	12	9.642857143	7.428571429	1.298076923				
10-Sep	Saturday	2	7	14	9.285714286	7.571428571	1.226415094				
11-Sep	Sunday	0	0	0	9.285714286	7.571428571	1.226415094				6
12-Sep	Monday	2.5	7	17.5	9.285714286	7.839285714	1.184510251				
13-Sep	Tuesday	0.75	6	4.5	9.285714286	7.785714286	1.19266055				
14-Sep	Wednesday	2	5	10	9.285714286	8.071428571	1.150442478				
15-Sep	Thursday	1	7	7	9.285714286	7.964285714	1.165919283				
16-Sep	Friday	2.25	6	13.5	9.5	8.285714286	1.146551724				
17-Sep	Saturday	2	7	14	9.5	8.25	1.151515152				
18-Sep	Sunday	0	0	0	9.5	8.25	1.151515152				7
19-Sep	Monday	2.75	7	19.25	9.75	8.580357143	1.136316337				
20-Sep	Tuesday	0.75	6	4.5	9.75	8.526785714	1.143455497				
21-Sep	Wednesday	2	5	10	9.75	8.8125	1.106382979				
22-Sep	Thursday	1	7	7	9.75	8.705357143	1.12				
23-Sep	Friday	2.25	6	13.5	9.75	8.973214286	1.086567164				
24-Sep	Saturday	2	7	14	9.75	8.9375	1.090909091				
25-Sep	Sunday	0	0	0	9.75	8.9375	1.090909091				8

26-Sep	Monday	2.75	7	19.25	9.75	9.267857143	1.052023121	
27-Sep	Tuesday	1	7	7	10.10714286	9.303571429	1.086372361	
28-Sep	Wednesday	2	5	10	10.10714286	9.589285714	1.054003724	
29-Sep	Thursday	1	7	7	10.10714286	9.482142857	1.065913371	
30-Sep	Friday	2.5	7	17.5	10.67857143	9.892857143	1.079422383	
1-Oct	Saturday	2.5	8	20	11.53571429	10.01785714	1.151515152	
2-Oct	Sunday	0	0	0	11.53571429	10.01785714	1.151515152	9
3-Oct	Monday	3	7	21	11.78571429	10.14285714	1.161971831	
4-Oct	Tuesday	1	7	7	11.78571429	10.23214286	1.151832461	
5-Oct	Wednesday	2	5	10	11.78571429	10.23214286	1.151832461	
6-Oct	Thursday	1	7	7	11.78571429	10.23214286	1.151832461	
7-Oct	Friday	2.5	7	17.5	11.78571429	10.42857143	1.130136986	
8-Oct	Saturday	2.5	8	20	11.78571429	10.64285714	1.10738255	
9-Oct	Sunday	0	0	0	11.78571429	10.64285714	1.10738255	10
10-Oct	Monday	3	7	21	11.78571429	10.76785714	1.094527363	
11-Oct	Tuesday	1.5	8	12	12.5	11.03571429	1.132686084	
12-Oct	Wednesday	2	5	10	12.5	11.03571429	1.132686084	
13-Oct	Thursday	1	7	7	12.5	11.03571429	1.132686084	
14-Oct	Friday	2.5	7	17.5	12.5	11.17857143	1.118210863	
15-Oct	Saturday	2.5	8	20	12.5	11.39285714	1.097178683	
16-Oct	Sunday	0	0	0	12.5	11.39285714	1.097178683	11
17-Oct	Monday	3.5	8	28	13.5	11.70535714	1.153318078	
18-Oct	Tuesday	1.5	8	12	13.5	11.97321429	1.127516779	
19-Oct	Wednesday	2	5	10	13.5	11.97321429	1.127516779	
20-Oct	Thursday	1	7	7	13.5	11.97321429	1.127516779	
21-Oct	Friday	2.5	7	17.5	13.5	12.11607143	1.11422255	
22-Oct	Saturday	3	9	27	14.5	12.58035714	1.15259049	
23-Oct	Sunday	0	0	0	14.5	12.58035714	1.15259049	12
24-Oct	Monday	3.5	8	28	14.5	12.89285714	1.12465374	
25-Oct	Tuesday	1.5	8	12	14.5	13.07142857	1.109289617	
26-Oct	Wednesday	2	5	10	14.5	13.07142857	1.109289617	
27-Oct	Thursday	1	7	7	14.5	13.07142857	1.109289617	
28-Oct	Friday	2.5	7	17.5	14.5	13.07142857	1.109289617	
29-Oct	Saturday	3	9	27	14.5	13.32142857	1.08847185	
30-Oct	Sunday	0	0	0	14.5	13.32142857	1.08847185	13

31- Oct 1-	Monday	3.5	8	28	14.5	13.57142857	1.068421053	
Nov 2-	Tuesday	1.5	8	12	14.5	13.75	1.054545455	
Nov 3-	Wednesday	2	5	10	14.5	13.75	1.054545455	
Nov 4-	Thursday	1	7	7	14.5	13.75	1.054545455	
Nov 5-	Friday	3.5	8	28	16	14.125	1.132743363	
Nov 6-	Saturday	3	9	27	16	14.375	1.113043478	
Nov 7-	Sunday	0	0	0	16	14.375	1.113043478	14
Nov 8-	Monday	3.5	8	28	16	14.625	1.094017094	
Nov 9-	Tuesday	1.5	8	12	16	14.625	1.094017094	
Nov 10-	Wednesday	3	7	21	17.57142857	15.01785714	1.170035672	
Nov 11-	Thursday	2	9	18	19.14285714	15.41071429	1.242178447	
Nov 12-	Friday	2.5	6	15	17.28571429	15.32142857	1.128205128	
Nov 13-	Saturday	3.5	10	35	18.42857143	15.85714286	1.162162162	
Nov 14-	Sunday	0	0	0	18.42857143	15.85714286	1.162162162	15
Nov 15-	Monday	4.5	8	36	19.57142857	16.14285714	1.212389381	
Nov 16-	Tuesday	1.5	8	12	19.57142857	16.14285714	1.212389381	
Nov 17-	Wednesday	3	7	21	19.57142857	16.53571429	1.183585313	
Nov 18-	Thursday	2	6	12	18.71428571	16.71428571	1.11965812	
Nov 19-	Friday	2.5	6	15	18.71428571	16.625	1.125671321	
Nov 20-	Saturday	3.5	10	35	18.71428571	16.91071429	1.106652587	
Nov 21-	Sunday	0	0	0	18.71428571	16.91071429	1.106652587	16
Nov 22-	Monday	4.5	8	36	18.71428571	17.19642857	1.088265836	
Nov 23-	Tuesday	1.5	8	12	18.71428571	17.19642857	1.088265836	
Nov 24-	Wednesday	3	7	21	18.71428571	17.58928571	1.063959391	
Nov 25-	Thursday	3	8	24	20.42857143	18.19642857	1.122669284	
Nov 26-	Friday	2.5	6	15	20.42857143	18.10714286	1.128205128	
Nov 27-	Saturday	4.5	10	45	21.85714286	18.75	1.165714286	
Nov 28-	Sunday	0	0	0	21.85714286	18.75	1.165714286	17
Nov 29-	Monday	4	8	32	21.28571429	18.89285714	1.126654064	
Nov 30-	Tuesday	1.5	8	12	21.28571429	18.89285714	1.126654064	
Nov 1- Dec 2-	Wednesday	3	7	21	21.28571429	19.28571429	1.103703704	
Dec 3-	Thursday	2	7	14	19.85714286	19.53571429	1.016453382	
Dec 4-	Friday	2.5	6	15	19.85714286	19.07142857	1.041198502	
Dec 5-	Saturday	4	9	36	18.57142857	19.39285714	0.957642726	
Dec 6-	Sunday	0	0	0	18.57142857	19.39285714	0.957642726	18

5-	Dec	Monday	4	8	32	18.57142857	19.53571429	0.950639854	
6-	Dec	Tuesday	1.5	8	12	18.57142857	19.53571429	0.950639854	
7-	Dec	Wednesday	3	7	21	18.57142857	19.53571429	0.950639854	
8-	Dec	Thursday	1.5	6	9	17.85714286	19.21428571	0.92936803	
9-	Dec	Friday	2.5	6	15	17.85714286	19.21428571	0.92936803	
10-	Dec	Saturday	3	7	21	15.71428571	18.71428571	0.839694656	
11-	Dec	Sunday	0	0	0	15.71428571	18.71428571	0.839694656	19
12-	Dec	Monday	3	6	18	13.71428571	18.07142857	0.758893281	
13-	Dec	Tuesday	1	6	6	12.85714286	17.85714286	0.72	
14-	Dec	Wednesday	2	5	10	11.28571429	17.46428571	0.646216769	
15-	Dec	Thursday	1	5	5	10.71428571	17.21428571	0.622406639	
16-	Dec	Friday	1.25	5	6.25	9.464285714	16.90178571	0.559957739	
17-	Dec	Saturday	6	10	60	15.03571429	17.79464286	0.844957351	
18-	Dec	Sunday	0	0	0	15.03571429	17.79464286	0.844957351	20
19-	Dec	Monday	3.5	8	28	16.46428571	17.50892857	0.940336563	
20-	Dec	Tuesday	2.5	7	17.5	18.10714286	17.70535714	1.02269289	
21-	Dec	Wednesday	2	5	10	18.10714286	17.3125	1.045899948	
22-	Dec	Thursday	3	7	21	20.39285714	17.20535714	1.185262065	
23-	Dec	Friday	2.5	7	17.5	22	17.29464286	1.272070212	
24-	Dec	Saturday	5.5	10	55	21.28571429	17.65178571	1.205867476	
25-	Dec	Sunday	0	0	0	21.28571429	17.65178571	1.205867476	21
26-	Dec	Monday	4.5	9	40.5	23.07142857	17.95535714	1.284932869	
27-	Dec	Tuesday	4	8	32	25.14285714	18.66964286	1.346724055	
28-	Dec	Wednesday	3	8	24	27.14285714	18.77678571	1.445553971	
29-	Dec	Thursday	2	7	14	26.14285714	18.77678571	1.392296719	
30-	Dec	Friday	4.5	8	36	28.78571429	19.52678571	1.474165524	
31-	Dec	Saturday	4	10	40	26.64285714	19.66964286	1.354516568	
1-	Jan	Sunday	0	0	0	26.64285714	19.66964286	1.354516568	22
2-	Jan	Monday	4.5	9	40.5	26.64285714	19.97321429	1.33392937	
3-	Jan	Tuesday	4	8	32	26.64285714	20.6875	1.287872249	
4-	Jan	Wednesday	3	8	24	26.64285714	20.79464286	1.281236582	
5-	Jan	Thursday	2	7	14	26.64285714	20.97321429	1.270327799	
6-	Jan	Friday	4.5	8	36	26.64285714	21.72321429	1.226469379	
7-	Jan	Saturday	6.5	10	65	30.21428571	23.29464286	1.297048678	
8-	Jan	Sunday	0	0	0	30.21428571	23.29464286	1.297048678	23

9- Jan	Monday	4.5	9	40.5	30.21428571	24.09821429	1.253797703	
10- Jan	Tuesday	4	8	32	30.21428571	25.02678571	1.207277917	
11- Jan	Wednesday	3	8	24	30.21428571	25.52678571	1.18363064	
12- Jan	Thursday	2	7	14	30.21428571	25.84821429	1.168911917	
13- Jan	Friday	4.5	8	36	30.21428571	26.91071429	1.122760451	
14- Jan	Saturday	7	10	70	30.92857143	27.26785714	1.134250164	
15- Jan	Sunday	0	0	0	30.92857143	27.26785714	1.134250164	24
16- Jan	Monday	4.5	9	40.5	30.92857143	27.71428571	1.115979381	
17- Jan	Tuesday	3	7	21	29.35714286	27.83928571	1.05452213	
18- Jan	Wednesday	2	7	14	27.92857143	27.98214286	0.998085514	
19- Jan	Thursday	3	7	21	28.92857143	27.98214286	1.033822591	
20- Jan	Friday	2	7	14	25.78571429	27.85714286	0.925641026	
21- Jan	Saturday	5.5	9	49.5	22.85714286	27.66071429	0.826339574	
22- Jan	Sunday	0	0	0	22.85714286	27.66071429	0.826339574	25
23- Jan	Monday	4	7	28	21.07142857	27.21428571	0.774278215	
24- Jan	Tuesday	3	7	21	21.07142857	26.82142857	0.785619174	
25- Jan	Wednesday	2	7	14	21.07142857	26.46428571	0.796221323	
26- Jan	Thursday	3	6	18	20.64285714	26.60714286	0.775838926	
27- Jan	Friday	1	6	6	19.5	25.53571429	0.763636364	
28- Jan	Saturday	4.5	8	36	17.57142857	25.39285714	0.691983122	
29- Jan	Sunday	0	0	0	17.57142857	25.39285714	0.691983122	26
30- Jan	Monday	3	6	18	16.14285714	24.58928571	0.656499637	
31- Jan	Tuesday	1	5	5	13.85714286	23.625	0.586545729	
1- Feb	Wednesday	1.5	6	9	13.14285714	23.08928571	0.569218871	
2- Feb	Thursday	0	0	0	10.57142857	22.58928571	0.46798419	
3- Feb	Friday	1.25	5	6.25	10.60714286	21.52678571	0.492741601	
4- Feb	Saturday	9	10	90	18.32142857	22.41964286	0.817204301	
5- Feb	Sunday	0	0	0	18.32142857	22.41964286	0.817204301	27