

Input Data	
age	27
sex	Female
no_sessions	8
I-II_tot	36
III-IV_tot	0
V_tot	9.6
VI_tot	0
VII_tot	40
VIII_tot	27.2
tr_week	2
weeks_left	8
accumulation	True
competition	False
regeneration	False
specific	False
taper	False



monday							tuesday							wednesday							thursday							friday							saturday							sunday							
aec1							aec23							anc							aec1							aec1							anc							rest							
A detailed description of the session							A detailed description of the session							A detailed description of the session							A detailed description of the session							A detailed description of the session							A detailed description of the session							rest							
I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		
3.8	0	0	0	0.2	0		2.7	1	0	0	0.1	0		3.2	1.2	0	0	0.2	0		3.4	0	0	0	0	0.1	0		4.3	0	0	0.3	0	0		3.9	0	0.2	0	0.2	0		0	0	0	0	0	0	

aec1							anc							rest							rest							alac							rest							rest							
A detailed description of the session							A detailed description of the session							rest							rest							A detailed description of the session							rest							rest							
I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		I-II	III-IV	V	VI	VII	VIII		
4.1	0	0.3	0	0.1	0		4	0	0	0	0.3	0		0	0	0	0	0	0		0	0	0	0	0	0		2.9	0	0	0	0	0.1	0		0	0	0	0	0	0		0	0	0	0	0	0	