



Training Load Log

Session-RPE — the zero-cost load signal for a squad with no GPS or heart-rate data.

Section 7 of the Season Architecture builds a deliberate wave into every week — heavier Tuesday, lighter Thursday — and adjusts it further for players returning from injury, carrying a heavy match load, or missing the game altogether. Without hardware, the coach's own eye is the tool available for confirming that wave lands as intended. Session-RPE gives that eye a number to check itself against, for less effort than filling in a team sheet.

How to collect it

Ask every player one question, within 10 minutes of the session ending:

"On a scale of 1 to 10, how hard was that?"

RPE	FEELS LIKE
1-2	Very light — a recovery jog
3-4	Light — comfortable throughout
5-6	Moderate — working, holding a conversation in bursts
7-8	Hard — the session's demanding parts stayed hard
9-10	Maximal — everything left in the tank

Ask it the same way every time, before players scatter — a phone note, a shout-and-remember, a scrap of paper by the gate. It takes one line per player.

Turning it into a number

Session load = RPE × session duration in minutes.

A player who rates a 60-minute Tuesday a 7 carries a session load of 420. That number means nothing alone — it means something the moment it sits next to that player's own last few weeks. A back-to-back of 420s after a run of 250s is the actual signal; the single number is just the input.

Using the tracker

`Seniors/Training Load Tracker.xlsx` does the arithmetic. Three tabs:

- **Squad** — the roster. Add or remove names here; both other tabs read from this list.
- **Session Log** — one row per player per session. Enter the date, Tuesday or Thursday, the player, duration, RPE, and which of the four Section 7 groups they were in that week (played 75+ minutes, played a fragment, returning from injury, missed the match). Session load calculates itself.
- **Weekly Summary** — automatic. Each player's total load for the week, their rolling 4-week average, and a flag when a week runs more than 30% above that average — the low-tech version of the acute:chronic workload ratio used with GPS data, not a clinical measure, just a prompt to go and look.

A flagged week is not an automatic stand-down. It is exactly what Section 7 already asks for: go and look at that player, cross-reference which group they were in, and decide with the same judgement the whole programme is built on.

What this doesn't replace

This is a training-load signal, not a medical tool. It sits alongside the caution in Section 7 — any player returning from injury or reporting concussion symptoms is managed according to qualified medical or physiotherapy guidance, not a spreadsheet — and alongside the return-to-play protocol in `03 Match Day Safety.md`. Where a club has real sports-science support, that takes precedence over this. Where it doesn't, this is a real, if simple, substitute.

Castlewellan Town FC · Senior Coaching Curriculum · training-load one-pager · written by Alan Cunningham with Claude AI