Week of Jul 17th (Total Distance)

Acute: Chronic Workload Ratio
- Jul 17: 0.29
- Jul 18: 0.29
- Jul 19: 0.29
- Jul 20: 0.15
- Jul 21: 0.16
- Jul 22: 0.16
- Jul 23: 0.04

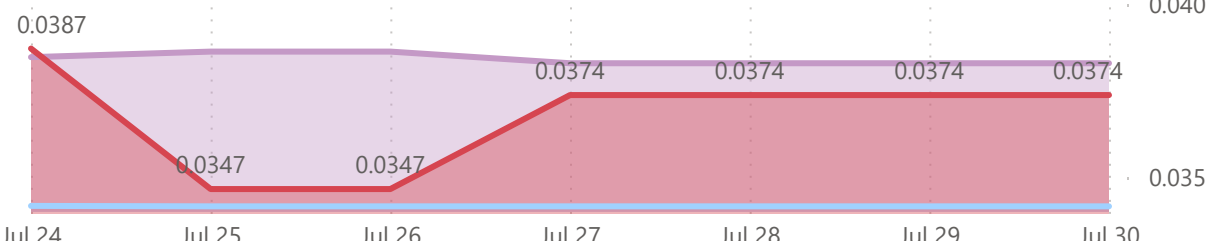Bar categories: (Blank) July-17-23, GD+2 July-18-23, (Blank) July-19-23, (Blank) July-20-23, (Blank) July-21-23, (Blank) July-22-23, (Blank) July-23-23
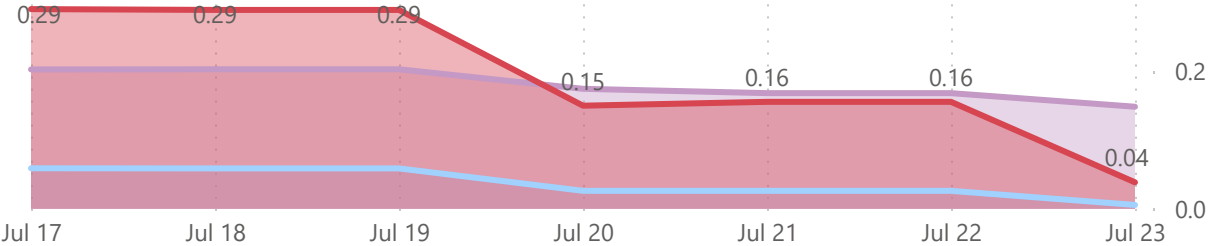
Week of Jul 24th (Total Distance)

Acute: Chronic Workload Ratio
- Jul 24: 0.0387
- Jul 25: 0.0347
- Jul 26: 0.0347
- Jul 27: 0.0374
- Jul 28: 0.0374
- Jul 29: 0.0374
- Jul 30: 0.0374

Bar categories: (Blank) July-24-23, GD+2 July-25-23, (Blank) July-26-23, (Blank) July-27-23, (Blank) July-28-23, (Blank) July-29-23, (Blank) July-30-23
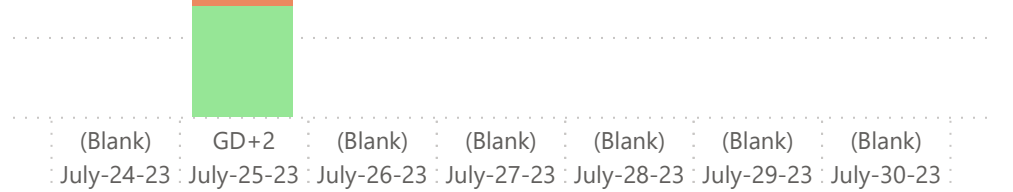
Week of Jul 31st (Total Distance)

Acute: Chronic Workload Ratio
- Jul 31: 0.037

Bar categories: (Blank) July-31-23, (Blank) August-0..., (Blank) August-0..., (Blank) August-0..., (Blank) August-0..., (Blank) August-0..., (Blank) August-0...
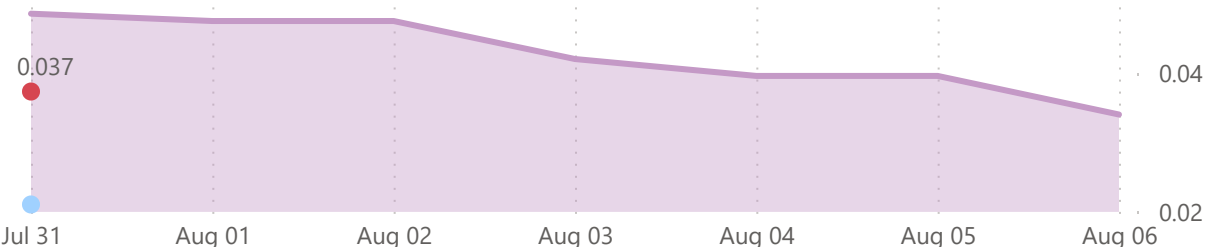
Week of Aug 7th (Total Distance)

Acute: Chronic Workload Ratio
- Aug 10: 0.38
- Aug 11: 0.44
- Aug 12: 0.44
- Aug 13: 0.80

Bar categories: (Blank) August-0..., (Blank) August-0..., (Blank) August-0..., GD-3 August-1..., GD-2 August-1..., (Blank) August-1..., GD August-1...