



Recovery & Readiness Metrics

[illegible]

Auto-Regulation Guidance Chart

Metric	Range / Threshold	Adjustment Action	Additional Guidelines
Session RPE	0–4 (Low)	Increase load by 5% or add a heavy element	Progressive overload
Session RPE	5–6 (Moderate)	No change	Maintain course
Session RPE	7–8 (High)	Reduce volume by 10–15%; swap heavy for hypertrophy	Technique focus
Session RPE	9–10 (Very High)	Replace next session with active recovery	Mobility & rest
HRV (RMSSD Δ)	$\geq +10\%$ vs baseline	Increase intensity by 5–10% or add volume	Seize supercompensation
HRV (RMSSD Δ)	$\pm 10\%$ vs baseline	No change	Normal readiness
HRV (RMSSD Δ)	-5% to -10% vs baseline	Reduce volume by 10%; maintain intensity	Early fatigue
HRV (RMSSD Δ)	$\leq -10\%$ vs baseline	Active recovery session; postpone heavy work	Avoid high load
Sleep Duration	≥ 8 hrs/night	No change	Optimal recovery
Sleep Duration	6–8 hrs/night	Reduce intensity or volume by 10%	Monitor deficit
Sleep Duration	4–6 hrs/night	Reduce intensity by 15%; light mobility	Acute sleep debt
Sleep Duration	< 4 hrs/night	Skip heavy session; prescribe rest	Critical deficit
Sleep Quality	4–5 / 5	No change	Restorative sleep
Sleep Quality	2–3 / 5	Reduce volume by 10%; add relaxation	Fragmented sleep



Sleep Quality	1 / 5	Active recovery; consider full deload	Severe disruption
Muscle Soreness	0-3 / 10	No change	Minimal fatigue
Muscle Soreness	4-6 / 10	Reduce load by 10%; add soft-tissue work	Moderate DOMS
Muscle Soreness	7-10 / 10	Active recovery; light aerobic only	High DOMS
Mood Score	7-10 / 10	No change	Good readiness
Mood Score	4-6 / 10	Reduce intensity by 5%; add stress management	Suboptimal mood
Mood Score	1-3 / 10	Active recovery; mental skills session	High burnout risk