



USE THE SCIENCE OF COACHING TO INSPIRE OTHERS

$$\frac{\text{RPE} \times \text{Duration}}{= \text{Internal Load}}$$

Date	Athlete	Training Type	Duration	RPE	Load
24-Oct-16	XYZ	Conditioning	120	2	240
25-Oct-16	XYZ	Court Training	120	7	840
27-Oct-16	XYZ	Match	120	8	960
28-Oct-16	XYZ	School Training	240	5	1200

Ratings Of Perceived Exertion (RPE) Scale	
"How was your workout ?"	
0	Rest
1	Very Very Easy
2	Easy
3	Moderate
4	Somewhat Hard
5	Hard
6	
7	Very Hard
8	
9	
10	Maximal

