

TRAINING PRESCRIPTIONS

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HOW TO USE:

- Start on Team Summary to identify the highest risk players first
- Then open the player's page to see next period's suggested targets for each metric
- Apply context on top of suggestions and plan the next period accordingly

TEAM SUMMARY (TOP 25 BY RISK SCORE)

#	Player	Risk Score	Overload	Underload	Asymmetry	Outliers	Valid Metrics
1	Player 15	286.3	11.5	24.7	214.6	14	28
2	Player 23	276.5	0.0	395.0	0.0	6	25
3	Player 39	156.6	0.0	223.7	0.0	10	28
4	Player 7	156.3	0.0	2.9	128.6	8	19
5	Player 11	143.1	9.6	162.7	16.3	13	28
6	Player 10	120.0	7.6	146.9	8.0	10	28
7	Player 35	116.1	0.0	165.8	0.0	11	28
8	Player 16	114.0	2.5	94.1	38.1	9	28
9	Player 19	113.0	0.0	156.7	2.8	10	28
10	Player 4	108.4	0.0	116.9	22.2	8	28
11	Player 36	103.8	9.5	134.8	0.0	8	28
12	Player 12	103.5	9.7	133.9	0.0	12	28
13	Player 28	99.0	69.6	40.2	1.1	9	28
14	Player 18	95.0	0.0	135.7	0.0	11	28
15	Player 37	89.2	0.0	6.2	70.8	6	19
16	Player 6	84.7	0.0	120.5	0.3	7	28
17	Player 1	82.3	16.8	83.9	5.7	10	28
18	Player 17	81.0	13.9	62.1	19.7	14	28
19	Player 34	79.8	0.0	108.7	3.1	9	28
20	Player 3	74.0	3.3	62.3	22.6	13	28
21	Player 21	59.2	51.6	10.8	0.0	3	28
22	Player 41	54.1	30.9	2.1	18.2	9	24
23	Player 5	53.4	0.0	71.8	2.6	3	28
24	Player 2	32.9	0.0	47.1	0.0	5	9
25	Player 20	32.4	0.0	25.1	12.4	4	28

Risk Score = 1 * Overload + 0.7 * Underload + 1.2 * Asymmetry

PLAYER 1

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	65.90	81.08	-18.7%	65.90	+0.0%	64.86-97.29
Acceleration Load	944.6	1,338	-29.4%	1,086	+15.0%	1,070-1,605
Band 3+ Acceleration Efforts	94.00	125.0	-24.8%	101.0	+7.5%	100.0-150.0
Band 6+ Acceleration Efforts	93.00	126.0	-26.2%	106.9	+15.0%	100.8-151.2
High Speed Distance	132.0	292.3	-54.9%	151.7	+15.0%	233.9-350.8
Meterage Per Minute	64.92	73.59	-11.8%	64.92	+0.0%	58.87-88.31
Player Load	357.7	503.9	-29.0%	411.4	+15.0%	403.1-604.6
Player Load Per Minute	6.464	8.296	-22.1%	6.949	+7.5%	6.637-9.955
Total Distance	2,965	4,748	-37.6%	3,409	+15.0%	3,799-5,698
FORCEDECKS						
Concentric Mean Force	622.4	503.8	+23.5%	560.1	-10.0%	403.0-604.5
Jump Height (Flight Time)	26.32	27.06	-2.7%	23.69	-10.0%	21.65-32.48
RSI (Modified)	66.30	64.72	+2.4%	59.67	-10.0%	51.78-77.67
NORBORD						
Left Average Force	300.0	282.9	+6.0%	276.0	-8.0%	226.3-339.5
Left Impulse	3,121	2,840	+9.9%	2,871	-8.0%	2,272-3,408
Left Max Force	289.7	288.1	+0.6%	266.6	-8.0%	230.5-345.8
Left Torque	141.1	134.0	+5.3%	129.8	-8.0%	107.2-160.8
Right Average Force	320.3	276.9	+15.7%	294.7	-8.0%	221.5-332.2
Right Impulse	3,110	3,086	+0.8%	2,861	-8.0%	2,469-3,703
Right Max Force	336.5	283.6	+18.7%	309.5	-8.0%	226.9-340.3
Right Torque	182.7	127.0	+43.9%	168.0	-8.0%	101.6-152.4
NORBORD ASYMMETRY (RECENT)						
Average Force	+6.6%	-	+6.6%	+6.6%	-0.0%	-20%-20%
Impulse	-0.4%	-	-0.4%	-0.4%	-0.0%	-20%-20%
Max Force	+14.9%	-	+14.9%	+14.9%	-0.0%	-20%-20%
Torque	+25.7%	-	+25.7%	+20.0%	-5.7%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-2.2%	-	-2.2%	-2.2%	-0.0%	-20%-20%
Impulse	+8.3%	-	+8.3%	+8.3%	-0.0%	-20%-20%
Max Force	-1.6%	-	-1.6%	-1.6%	-0.0%	-20%-20%
Torque	-5.4%	-	-5.4%	-5.4%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 10

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	52.72	66.28	-20.4%	56.68	+7.5%	53.02-79.53
Acceleration Load	564.4	898.4	-37.2%	649.0	+15.0%	718.7-1,078
Band 3+ Acceleration Efforts	34.00	71.00	-52.1%	39.10	+15.0%	56.80-85.20
Band 6+ Acceleration Efforts	41.00	72.00	-43.1%	47.15	+15.0%	57.60-86.40
High Speed Distance	22.56	126.4	-82.1%	25.94	+15.0%	101.1-151.6
Meterage Per Minute	36.27	44.47	-18.4%	36.27	+0.0%	35.58-53.36
Player Load	256.4	319.5	-19.7%	256.4	+0.0%	255.6-383.3
Player Load Per Minute	4.857	6.540	-25.7%	5.586	+15.0%	5.232-7.848
Total Distance	1,953	2,647	-26.2%	2,246	+15.0%	2,117-3,176
FORCEDECKS						
Concentric Mean Force	647.7	552.1	+17.3%	582.9	-10.0%	441.7-662.6
Jump Height (Flight Time)	32.39	29.51	+9.8%	29.15	-10.0%	23.61-35.41
RSI (Modified)	58.11	57.38	+1.3%	52.30	-10.0%	45.90-68.85
NORBORD						
Left Average Force	322.5	288.6	+11.7%	296.7	-8.0%	230.9-346.4
Left Impulse	3,984	4,284	-7.0%	3,665	-8.0%	3,428-5,141
Left Max Force	309.9	303.1	+2.2%	285.1	-8.0%	242.5-363.8
Left Torque	142.5	151.0	-5.6%	131.1	-8.0%	120.8-181.3
Right Average Force	422.5	318.5	+32.6%	388.7	-8.0%	254.8-382.2
Right Impulse	4,312	4,205	+2.5%	3,967	-8.0%	3,364-5,046
Right Max Force	383.3	351.6	+9.0%	352.7	-8.0%	281.3-421.9
Right Torque	166.5	161.4	+3.1%	153.1	-8.0%	129.1-193.7
NORBORD ASYMMETRY (RECENT)						
Average Force	+26.8%	-	+26.8%	+20.8%	-6.0%	-20%-20%
Impulse	+7.9%	-	+7.9%	+7.9%	-0.0%	-20%-20%
Max Force	+21.2%	-	+21.2%	+20.0%	-1.2%	-20%-20%
Torque	+15.5%	-	+15.5%	+15.5%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+9.8%	-	+9.8%	+9.8%	-0.0%	-20%-20%
Impulse	-1.9%	-	-1.9%	-1.9%	-0.0%	-20%-20%
Max Force	+14.8%	-	+14.8%	+14.8%	-0.0%	-20%-20%
Torque	+6.6%	-	+6.6%	+6.6%	-0.0%	-20%-20%

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PLAYER 11

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	65.01	86.72	-25.0%	69.89	+7.5%	69.38-104.1
Acceleration Load	977.4	1,543	-36.7%	1,124	+15.0%	1,234-1,851
Band 3+ Acceleration Efforts	76.00	113.0	-32.7%	87.40	+15.0%	90.40-135.6
Band 6+ Acceleration Efforts	86.00	125.0	-31.2%	98.90	+15.0%	100.0-150.0
High Speed Distance	31.49	137.9	-77.2%	36.21	+15.0%	110.3-165.5
Meterage Per Minute	50.22	62.20	-19.3%	50.22	+0.0%	49.76-74.64
Player Load	314.5	585.1	-46.3%	361.7	+15.0%	468.1-702.1
Player Load Per Minute	5.757	7.683	-25.1%	6.189	+7.5%	6.147-9.220
Total Distance	2,688	4,833	-44.4%	3,091	+15.0%	3,867-5,800
FORCEDECKS						
Concentric Mean Force	633.0	619.7	+2.1%	569.7	-10.0%	495.8-743.7
Jump Height (Flight Time)	30.85	32.73	-5.7%	29.30	-5.0%	26.18-39.27
RSI (Modified)	29.94	40.44	-26.0%	32.93	+10.0%	32.35-48.53
NORBORD						
Left Average Force	329.9	332.6	-0.8%	303.5	-8.0%	266.1-399.1
Left Impulse	4,190	3,664	+14.4%	3,855	-8.0%	2,931-4,397
Left Max Force	359.9	348.5	+3.3%	331.1	-8.0%	278.8-418.1
Left Torque	160.0	155.0	+3.2%	147.2	-8.0%	124.0-186.0
Right Average Force	287.0	324.1	-11.5%	275.5	-4.0%	259.3-388.9
Right Impulse	3,699	2,719	+36.0%	3,403	-8.0%	2,175-3,263
Right Max Force	278.0	312.2	-11.0%	266.9	-4.0%	249.8-374.7
Right Torque	129.5	156.7	-17.4%	129.5	+0.0%	125.4-188.1
NORBORD ASYMMETRY (RECENT)						
Average Force	-13.9%	-	-13.9%	-13.9%	-0.0%	-20%-20%
Impulse	-12.5%	-	-12.5%	-12.5%	-0.0%	-20%-20%
Max Force	-25.7%	-	-25.7%	-20.0%	-5.7%	-20%-20%
Torque	-21.1%	-	-21.1%	-20.0%	-1.1%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-2.6%	-	-2.6%	-2.6%	-0.0%	-20%-20%
Impulse	-29.6%	-	-29.6%	-23.6%	-6.0%	-20%-20%
Max Force	-11.0%	-	-11.0%	-11.0%	-0.0%	-20%-20%
Torque	+1.1%	-	+1.1%	+1.1%	-0.0%	-20%-20%

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PLAYER 12

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	70.04	80.58	-13.1%	70.04	+0.0%	64.47-96.70
Acceleration Load	1,149	1,653	-30.5%	1,321	+15.0%	1,323-1,984
Band 3+ Acceleration Efforts	114.0	157.0	-27.4%	131.1	+15.0%	125.6-188.4
Band 6+ Acceleration Efforts	116.0	163.0	-28.8%	133.4	+15.0%	130.4-195.6
High Speed Distance	155.6	292.6	-46.8%	178.9	+15.0%	234.1-351.2
Meterage Per Minute	54.63	71.61	-23.7%	58.73	+7.5%	57.29-85.93
Player Load	395.2	570.8	-30.8%	454.5	+15.0%	456.6-684.9
Player Load Per Minute	5.089	7.341	-30.7%	5.853	+15.0%	5.873-8.809
Total Distance	4,022	6,277	-35.9%	4,625	+15.0%	5,022-7,532
FORCEDECKS						
Concentric Mean Force	549.9	454.8	+20.9%	494.9	-10.0%	363.9-545.8
Jump Height (Flight Time)	27.73	48.26	-42.6%	30.50	+10.0%	38.61-57.92
RSI (Modified)	33.81	72.81	-53.6%	37.19	+10.0%	58.25-87.37
NORBORD						
Left Average Force	306.9	274.9	+11.7%	282.4	-8.0%	219.9-329.8
Left Impulse	4,145	3,925	+5.6%	3,814	-8.0%	3,140-4,710
Left Max Force	302.0	307.8	-1.9%	277.8	-8.0%	246.2-369.3
Left Torque	142.8	147.1	-2.9%	131.4	-8.0%	117.7-176.5
Right Average Force	318.4	297.9	+6.9%	292.9	-8.0%	238.3-357.5
Right Impulse	4,773	3,532	+35.2%	4,392	-8.0%	2,825-4,238
Right Max Force	310.7	298.0	+4.3%	285.9	-8.0%	238.4-357.6
Right Torque	151.2	143.0	+5.8%	139.1	-8.0%	114.4-171.5
NORBORD ASYMMETRY (RECENT)						
Average Force	+3.7%	-	+3.7%	+3.7%	-0.0%	-20%-20%
Impulse	+14.1%	-	+14.1%	+14.1%	-0.0%	-20%-20%
Max Force	+2.8%	-	+2.8%	+2.8%	-0.0%	-20%-20%
Torque	+5.7%	-	+5.7%	+5.7%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+8.1%	-	+8.1%	+8.1%	-0.0%	-20%-20%
Impulse	-10.6%	-	-10.6%	-10.6%	-0.0%	-20%-20%
Max Force	-3.2%	-	-3.2%	-3.2%	-0.0%	-20%-20%
Torque	-2.9%	-	-2.9%	-2.9%	-0.0%	-20%-20%

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PLAYER 13

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	81.19	-	-	-	-
Acceleration Load	-	1,079	-	-	-	-
Band 3+ Acceleration Efforts	-	91.00	-	-	-	-
Band 6+ Acceleration Efforts	-	103.0	-	-	-	-
High Speed Distance	-	213.1	-	-	-	-
Meterage Per Minute	-	69.96	-	-	-	-
Player Load	-	379.6	-	-	-	-
Player Load Per Minute	-	6.804	-	-	-	-
Total Distance	-	3,873	-	-	-	-
FORCEDECKS						
Concentric Mean Force	530.1	550.3	-3.7%	477.1	-10.0%	440.2-660.4
Jump Height (Flight Time)	31.89	31.12	+2.5%	28.70	-10.0%	24.90-37.35
RSI (Modified)	33.12	31.22	+6.1%	29.81	-10.0%	24.98-37.46
NORBORD						
Left Average Force	219.3	191.2	+14.7%	201.8	-8.0%	153.0-229.5
Left Impulse	1,606	2,037	-21.2%	1,734	+8.0%	1,630-2,445
Left Max Force	213.2	255.9	-16.7%	213.2	+0.0%	204.8-307.1
Left Torque	81.17	95.81	-15.3%	81.17	+0.0%	76.65-115.0
Right Average Force	185.2	229.0	-19.1%	185.2	+0.0%	183.2-274.9
Right Impulse	1,350	2,140	-36.9%	1,458	+8.0%	1,712-2,568
Right Max Force	200.3	233.3	-14.1%	192.3	-4.0%	186.6-279.9
Right Torque	80.48	97.22	-17.2%	80.48	+0.0%	77.78-116.7
NORBORD ASYMMETRY (RECENT)						
Average Force	-16.9%	-	-16.9%	-16.9%	-0.0%	-20%-20%
Impulse	-17.3%	-	-17.3%	-17.3%	-0.0%	-20%-20%
Max Force	-6.3%	-	-6.3%	-6.3%	-0.0%	-20%-20%
Torque	-0.9%	-	-0.9%	-0.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+18.0%	-	+18.0%	+18.0%	-0.0%	-20%-20%
Impulse	+4.9%	-	+4.9%	+4.9%	-0.0%	-20%-20%
Max Force	-9.3%	-	-9.3%	-9.3%	-0.0%	-20%-20%
Torque	+1.5%	-	+1.5%	+1.5%	-0.0%	-20%-20%

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PLAYER 14

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	87.27	-	-	-	-
Acceleration Load	-	1,224	-	-	-	-
Band 3+ Acceleration Efforts	-	112.0	-	-	-	-
Band 6+ Acceleration Efforts	-	109.0	-	-	-	-
High Speed Distance	-	189.0	-	-	-	-
Meterage Per Minute	-	69.99	-	-	-	-
Player Load	-	441.7	-	-	-	-
Player Load Per Minute	-	7.344	-	-	-	-
Total Distance	-	4,009	-	-	-	-
FORCEDECKS						
Concentric Mean Force	537.3	558.2	-3.7%	483.6	-10.0%	446.6-669.8
Jump Height (Flight Time)	29.15	29.25	-0.3%	26.23	-10.0%	23.40-35.10
RSI (Modified)	31.30	43.90	-28.7%	34.43	+10.0%	35.12-52.68
NORBORD						
Left Average Force	165.1	141.4	+16.7%	151.9	-8.0%	113.1-169.7
Left Impulse	1,426	1,375	+3.7%	1,312	-8.0%	1,100-1,649
Left Max Force	159.8	179.6	-11.0%	153.4	-4.0%	143.7-215.5
Left Torque	68.04	61.96	+9.8%	62.60	-8.0%	49.57-74.36
Right Average Force	175.4	185.1	-5.3%	161.3	-8.0%	148.1-222.1
Right Impulse	1,733	1,579	+9.8%	1,594	-8.0%	1,263-1,895
Right Max Force	178.8	178.6	+0.1%	164.5	-8.0%	142.8-214.3
Right Torque	69.59	66.91	+4.0%	64.03	-8.0%	53.53-80.29
NORBORD ASYMMETRY (RECENT)						
Average Force	+6.1%	-	+6.1%	+6.1%	-0.0%	-20%-20%
Impulse	+19.5%	-	+19.5%	+19.5%	-0.0%	-20%-20%
Max Force	+11.3%	-	+11.3%	+11.3%	-0.0%	-20%-20%
Torque	+2.3%	-	+2.3%	+2.3%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+26.8%	-	+26.8%	+20.8%	-6.0%	-20%-20%
Impulse	+13.8%	-	+13.8%	+13.8%	-0.0%	-20%-20%
Max Force	-0.6%	-	-0.6%	-0.6%	-0.0%	-20%-20%
Torque	+7.7%	-	+7.7%	+7.7%	-0.0%	-20%-20%

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PLAYER 15

Next Period: Reduce running volume by ~7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	60.45	60.03	+0.7%	55.91	-7.5%	48.02-72.03
Acceleration Load	1,271	1,151	+10.4%	1,080	-15.0%	920.6-1,381
Band 3+ Acceleration Efforts	114.0	93.00	+22.6%	96.90	-15.0%	74.40-111.6
Band 6+ Acceleration Efforts	126.0	98.00	+28.6%	107.1	-15.0%	78.40-117.6
High Speed Distance	139.5	124.4	+12.1%	118.5	-15.0%	99.51-149.3
Meterage Per Minute	50.17	62.29	-19.5%	50.17	+0.0%	49.83-74.75
Player Load	403.4	434.0	-7.1%	373.1	-7.5%	347.2-520.8
Player Load Per Minute	4.848	6.351	-23.7%	5.212	+7.5%	5.081-7.621
Total Distance	4,254	4,063	+4.7%	3,935	-7.5%	3,250-4,875
FORCEDECKS						
Concentric Mean Force	672.0	602.5	+11.5%	604.8	-10.0%	482.0-723.0
Jump Height (Flight Time)	33.65	35.16	-4.3%	30.29	-10.0%	28.13-42.20
RSI (Modified)	32.67	39.26	-16.8%	32.67	+0.0%	31.40-47.11
NORBORD						
Left Average Force	172.8	225.1	-23.2%	186.6	+8.0%	180.1-270.1
Left Impulse	1,146	1,709	-33.0%	1,237	+8.0%	1,367-2,051
Left Max Force	175.8	259.4	-32.2%	189.9	+8.0%	207.5-311.3
Left Torque	91.51	124.7	-26.6%	98.83	+8.0%	99.78-149.7
Right Average Force	348.1	338.7	+2.8%	320.2	-8.0%	270.9-406.4
Right Impulse	1,919	1,992	-3.7%	1,765	-8.0%	1,594-2,391
Right Max Force	370.5	307.2	+20.6%	340.9	-8.0%	245.8-368.6
Right Torque	199.4	170.6	+16.9%	183.5	-8.0%	136.5-204.8
NORBORD ASYMMETRY (RECENT)						
Average Force	+67.3%	-	+67.3%	+61.3%	-6.0%	-20%-20%
Impulse	+50.5%	-	+50.5%	+44.5%	-6.0%	-20%-20%
Max Force	+71.3%	-	+71.3%	+65.3%	-6.0%	-20%-20%
Torque	+74.2%	-	+74.2%	+68.2%	-6.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+40.3%	-	+40.3%	+34.3%	-6.0%	-20%-20%
Impulse	+15.3%	-	+15.3%	+15.3%	-0.0%	-20%-20%
Max Force	+16.9%	-	+16.9%	+16.9%	-0.0%	-20%-20%
Torque	+31.1%	-	+31.1%	+25.1%	-6.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 16

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	54.45	86.63	-37.1%	62.61	+15.0%	69.30-104.0
Acceleration Load	710.6	1,008	-29.5%	817.2	+15.0%	806.2-1,209
Band 3+ Acceleration Efforts	69.00	81.00	-14.8%	69.00	+0.0%	64.80-97.20
Band 6+ Acceleration Efforts	76.00	87.00	-12.6%	76.00	+0.0%	69.60-104.4
High Speed Distance	101.4	289.9	-65.0%	116.6	+15.0%	231.9-347.9
Meterage Per Minute	42.16	52.14	-19.1%	42.16	+0.0%	41.71-62.57
Player Load	229.6	336.5	-31.8%	264.1	+15.0%	269.2-403.8
Player Load Per Minute	4.751	6.203	-23.4%	5.107	+7.5%	4.962-7.443
Total Distance	2,301	3,164	-27.3%	2,647	+15.0%	2,531-3,797
FORCEDECKS						
Concentric Mean Force	595.7	611.8	-2.6%	536.1	-10.0%	489.4-734.1
Jump Height (Flight Time)	25.46	27.72	-8.1%	24.19	-5.0%	22.17-33.26
RSI (Modified)	22.78	27.14	-16.0%	22.78	+0.0%	21.71-32.56
NORBORD						
Left Average Force	267.5	256.0	+4.5%	246.1	-8.0%	204.8-307.2
Left Impulse	2,027	1,633	+24.1%	1,865	-8.0%	1,306-1,960
Left Max Force	259.5	265.4	-2.2%	238.7	-8.0%	212.3-318.4
Left Torque	72.33	73.98	-2.2%	66.54	-8.0%	59.19-88.78
Right Average Force	253.6	251.7	+0.8%	233.3	-8.0%	201.3-302.0
Right Impulse	2,128	1,847	+15.2%	1,958	-8.0%	1,478-2,217
Right Max Force	228.6	272.0	-15.9%	228.6	+0.0%	217.6-326.4
Right Torque	106.4	110.9	-4.1%	97.90	-8.0%	88.75-133.1
NORBORD ASYMMETRY (RECENT)						
Average Force	-5.3%	-	-5.3%	-5.3%	-0.0%	-20%-20%
Impulse	+4.9%	-	+4.9%	+4.9%	-0.0%	-20%-20%
Max Force	-12.6%	-	-12.6%	-12.6%	-0.0%	-20%-20%
Torque	+38.1%	-	+38.1%	+32.1%	-6.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-1.7%	-	-1.7%	-1.7%	-0.0%	-20%-20%
Impulse	+12.3%	-	+12.3%	+12.3%	-0.0%	-20%-20%
Max Force	+2.5%	-	+2.5%	+2.5%	-0.0%	-20%-20%
Torque	+40.0%	-	+40.0%	+34.0%	-6.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 17

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	69.47	85.44	-18.7%	69.47	+0.0%	68.35-102.5
Acceleration Load	983.8	1,494	-34.2%	1,131	+15.0%	1,195-1,793
Band 3+ Acceleration Efforts	101.0	138.0	-26.8%	116.1	+15.0%	110.4-165.6
Band 6+ Acceleration Efforts	114.0	152.0	-25.0%	122.5	+7.5%	121.6-182.4
High Speed Distance	195.2	273.2	-28.5%	224.5	+15.0%	218.6-327.9
Meterage Per Minute	51.36	71.46	-28.1%	59.07	+15.0%	57.17-85.76
Player Load	486.2	622.5	-21.9%	522.6	+7.5%	498.0-747.0
Player Load Per Minute	6.754	8.629	-21.7%	7.260	+7.5%	6.903-10.36
Total Distance	3,454	5,383	-35.8%	3,972	+15.0%	4,307-6,460
FORCEDECKS						
Concentric Mean Force	690.9	571.7	+20.8%	621.8	-10.0%	457.3-686.0
Jump Height (Flight Time)	26.65	25.81	+3.2%	23.98	-10.0%	20.65-30.98
RSI (Modified)	63.72	46.07	+38.3%	57.34	-10.0%	36.85-55.28
NORBORD						
Left Average Force	279.0	280.5	-0.5%	256.7	-8.0%	224.4-336.6
Left Impulse	3,058	3,025	+1.1%	2,813	-8.0%	2,420-3,630
Left Max Force	278.9	283.9	-1.7%	256.6	-8.0%	227.1-340.7
Left Torque	117.7	125.1	-5.9%	108.3	-8.0%	100.1-150.1
Right Average Force	350.4	320.9	+9.2%	322.4	-8.0%	256.7-385.1
Right Impulse	3,672	3,180	+15.5%	3,378	-8.0%	2,544-3,816
Right Max Force	359.0	345.4	+3.9%	330.2	-8.0%	276.3-414.5
Right Torque	162.4	134.4	+20.8%	149.4	-8.0%	107.5-161.3
NORBORD ASYMMETRY (RECENT)						
Average Force	+22.7%	-	+22.7%	+20.0%	-2.7%	-20%-20%
Impulse	+18.3%	-	+18.3%	+18.3%	-0.0%	-20%-20%
Max Force	+25.1%	-	+25.1%	+20.0%	-5.1%	-20%-20%
Torque	+31.9%	-	+31.9%	+25.9%	-6.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+13.4%	-	+13.4%	+13.4%	-0.0%	-20%-20%
Impulse	+5.0%	-	+5.0%	+5.0%	-0.0%	-20%-20%
Max Force	+19.6%	-	+19.6%	+19.6%	-0.0%	-20%-20%
Torque	+7.2%	-	+7.2%	+7.2%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 18

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	53.15	73.85	-28.0%	61.12	+15.0%	59.08-88.61
Acceleration Load	1,022	1,608	-36.4%	1,176	+15.0%	1,286-1,929
Band 3+ Acceleration Efforts	106.0	153.0	-30.7%	121.9	+15.0%	122.4-183.6
Band 6+ Acceleration Efforts	100.0	142.0	-29.6%	115.0	+15.0%	113.6-170.4
High Speed Distance	51.37	127.4	-59.7%	59.08	+15.0%	101.9-152.9
Meterage Per Minute	44.44	71.34	-37.7%	51.11	+15.0%	57.07-85.61
Player Load	347.7	513.4	-32.3%	399.9	+15.0%	410.7-616.1
Player Load Per Minute	4.724	6.419	-26.4%	5.433	+15.0%	5.135-7.702
Total Distance	3,622	5,274	-31.3%	4,165	+15.0%	4,220-6,329
FORCEDECKS						
Concentric Mean Force	568.4	515.0	+10.4%	511.6	-10.0%	412.0-618.0
Jump Height (Flight Time)	31.53	30.50	+3.4%	28.37	-10.0%	24.40-36.60
RSI (Modified)	32.33	32.08	+0.8%	29.09	-10.0%	25.66-38.50
NORBORD						
Left Average Force	280.6	291.4	-3.7%	258.2	-8.0%	233.1-349.7
Left Impulse	2,344	2,936	-20.1%	2,532	+8.0%	2,349-3,523
Left Max Force	283.9	294.6	-3.6%	261.2	-8.0%	235.7-353.5
Left Torque	134.1	134.4	-0.3%	123.3	-8.0%	107.5-161.3
Right Average Force	257.3	266.7	-3.5%	236.7	-8.0%	213.3-320.0
Right Impulse	2,069	2,791	-25.9%	2,234	+8.0%	2,233-3,349
Right Max Force	261.6	247.6	+5.7%	240.7	-8.0%	198.1-297.1
Right Torque	127.8	134.6	-5.1%	117.6	-8.0%	107.7-161.5
NORBORD ASYMMETRY (RECENT)						
Average Force	-8.7%	-	-8.7%	-8.7%	-0.0%	-20%-20%
Impulse	-12.5%	-	-12.5%	-12.5%	-0.0%	-20%-20%
Max Force	-8.2%	-	-8.2%	-8.2%	-0.0%	-20%-20%
Torque	-4.8%	-	-4.8%	-4.8%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-8.9%	-	-8.9%	-8.9%	-0.0%	-20%-20%
Impulse	-5.1%	-	-5.1%	-5.1%	-0.0%	-20%-20%
Max Force	-17.3%	-	-17.3%	-17.3%	-0.0%	-20%-20%
Torque	+0.2%	-	+0.2%	+0.2%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 19

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	58.16	82.99	-29.9%	66.88	+15.0%	66.39-99.59
Acceleration Load	764.2	1,269	-39.8%	878.8	+15.0%	1,015-1,522
Band 3+ Acceleration Efforts	66.00	112.0	-41.1%	75.90	+15.0%	89.60-134.4
Band 6+ Acceleration Efforts	72.00	118.0	-39.0%	82.80	+15.0%	94.40-141.6
High Speed Distance	78.38	195.5	-59.9%	90.14	+15.0%	156.4-234.6
Meterage Per Minute	52.28	67.63	-22.7%	56.20	+7.5%	54.10-81.15
Player Load	232.2	435.0	-46.6%	267.0	+15.0%	348.0-522.0
Player Load Per Minute	4.713	5.799	-18.7%	4.713	+0.0%	4.640-6.959
Total Distance	2,570	4,089	-37.1%	2,956	+15.0%	3,271-4,906
FORCEDECKS						
Concentric Mean Force	495.5	487.5	+1.6%	445.9	-10.0%	390.0-585.0
Jump Height (Flight Time)	36.83	32.47	+13.4%	33.14	-10.0%	25.97-38.96
RSI (Modified)	38.58	34.33	+12.4%	34.72	-10.0%	27.47-41.20
NORBORD						
Left Average Force	241.1	260.1	-7.3%	221.8	-8.0%	208.0-312.1
Left Impulse	2,469	3,123	-20.9%	2,667	+8.0%	2,498-3,747
Left Max Force	276.5	298.1	-7.3%	254.4	-8.0%	238.5-357.8
Left Torque	115.3	133.9	-13.9%	110.7	-4.0%	107.1-160.7
Right Average Force	276.7	290.2	-4.6%	254.6	-8.0%	232.2-348.3
Right Impulse	2,966	3,160	-6.1%	2,729	-8.0%	2,528-3,793
Right Max Force	322.4	280.5	+14.9%	296.6	-8.0%	224.4-336.7
Right Torque	145.0	139.7	+3.8%	133.4	-8.0%	111.7-167.6
NORBORD ASYMMETRY (RECENT)						
Average Force	+13.7%	-	+13.7%	+13.7%	-0.0%	-20%-20%
Impulse	+18.3%	-	+18.3%	+18.3%	-0.0%	-20%-20%
Max Force	+15.3%	-	+15.3%	+15.3%	-0.0%	-20%-20%
Torque	+22.8%	-	+22.8%	+20.0%	-2.8%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+11.0%	-	+11.0%	+11.0%	-0.0%	-20%-20%
Impulse	+1.2%	-	+1.2%	+1.2%	-0.0%	-20%-20%
Max Force	-6.1%	-	-6.1%	-6.1%	-0.0%	-20%-20%
Torque	+4.2%	-	+4.2%	+4.2%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 2

Next Period: Increase running volume by ~7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	55.18	72.10	-23.5%	59.32	+7.5%	57.68-86.52
Acceleration Load	1,271	1,611	-21.1%	1,366	+7.5%	1,289-1,933
Band 3+ Acceleration Efforts	113.0	138.0	-18.1%	113.0	+0.0%	110.4-165.6
Band 6+ Acceleration Efforts	120.0	147.0	-18.4%	120.0	+0.0%	117.6-176.4
High Speed Distance	126.0	249.5	-49.5%	144.9	+15.0%	199.6-299.4
Meterage Per Minute	44.72	57.98	-22.9%	48.07	+7.5%	46.39-69.58
Player Load	471.2	564.1	-16.5%	471.2	+0.0%	451.3-676.9
Player Load Per Minute	4.454	6.376	-30.1%	5.122	+15.0%	5.101-7.651
Total Distance	4,005	4,955	-19.2%	4,005	+0.0%	3,964-5,945
FORCEDECKS						
Concentric Mean Force	-	-	-	-	-	-
Jump Height (Flight Time)	-	-	-	-	-	-
RSI (Modified)	-	-	-	-	-	-
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 20

Next Period: Maintain running volume (small tweaks)

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	66.63	75.40	-11.6%	66.63	+0.0%	60.32-90.48
Acceleration Load	1,291	1,418	-8.9%	1,194	-7.5%	1,134-1,702
Band 3+ Acceleration Efforts	94.00	103.0	-8.7%	86.95	-7.5%	82.40-123.6
Band 6+ Acceleration Efforts	98.00	113.0	-13.3%	98.00	+0.0%	90.40-135.6
High Speed Distance	56.31	79.20	-28.9%	64.76	+15.0%	63.36-95.04
Meterage Per Minute	44.91	52.17	-13.9%	44.91	+0.0%	41.74-62.60
Player Load	444.2	478.4	-7.1%	410.9	-7.5%	382.7-574.1
Player Load Per Minute	5.129	6.205	-17.3%	5.129	+0.0%	4.964-7.446
Total Distance	4,512	4,841	-6.8%	4,173	-7.5%	3,873-5,809
FORCEDECKS						
Concentric Mean Force	703.6	643.8	+9.3%	633.2	-10.0%	515.0-772.6
Jump Height (Flight Time)	23.44	23.62	-0.8%	21.09	-10.0%	18.89-28.34
RSI (Modified)	26.58	30.54	-13.0%	25.25	-5.0%	24.43-36.65
NORBORD						
Left Average Force	237.2	267.0	-11.2%	227.7	-4.0%	213.6-320.4
Left Impulse	1,554	2,223	-30.1%	1,679	+8.0%	1,778-2,667
Left Max Force	266.3	245.4	+8.5%	245.0	-8.0%	196.3-294.5
Left Torque	113.1	129.0	-12.3%	108.6	-4.0%	103.2-154.8
Right Average Force	269.4	277.0	-2.8%	247.8	-8.0%	221.6-332.5
Right Impulse	1,613	2,561	-37.0%	1,742	+8.0%	2,049-3,073
Right Max Force	309.8	283.4	+9.3%	285.0	-8.0%	226.7-340.0
Right Torque	156.7	146.2	+7.2%	144.2	-8.0%	117.0-175.4
NORBORD ASYMMETRY (RECENT)						
Average Force	+12.7%	-	+12.7%	+12.7%	-0.0%	-20%-20%
Impulse	+3.7%	-	+3.7%	+3.7%	-0.0%	-20%-20%
Max Force	+15.1%	-	+15.1%	+15.1%	-0.0%	-20%-20%
Torque	+32.4%	-	+32.4%	+26.4%	-6.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+3.7%	-	+3.7%	+3.7%	-0.0%	-20%-20%
Impulse	+14.1%	-	+14.1%	+14.1%	-0.0%	-20%-20%
Max Force	+14.4%	-	+14.4%	+14.4%	-0.0%	-20%-20%
Torque	+12.5%	-	+12.5%	+12.5%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 21

Next Period: Maintain running volume (small tweaks)

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	61.41	81.94	-25.0%	66.02	+7.5%	65.55-98.33
Acceleration Load	1,285	1,509	-14.8%	1,285	+0.0%	1,207-1,811
Band 3+ Acceleration Efforts	121.0	149.0	-18.8%	121.0	+0.0%	119.2-178.8
Band 6+ Acceleration Efforts	134.0	154.0	-13.0%	134.0	+0.0%	123.2-184.8
High Speed Distance	142.3	191.7	-25.8%	163.6	+15.0%	153.4-230.1
Meterage Per Minute	62.48	74.02	-15.6%	62.48	+0.0%	59.22-88.83
Player Load	517.2	501.8	+3.1%	478.4	-7.5%	401.5-602.2
Player Load Per Minute	6.201	6.797	-8.8%	5.736	-7.5%	5.437-8.156
Total Distance	4,299	4,907	-12.4%	4,299	+0.0%	3,926-5,889
FORCEDECKS						
Concentric Mean Force	573.3	590.2	-2.9%	516.0	-10.0%	472.1-708.2
Jump Height (Flight Time)	33.83	37.39	-9.5%	32.14	-5.0%	29.91-44.87
RSI (Modified)	83.97	43.35	+93.7%	75.57	-10.0%	34.68-52.02
NORBORD						
Left Average Force	264.4	257.7	+2.6%	243.2	-8.0%	206.1-309.2
Left Impulse	2,664	2,400	+11.0%	2,451	-8.0%	1,920-2,880
Left Max Force	278.3	265.7	+4.7%	256.0	-8.0%	212.6-318.9
Left Torque	110.8	111.1	-0.3%	102.0	-8.0%	88.91-133.4
Right Average Force	293.6	287.2	+2.2%	270.1	-8.0%	229.8-344.7
Right Impulse	2,493	2,485	+0.3%	2,293	-8.0%	1,988-2,982
Right Max Force	300.1	271.6	+10.5%	276.1	-8.0%	217.3-325.9
Right Torque	120.1	117.4	+2.3%	110.5	-8.0%	93.94-140.9
NORBORD ASYMMETRY (RECENT)						
Average Force	+10.5%	-	+10.5%	+10.5%	-0.0%	-20%-20%
Impulse	-6.7%	-	-6.7%	-6.7%	-0.0%	-20%-20%
Max Force	+7.5%	-	+7.5%	+7.5%	-0.0%	-20%-20%
Torque	+8.0%	-	+8.0%	+8.0%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+10.9%	-	+10.9%	+10.9%	-0.0%	-20%-20%
Impulse	+3.4%	-	+3.4%	+3.4%	-0.0%	-20%-20%
Max Force	+2.2%	-	+2.2%	+2.2%	-0.0%	-20%-20%
Torque	+5.5%	-	+5.5%	+5.5%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 22

Next Period: Increase running volume by ~7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	68.99	83.13	-17.0%	68.99	+0.0%	66.51-99.76
Acceleration Load	933.3	1,228	-24.0%	1,003	+7.5%	982.3-1,473
Band 3+ Acceleration Efforts	90.00	113.0	-20.4%	96.75	+7.5%	90.40-135.6
Band 6+ Acceleration Efforts	89.00	116.0	-23.3%	95.67	+7.5%	92.80-139.2
High Speed Distance	89.17	195.9	-54.5%	102.5	+15.0%	156.7-235.1
Meterage Per Minute	61.73	60.22	+2.5%	57.10	-7.5%	48.18-72.27
Player Load	297.9	381.5	-21.9%	320.2	+7.5%	305.2-457.8
Player Load Per Minute	6.106	6.627	-7.9%	5.648	-7.5%	5.301-7.952
Total Distance	3,162	3,956	-20.1%	3,162	+0.0%	3,164-4,747
FORCEDECKS						
Concentric Mean Force	642.4	643.3	-0.1%	578.2	-10.0%	514.7-772.0
Jump Height (Flight Time)	37.65	31.43	+19.8%	33.88	-10.0%	25.15-37.72
RSI (Modified)	46.30	46.56	-0.5%	41.67	-10.0%	37.24-55.87
NORBORD						
Left Average Force	374.6	327.2	+14.5%	344.6	-8.0%	261.8-392.7
Left Impulse	3,504	3,392	+3.3%	3,224	-8.0%	2,713-4,070
Left Max Force	379.2	336.6	+12.7%	348.9	-8.0%	269.3-403.9
Left Torque	180.7	149.6	+20.8%	166.3	-8.0%	119.7-179.6
Right Average Force	335.1	315.4	+6.2%	308.3	-8.0%	252.3-378.5
Right Impulse	3,334	2,797	+19.2%	3,068	-8.0%	2,238-3,357
Right Max Force	339.6	309.2	+9.8%	312.4	-8.0%	247.4-371.0
Right Torque	182.3	157.0	+16.2%	167.8	-8.0%	125.6-188.3
NORBORD ASYMMETRY (RECENT)						
Average Force	-11.1%	-	-11.1%	-11.1%	-0.0%	-20%-20%
Impulse	-5.0%	-	-5.0%	-5.0%	-0.0%	-20%-20%
Max Force	-11.0%	-	-11.0%	-11.0%	-0.0%	-20%-20%
Torque	+0.9%	-	+0.9%	+0.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-3.7%	-	-3.7%	-3.7%	-0.0%	-20%-20%
Impulse	-19.2%	-	-19.2%	-19.2%	-0.0%	-20%-20%
Max Force	-8.5%	-	-8.5%	-8.5%	-0.0%	-20%-20%
Torque	+4.8%	-	+4.8%	+4.8%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 23

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	12.57	63.76	-80.3%	14.45	+15.0%	51.01-76.52
Acceleration Load	113.1	1,026	-89.0%	130.1	+15.0%	820.7-1,231
Band 3+ Acceleration Efforts	0.000	76.00	-	-	-	-
Band 6+ Acceleration Efforts	0.000	77.00	-	-	-	-
High Speed Distance	0.000	134.0	-	-	-	-
Meterage Per Minute	7.679	47.30	-83.8%	8.831	+15.0%	37.84-56.76
Player Load	35.60	361.2	-90.1%	40.94	+15.0%	288.9-433.4
Player Load Per Minute	0.794	4.875	-83.7%	0.913	+15.0%	3.900-5.850
Total Distance	367.3	3,088	-88.1%	422.4	+15.0%	2,470-3,705
FORCEDECKS						
Concentric Mean Force	533.6	522.2	+2.2%	480.3	-10.0%	417.8-626.7
Jump Height (Flight Time)	35.45	37.70	-6.0%	33.68	-5.0%	30.16-45.24
RSI (Modified)	40.87	39.49	+3.5%	36.78	-10.0%	31.59-47.39
NORBORD						
Left Average Force	255.3	269.1	-5.1%	234.9	-8.0%	215.2-322.9
Left Impulse	1,636	2,005	-18.4%	1,636	+0.0%	1,604-2,406
Left Max Force	277.2	281.9	-1.7%	255.0	-8.0%	225.5-338.2
Left Torque	121.8	114.5	+6.3%	112.0	-8.0%	91.61-137.4
Right Average Force	299.5	252.4	+18.6%	275.5	-8.0%	201.9-302.9
Right Impulse	1,919	1,920	-0.0%	1,766	-8.0%	1,536-2,304
Right Max Force	327.1	294.7	+11.0%	300.9	-8.0%	235.8-353.7
Right Torque	138.8	131.7	+5.4%	127.7	-8.0%	105.4-158.0
NORBORD ASYMMETRY (RECENT)						
Average Force	+15.9%	-	+15.9%	+15.9%	-0.0%	-20%-20%
Impulse	+15.9%	-	+15.9%	+15.9%	-0.0%	-20%-20%
Max Force	+16.5%	-	+16.5%	+16.5%	-0.0%	-20%-20%
Torque	+13.0%	-	+13.0%	+13.0%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-6.4%	-	-6.4%	-6.4%	-0.0%	-20%-20%
Impulse	-4.4%	-	-4.4%	-4.4%	-0.0%	-20%-20%
Max Force	+4.5%	-	+4.5%	+4.5%	-0.0%	-20%-20%
Torque	+14.0%	-	+14.0%	+14.0%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 24

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	65.17	-	-	-	-
Acceleration Load	-	1,032	-	-	-	-
Band 3+ Acceleration Efforts	-	37.00	-	-	-	-
Band 6+ Acceleration Efforts	-	43.00	-	-	-	-
High Speed Distance	-	17.99	-	-	-	-
Meterage Per Minute	-	38.76	-	-	-	-
Player Load	-	284.7	-	-	-	-
Player Load Per Minute	-	4.916	-	-	-	-
Total Distance	-	2,492	-	-	-	-
FORCEDECKS						
Concentric Mean Force	529.4	557.9	-5.1%	476.5	-10.0%	446.3-669.5
Jump Height (Flight Time)	38.66	35.24	+9.7%	34.79	-10.0%	28.19-42.29
RSI (Modified)	44.95	40.59	+10.8%	40.45	-10.0%	32.47-48.70
NORBORD						
Left Average Force	246.7	228.2	+8.1%	226.9	-8.0%	182.6-273.8
Left Impulse	1,922	1,923	-0.1%	1,768	-8.0%	1,539-2,308
Left Max Force	246.7	253.7	-2.8%	227.0	-8.0%	203.0-304.5
Left Torque	81.30	91.17	-10.8%	78.05	-4.0%	72.93-109.4
Right Average Force	267.0	255.5	+4.5%	245.6	-8.0%	204.4-306.6
Right Impulse	1,969	2,121	-7.2%	1,811	-8.0%	1,696-2,545
Right Max Force	248.6	280.3	-11.3%	238.6	-4.0%	224.2-336.4
Right Torque	109.8	115.0	-4.6%	101.0	-8.0%	91.99-138.0
NORBORD ASYMMETRY (RECENT)						
Average Force	+7.9%	-	+7.9%	+7.9%	-0.0%	-20%-20%
Impulse	+2.4%	-	+2.4%	+2.4%	-0.0%	-20%-20%
Max Force	+0.7%	-	+0.7%	+0.7%	-0.0%	-20%-20%
Torque	+29.8%	-	+29.8%	+23.8%	-6.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+11.3%	-	+11.3%	+11.3%	-0.0%	-20%-20%
Impulse	+9.7%	-	+9.7%	+9.7%	-0.0%	-20%-20%
Max Force	+9.9%	-	+9.9%	+9.9%	-0.0%	-20%-20%
Torque	+23.1%	-	+23.1%	+20.0%	-3.1%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 25

Next Period: Maintain running volume (small tweaks)

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	62.22	81.38	-23.5%	66.89	+7.5%	65.10-97.66
Acceleration Load	1,206	1,344	-10.2%	1,206	+0.0%	1,075-1,613
Band 3+ Acceleration Efforts	109.0	122.0	-10.7%	109.0	+0.0%	97.60-146.4
Band 6+ Acceleration Efforts	123.0	136.0	-9.6%	113.8	-7.5%	108.8-163.2
High Speed Distance	204.8	186.4	+9.8%	174.1	-15.0%	149.1-223.7
Meterage Per Minute	51.86	65.35	-20.6%	55.75	+7.5%	52.28-78.42
Player Load	506.1	555.8	-8.9%	468.2	-7.5%	444.6-666.9
Player Load Per Minute	6.473	8.181	-20.9%	6.959	+7.5%	6.544-9.817
Total Distance	4,877	4,559	+7.0%	4,146	-15.0%	3,647-5,470
FORCEDECKS						
Concentric Mean Force	670.1	643.2	+4.2%	603.1	-10.0%	514.6-771.8
Jump Height (Flight Time)	29.03	28.44	+2.1%	26.12	-10.0%	22.75-34.13
RSI (Modified)	39.01	37.57	+3.8%	35.11	-10.0%	30.06-45.09
NORBORD						
Left Average Force	286.5	306.0	-6.4%	263.6	-8.0%	244.8-367.1
Left Impulse	1,651	2,503	-34.0%	1,783	+8.0%	2,002-3,003
Left Max Force	344.0	347.2	-0.9%	316.4	-8.0%	277.8-416.7
Left Torque	142.5	130.0	+9.6%	131.1	-8.0%	104.0-156.0
Right Average Force	282.6	341.0	-17.1%	282.6	+0.0%	272.8-409.2
Right Impulse	1,717	2,454	-30.1%	1,854	+8.0%	1,963-2,945
Right Max Force	348.5	339.0	+2.8%	320.6	-8.0%	271.2-406.8
Right Torque	147.7	138.3	+6.8%	135.9	-8.0%	110.7-166.0
NORBORD ASYMMETRY (RECENT)						
Average Force	-1.4%	-	-1.4%	-1.4%	-0.0%	-20%-20%
Impulse	+3.9%	-	+3.9%	+3.9%	-0.0%	-20%-20%
Max Force	+1.3%	-	+1.3%	+1.3%	-0.0%	-20%-20%
Torque	+3.6%	-	+3.6%	+3.6%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+10.8%	-	+10.8%	+10.8%	-0.0%	-20%-20%
Impulse	-1.9%	-	-1.9%	-1.9%	-0.0%	-20%-20%
Max Force	-2.4%	-	-2.4%	-2.4%	-0.0%	-20%-20%
Torque	+6.2%	-	+6.2%	+6.2%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 26

Next Period: Reduce running volume by ~7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	69.09	84.50	-18.2%	69.09	+0.0%	67.60-101.4
Acceleration Load	1,411	1,447	-2.5%	1,305	-7.5%	1,158-1,737
Band 3+ Acceleration Efforts	158.0	159.0	-0.6%	146.2	-7.5%	127.2-190.8
Band 6+ Acceleration Efforts	171.0	164.0	+4.3%	158.2	-7.5%	131.2-196.8
High Speed Distance	128.5	166.4	-22.8%	138.1	+7.5%	133.1-199.7
Meterage Per Minute	72.69	80.27	-9.4%	67.24	-7.5%	64.22-96.33
Player Load	669.6	622.6	+7.6%	569.2	-15.0%	498.1-747.1
Player Load Per Minute	8.122	8.927	-9.0%	7.513	-7.5%	7.141-10.71
Total Distance	5,124	5,165	-0.8%	4,740	-7.5%	4,132-6,197
FORCEDECKS						
Concentric Mean Force	480.1	502.8	-4.5%	432.1	-10.0%	402.2-603.3
Jump Height (Flight Time)	25.14	26.44	-4.9%	22.62	-10.0%	21.16-31.73
RSI (Modified)	25.91	31.75	-18.4%	25.91	+0.0%	25.40-38.10
NORBORD						
Left Average Force	331.5	285.4	+16.2%	305.0	-8.0%	228.3-342.4
Left Impulse	3,635	3,135	+15.9%	3,344	-8.0%	2,508-3,762
Left Max Force	329.6	298.0	+10.6%	303.2	-8.0%	238.4-357.6
Left Torque	140.9	126.6	+11.3%	129.6	-8.0%	101.3-151.9
Right Average Force	301.2	301.3	-0.0%	277.1	-8.0%	241.0-361.5
Right Impulse	3,305	3,140	+5.3%	3,041	-8.0%	2,512-3,768
Right Max Force	288.0	330.9	-13.0%	276.5	-4.0%	264.7-397.1
Right Torque	146.7	142.1	+3.2%	134.9	-8.0%	113.7-170.5
NORBORD ASYMMETRY (RECENT)						
Average Force	-9.6%	-	-9.6%	-9.6%	-0.0%	-20%-20%
Impulse	-9.5%	-	-9.5%	-9.5%	-0.0%	-20%-20%
Max Force	-13.4%	-	-13.4%	-13.4%	-0.0%	-20%-20%
Torque	+4.0%	-	+4.0%	+4.0%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+5.4%	-	+5.4%	+5.4%	-0.0%	-20%-20%
Impulse	+0.1%	-	+0.1%	+0.1%	-0.0%	-20%-20%
Max Force	+10.5%	-	+10.5%	+10.5%	-0.0%	-20%-20%
Torque	+11.6%	-	+11.6%	+11.6%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 27

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	76.45	-	-	-	-
Acceleration Load	-	1,683	-	-	-	-
Band 3+ Acceleration Efforts	-	163.0	-	-	-	-
Band 6+ Acceleration Efforts	-	168.0	-	-	-	-
High Speed Distance	-	242.8	-	-	-	-
Meterage Per Minute	-	76.06	-	-	-	-
Player Load	-	581.9	-	-	-	-
Player Load Per Minute	-	7.457	-	-	-	-
Total Distance	-	5,504	-	-	-	-
FORCEDECKS						
Concentric Mean Force	457.3	427.9	+6.9%	411.5	-10.0%	342.3-513.4
Jump Height (Flight Time)	29.02	27.68	+4.8%	26.12	-10.0%	22.14-33.21
RSI (Modified)	33.48	35.68	-6.2%	31.80	-5.0%	28.55-42.82
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 28

Next Period: Reduce running volume by ~-15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	70.98	58.25	+21.9%	60.33	-15.0%	46.60-69.90
Acceleration Load	1,272	1,061	+19.9%	1,082	-15.0%	848.7-1,273
Band 3+ Acceleration Efforts	117.0	80.00	+46.2%	99.45	-15.0%	64.00-96.00
Band 6+ Acceleration Efforts	130.0	89.00	+46.1%	110.5	-15.0%	71.20-106.8
High Speed Distance	169.6	149.7	+13.3%	144.1	-15.0%	119.8-179.7
Meterage Per Minute	54.39	50.19	+8.4%	46.23	-15.0%	40.15-60.23
Player Load	525.8	436.1	+20.6%	446.9	-15.0%	348.9-523.3
Player Load Per Minute	6.432	5.295	+21.5%	5.467	-15.0%	4.236-6.354
Total Distance	4,791	3,592	+33.4%	4,073	-15.0%	2,873-4,310
FORCEDECKS						
Concentric Mean Force	163.5	530.8	-69.2%	171.7	+5.0%	424.7-637.0
Jump Height (Flight Time)	35.23	41.99	-16.1%	35.23	+0.0%	33.60-50.39
RSI (Modified)	50.31	70.05	-28.2%	55.34	+10.0%	56.04-84.05
NORBORD						
Left Average Force	267.4	293.5	-8.9%	246.0	-8.0%	234.8-352.2
Left Impulse	1,564	1,880	-16.8%	1,564	+0.0%	1,504-2,257
Left Max Force	308.7	311.4	-0.9%	284.0	-8.0%	249.1-373.7
Left Torque	115.1	125.0	-7.9%	105.9	-8.0%	100.0-150.0
Right Average Force	316.2	302.1	+4.7%	290.9	-8.0%	241.7-362.5
Right Impulse	1,616	1,989	-18.7%	1,616	+0.0%	1,591-2,387
Right Max Force	329.6	302.7	+8.9%	303.3	-8.0%	242.2-363.3
Right Torque	142.2	142.0	+0.1%	130.8	-8.0%	113.6-170.4
NORBORD ASYMMETRY (RECENT)						
Average Force	+16.7%	-	+16.7%	+16.7%	-0.0%	-20%-20%
Impulse	+3.3%	-	+3.3%	+3.3%	-0.0%	-20%-20%
Max Force	+6.5%	-	+6.5%	+6.5%	-0.0%	-20%-20%
Torque	+21.1%	-	+21.1%	+20.0%	-1.1%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+2.9%	-	+2.9%	+2.9%	-0.0%	-20%-20%
Impulse	+5.6%	-	+5.6%	+5.6%	-0.0%	-20%-20%
Max Force	-2.8%	-	-2.8%	-2.8%	-0.0%	-20%-20%
Torque	+12.7%	-	+12.7%	+12.7%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 29

Next Period: Reduce running volume by ~-7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	68.28	76.73	-11.0%	68.28	+0.0%	61.38-92.08
Acceleration Load	1,374	1,444	-4.8%	1,271	-7.5%	1,155-1,733
Band 3+ Acceleration Efforts	135.0	142.0	-4.9%	124.9	-7.5%	113.6-170.4
Band 6+ Acceleration Efforts	145.0	150.0	-3.3%	134.1	-7.5%	120.0-180.0
High Speed Distance	100.2	179.1	-44.0%	115.3	+15.0%	143.3-215.0
Meterage Per Minute	56.03	61.42	-8.8%	51.82	-7.5%	49.14-73.70
Player Load	507.0	471.7	+7.5%	430.9	-15.0%	377.4-566.1
Player Load Per Minute	7.429	7.444	-0.2%	6.872	-7.5%	5.955-8.933
Total Distance	4,021	4,747	-15.3%	4,021	+0.0%	3,798-5,697
FORCEDECKS						
Concentric Mean Force	527.7	533.0	-1.0%	474.9	-10.0%	426.4-639.6
Jump Height (Flight Time)	36.81	34.98	+5.2%	33.13	-10.0%	27.98-41.98
RSI (Modified)	32.56	47.31	-31.2%	35.81	+10.0%	37.85-56.77
NORBORD						
Left Average Force	246.0	277.0	-11.2%	236.2	-4.0%	221.6-332.4
Left Impulse	1,723	2,016	-14.5%	1,655	-4.0%	1,613-2,419
Left Max Force	294.1	252.2	+16.6%	270.6	-8.0%	201.8-302.6
Left Torque	133.6	117.2	+14.0%	122.9	-8.0%	93.74-140.6
Right Average Force	266.5	278.1	-4.2%	245.2	-8.0%	222.5-333.7
Right Impulse	2,083	1,959	+6.3%	1,916	-8.0%	1,567-2,351
Right Max Force	281.4	281.1	+0.1%	258.9	-8.0%	224.8-337.3
Right Torque	143.9	130.4	+10.4%	132.4	-8.0%	104.3-156.4
NORBORD ASYMMETRY (RECENT)						
Average Force	+8.0%	-	+8.0%	+8.0%	-0.0%	-20%-20%
Impulse	+18.9%	-	+18.9%	+18.9%	-0.0%	-20%-20%
Max Force	-4.4%	-	-4.4%	-4.4%	-0.0%	-20%-20%
Torque	+7.4%	-	+7.4%	+7.4%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+0.4%	-	+0.4%	+0.4%	-0.0%	-20%-20%
Impulse	-2.9%	-	-2.9%	-2.9%	-0.0%	-20%-20%
Max Force	+10.8%	-	+10.8%	+10.8%	-0.0%	-20%-20%
Torque	+10.6%	-	+10.6%	+10.6%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 3

Next Period: Increase running volume by ~8%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	66.44	83.31	-20.2%	71.42	+7.5%	66.64-99.97
Acceleration Load	1,081	1,564	-30.9%	1,244	+15.0%	1,252-1,877
Band 3+ Acceleration Efforts	105.0	148.0	-29.1%	120.7	+15.0%	118.4-177.6
Band 6+ Acceleration Efforts	118.0	151.0	-21.9%	126.8	+7.5%	120.8-181.2
High Speed Distance	115.8	194.3	-40.4%	133.2	+15.0%	155.4-233.1
Meterage Per Minute	53.72	69.38	-22.6%	57.75	+7.5%	55.50-83.25
Player Load	496.9	632.0	-21.4%	534.2	+7.5%	505.6-758.4
Player Load Per Minute	6.232	8.520	-26.9%	7.167	+15.0%	6.816-10.22
Total Distance	4,035	5,056	-20.2%	4,338	+7.5%	4,045-6,067
FORCEDECKS						
Concentric Mean Force	519.6	487.8	+6.5%	467.6	-10.0%	390.2-585.4
Jump Height (Flight Time)	32.60	31.21	+4.4%	29.34	-10.0%	24.97-37.46
RSI (Modified)	38.80	43.93	-11.7%	36.86	-5.0%	35.14-52.71
NORBORD						
Left Average Force	291.4	262.7	+10.9%	268.1	-8.0%	210.2-315.2
Left Impulse	1,470	2,257	-34.9%	1,588	+8.0%	1,806-2,709
Left Max Force	292.4	261.2	+12.0%	269.0	-8.0%	208.9-313.4
Left Torque	119.2	106.5	+12.0%	109.7	-8.0%	85.19-127.8
Right Average Force	329.5	262.6	+25.5%	303.2	-8.0%	210.1-315.1
Right Impulse	2,176	2,692	-19.2%	2,176	+0.0%	2,154-3,231
Right Max Force	349.0	307.7	+13.4%	321.1	-8.0%	246.2-369.2
Right Torque	145.1	135.3	+7.2%	133.5	-8.0%	108.3-162.4
NORBORD ASYMMETRY (RECENT)						
Average Force	+12.3%	-	+12.3%	+12.3%	-0.0%	-20%-20%
Impulse	+38.7%	-	+38.7%	+32.7%	-6.0%	-20%-20%
Max Force	+17.6%	-	+17.6%	+17.6%	-0.0%	-20%-20%
Torque	+19.6%	-	+19.6%	+19.6%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-0.0%	-	-0.0%	-0.0%	-0.0%	-20%-20%
Impulse	+17.6%	-	+17.6%	+17.6%	-0.0%	-20%-20%
Max Force	+16.4%	-	+16.4%	+16.4%	-0.0%	-20%-20%
Torque	+23.9%	-	+23.9%	+20.0%	-3.9%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 30

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	82.58	-	-	-	-
Acceleration Load	-	1,658	-	-	-	-
Band 3+ Acceleration Efforts	-	151.0	-	-	-	-
Band 6+ Acceleration Efforts	-	159.0	-	-	-	-
High Speed Distance	-	164.7	-	-	-	-
Meterage Per Minute	-	66.58	-	-	-	-
Player Load	-	608.1	-	-	-	-
Player Load Per Minute	-	8.768	-	-	-	-
Total Distance	-	4,915	-	-	-	-
FORCEDECKS						
Concentric Mean Force	560.7	538.7	+4.1%	504.6	-10.0%	430.9-646.4
Jump Height (Flight Time)	30.14	32.40	-7.0%	28.64	-5.0%	25.92-38.89
RSI (Modified)	31.51	48.45	-35.0%	34.66	+10.0%	38.76-58.14
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 31

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	78.97	-	-	-	-
Acceleration Load	-	1,263	-	-	-	-
Band 3+ Acceleration Efforts	-	119.0	-	-	-	-
Band 6+ Acceleration Efforts	-	122.0	-	-	-	-
High Speed Distance	-	130.8	-	-	-	-
Meterage Per Minute	-	66.06	-	-	-	-
Player Load	-	537.6	-	-	-	-
Player Load Per Minute	-	7.431	-	-	-	-
Total Distance	-	4,661	-	-	-	-
FORCEDECKS						
Concentric Mean Force	596.0	548.1	+8.7%	536.4	-10.0%	438.5-657.7
Jump Height (Flight Time)	32.72	31.19	+4.9%	29.44	-10.0%	24.95-37.43
RSI (Modified)	46.24	44.22	+4.6%	41.62	-10.0%	35.38-53.06
NORBORD						
Left Average Force	223.5	245.1	-8.8%	205.6	-8.0%	196.1-294.2
Left Impulse	2,220	1,887	+17.7%	2,043	-8.0%	1,509-2,264
Left Max Force	248.0	250.2	-0.9%	228.2	-8.0%	200.1-300.2
Left Torque	90.95	98.41	-7.6%	83.67	-8.0%	78.73-118.1
Right Average Force	248.7	264.5	-6.0%	228.8	-8.0%	211.6-317.4
Right Impulse	2,544	2,504	+1.6%	2,340	-8.0%	2,003-3,005
Right Max Force	258.3	300.0	-13.9%	247.9	-4.0%	240.0-360.0
Right Torque	108.1	112.7	-4.1%	99.49	-8.0%	90.18-135.3
NORBORD ASYMMETRY (RECENT)						
Average Force	+10.7%	-	+10.7%	+10.7%	-0.0%	-20%-20%
Impulse	+13.6%	-	+13.6%	+13.6%	-0.0%	-20%-20%
Max Force	+4.1%	-	+4.1%	+4.1%	-0.0%	-20%-20%
Torque	+17.3%	-	+17.3%	+17.3%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+7.6%	-	+7.6%	+7.6%	-0.0%	-20%-20%
Impulse	+28.1%	-	+28.1%	+22.1%	-6.0%	-20%-20%
Max Force	+18.1%	-	+18.1%	+18.1%	-0.0%	-20%-20%
Torque	+13.6%	-	+13.6%	+13.6%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 32

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	80.58	-	-	-	-
Acceleration Load	-	1,643	-	-	-	-
Band 3+ Acceleration Efforts	-	162.0	-	-	-	-
Band 6+ Acceleration Efforts	-	169.0	-	-	-	-
High Speed Distance	-	204.1	-	-	-	-
Meterage Per Minute	-	76.05	-	-	-	-
Player Load	-	608.0	-	-	-	-
Player Load Per Minute	-	7.995	-	-	-	-
Total Distance	-	6,311	-	-	-	-
FORCEDECKS						
Concentric Mean Force	469.8	535.0	-12.2%	446.3	-5.0%	428.0-642.0
Jump Height (Flight Time)	35.82	34.39	+4.2%	32.24	-10.0%	27.51-41.27
RSI (Modified)	35.72	38.88	-8.1%	33.94	-5.0%	31.11-46.66
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 33

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	71.47	-	-	-	-
Acceleration Load	-	1,222	-	-	-	-
Band 3+ Acceleration Efforts	-	35.00	-	-	-	-
Band 6+ Acceleration Efforts	-	39.00	-	-	-	-
High Speed Distance	-	12.18	-	-	-	-
Meterage Per Minute	-	42.13	-	-	-	-
Player Load	-	338.1	-	-	-	-
Player Load Per Minute	-	3.824	-	-	-	-
Total Distance	-	3,075	-	-	-	-
FORCEDECKS						
Concentric Mean Force	761.0	744.6	+2.2%	684.9	-10.0%	595.7-893.6
Jump Height (Flight Time)	32.77	28.08	+16.7%	29.50	-10.0%	22.47-33.70
RSI (Modified)	38.96	36.65	+6.3%	35.07	-10.0%	29.32-43.97
NORBORD						
Left Average Force	300.1	279.3	+7.4%	276.1	-8.0%	223.4-335.2
Left Impulse	2,600	2,669	-2.6%	2,392	-8.0%	2,136-3,203
Left Max Force	294.7	295.6	-0.3%	271.1	-8.0%	236.5-354.7
Left Torque	120.4	111.8	+7.7%	110.8	-8.0%	89.44-134.2
Right Average Force	273.5	267.5	+2.2%	251.6	-8.0%	214.0-321.0
Right Impulse	2,554	2,359	+8.3%	2,350	-8.0%	1,887-2,830
Right Max Force	290.4	287.0	+1.2%	267.2	-8.0%	229.6-344.4
Right Torque	116.1	118.6	-2.1%	106.8	-8.0%	94.88-142.3
NORBORD ASYMMETRY (RECENT)						
Average Force	-9.3%	-	-9.3%	-9.3%	-0.0%	-20%-20%
Impulse	-1.8%	-	-1.8%	-1.8%	-0.0%	-20%-20%
Max Force	-1.5%	-	-1.5%	-1.5%	-0.0%	-20%-20%
Torque	-3.7%	-	-3.7%	-3.7%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-4.3%	-	-4.3%	-4.3%	-0.0%	-20%-20%
Impulse	-12.4%	-	-12.4%	-12.4%	-0.0%	-20%-20%
Max Force	-3.0%	-	-3.0%	-3.0%	-0.0%	-20%-20%
Torque	+5.9%	-	+5.9%	+5.9%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 34

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	57.51	77.19	-25.5%	66.14	+15.0%	61.75-92.63
Acceleration Load	822.9	1,088	-24.3%	884.7	+7.5%	870.2-1,305
Band 3+ Acceleration Efforts	61.00	90.00	-32.2%	70.15	+15.0%	72.00-108.0
Band 6+ Acceleration Efforts	80.00	106.0	-24.5%	86.00	+7.5%	84.80-127.2
High Speed Distance	28.13	133.2	-78.9%	32.35	+15.0%	106.6-159.8
Meterage Per Minute	52.57	67.10	-21.7%	56.51	+7.5%	53.68-80.52
Player Load	328.1	459.5	-28.6%	377.4	+15.0%	367.6-551.4
Player Load Per Minute	6.359	7.744	-17.9%	6.359	+0.0%	6.195-9.293
Total Distance	2,839	4,234	-33.0%	3,264	+15.0%	3,388-5,081
FORCEDECKS						
Concentric Mean Force	645.2	607.6	+6.2%	580.7	-10.0%	486.1-729.1
Jump Height (Flight Time)	30.46	27.36	+11.3%	27.41	-10.0%	21.89-32.83
RSI (Modified)	35.34	32.06	+10.2%	31.80	-10.0%	25.65-38.47
NORBORD						
Left Average Force	235.0	269.8	-12.9%	225.6	-4.0%	215.9-323.8
Left Impulse	2,416	2,332	+3.6%	2,222	-8.0%	1,866-2,798
Left Max Force	231.9	261.3	-11.2%	222.7	-4.0%	209.0-313.6
Left Torque	125.6	118.7	+5.8%	115.6	-8.0%	94.99-142.5
Right Average Force	279.5	291.3	-4.0%	257.1	-8.0%	233.0-349.5
Right Impulse	2,685	2,372	+13.2%	2,470	-8.0%	1,897-2,846
Right Max Force	292.5	304.3	-3.9%	269.1	-8.0%	243.4-365.1
Right Torque	126.8	137.6	-7.8%	116.7	-8.0%	110.1-165.1
NORBORD ASYMMETRY (RECENT)						
Average Force	+17.3%	-	+17.3%	+17.3%	-0.0%	-20%-20%
Impulse	+10.6%	-	+10.6%	+10.6%	-0.0%	-20%-20%
Max Force	+23.1%	-	+23.1%	+20.0%	-3.1%	-20%-20%
Torque	+0.9%	-	+0.9%	+0.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+7.6%	-	+7.6%	+7.6%	-0.0%	-20%-20%
Impulse	+1.7%	-	+1.7%	+1.7%	-0.0%	-20%-20%
Max Force	+15.2%	-	+15.2%	+15.2%	-0.0%	-20%-20%
Torque	+14.7%	-	+14.7%	+14.7%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 35

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	46.12	87.36	-47.2%	53.03	+15.0%	69.89-104.8
Acceleration Load	1,069	1,620	-34.0%	1,230	+15.0%	1,296-1,944
Band 3+ Acceleration Efforts	95.00	138.0	-31.2%	109.2	+15.0%	110.4-165.6
Band 6+ Acceleration Efforts	94.00	137.0	-31.4%	108.1	+15.0%	109.6-164.4
High Speed Distance	95.32	241.6	-60.5%	109.6	+15.0%	193.3-289.9
Meterage Per Minute	40.07	65.91	-39.2%	46.08	+15.0%	52.73-79.09
Player Load	340.5	431.4	-21.1%	366.1	+7.5%	345.1-517.6
Player Load Per Minute	3.317	5.781	-42.6%	3.814	+15.0%	4.625-6.937
Total Distance	3,417	5,430	-37.1%	3,929	+15.0%	4,344-6,516
FORCEDECKS						
Concentric Mean Force	499.3	537.8	-7.2%	474.3	-5.0%	430.2-645.4
Jump Height (Flight Time)	25.68	32.82	-21.8%	28.25	+10.0%	26.26-39.39
RSI (Modified)	27.20	34.21	-20.5%	29.92	+10.0%	27.37-41.06
NORBORD						
Left Average Force	218.1	218.8	-0.3%	200.7	-8.0%	175.0-262.5
Left Impulse	1,522	1,518	+0.3%	1,400	-8.0%	1,214-1,821
Left Max Force	234.0	235.1	-0.5%	215.3	-8.0%	188.1-282.1
Left Torque	106.8	111.4	-4.1%	98.25	-8.0%	89.12-133.7
Right Average Force	205.9	236.8	-13.0%	197.7	-4.0%	189.4-284.1
Right Impulse	1,443	1,579	-8.6%	1,327	-8.0%	1,263-1,895
Right Max Force	251.7	258.3	-2.6%	231.6	-8.0%	206.6-309.9
Right Torque	105.8	109.6	-3.5%	97.32	-8.0%	87.67-131.5
NORBORD ASYMMETRY (RECENT)						
Average Force	-5.8%	-	-5.8%	-5.8%	-0.0%	-20%-20%
Impulse	-5.3%	-	-5.3%	-5.3%	-0.0%	-20%-20%
Max Force	+7.3%	-	+7.3%	+7.3%	-0.0%	-20%-20%
Torque	-0.9%	-	-0.9%	-0.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+7.9%	-	+7.9%	+7.9%	-0.0%	-20%-20%
Impulse	+4.0%	-	+4.0%	+4.0%	-0.0%	-20%-20%
Max Force	+9.4%	-	+9.4%	+9.4%	-0.0%	-20%-20%
Torque	-1.6%	-	-1.6%	-1.6%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 36

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	69.94	81.36	-14.0%	69.94	+0.0%	65.09-97.64
Acceleration Load	864.5	1,425	-39.3%	994.1	+15.0%	1,140-1,709
Band 3+ Acceleration Efforts	80.00	125.0	-36.0%	92.00	+15.0%	100.0-150.0
Band 6+ Acceleration Efforts	94.00	145.0	-35.2%	108.1	+15.0%	116.0-174.0
High Speed Distance	104.8	279.4	-62.5%	120.5	+15.0%	223.5-335.3
Meterage Per Minute	57.46	65.80	-12.7%	57.46	+0.0%	52.64-78.96
Player Load	300.8	540.5	-44.3%	345.9	+15.0%	432.4-648.7
Player Load Per Minute	6.242	7.753	-19.5%	6.242	+0.0%	6.203-9.304
Total Distance	2,904	4,642	-37.4%	3,340	+15.0%	3,713-5,570
FORCEDECKS						
Concentric Mean Force	579.3	537.8	+7.7%	521.4	-10.0%	430.2-645.4
Jump Height (Flight Time)	27.40	27.74	-1.2%	24.66	-10.0%	22.19-33.29
RSI (Modified)	25.22	24.24	+4.0%	22.70	-10.0%	19.40-29.09
NORBORD						
Left Average Force	306.0	289.9	+5.6%	281.6	-8.0%	231.9-347.9
Left Impulse	3,015	2,365	+27.5%	2,774	-8.0%	1,892-2,837
Left Max Force	313.1	334.1	-6.3%	288.1	-8.0%	267.2-400.9
Left Torque	154.8	133.6	+15.9%	142.4	-8.0%	106.9-160.3
Right Average Force	298.8	302.2	-1.1%	274.9	-8.0%	241.8-362.7
Right Impulse	3,113	2,426	+28.3%	2,864	-8.0%	1,941-2,912
Right Max Force	324.0	316.2	+2.5%	298.1	-8.0%	253.0-379.5
Right Torque	140.9	130.2	+8.2%	129.6	-8.0%	104.1-156.2
NORBORD ASYMMETRY (RECENT)						
Average Force	-2.4%	-	-2.4%	-2.4%	-0.0%	-20%-20%
Impulse	+3.2%	-	+3.2%	+3.2%	-0.0%	-20%-20%
Max Force	+3.4%	-	+3.4%	+3.4%	-0.0%	-20%-20%
Torque	-9.4%	-	-9.4%	-9.4%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+4.2%	-	+4.2%	+4.2%	-0.0%	-20%-20%
Impulse	+2.6%	-	+2.6%	+2.6%	-0.0%	-20%-20%
Max Force	-5.5%	-	-5.5%	-5.5%	-0.0%	-20%-20%
Torque	-2.6%	-	-2.6%	-2.6%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 37

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	74.34	-	-	-	-
Acceleration Load	-	1,602	-	-	-	-
Band 3+ Acceleration Efforts	-	136.0	-	-	-	-
Band 6+ Acceleration Efforts	-	146.0	-	-	-	-
High Speed Distance	-	121.0	-	-	-	-
Meterage Per Minute	-	61.83	-	-	-	-
Player Load	-	586.0	-	-	-	-
Player Load Per Minute	-	6.971	-	-	-	-
Total Distance	-	5,221	-	-	-	-
FORCEDECKS						
Concentric Mean Force	361.6	507.9	-28.8%	397.8	+10.0%	406.3-609.5
Jump Height (Flight Time)	24.34	27.91	-12.8%	23.12	-5.0%	22.32-33.49
RSI (Modified)	28.06	32.99	-14.9%	26.66	-5.0%	26.39-39.59
NORBORD						
Left Average Force	215.4	215.8	-0.2%	198.1	-8.0%	172.6-259.0
Left Impulse	1,976	1,975	+0.1%	1,818	-8.0%	1,580-2,370
Left Max Force	234.2	196.4	+19.3%	215.5	-8.0%	157.1-235.7
Left Torque	94.38	89.19	+5.8%	86.83	-8.0%	71.35-107.0
Right Average Force	261.6	278.5	-6.1%	240.7	-8.0%	222.8-334.2
Right Impulse	2,950	3,361	-12.2%	2,832	-4.0%	2,689-4,033
Right Max Force	279.2	268.7	+3.9%	256.8	-8.0%	215.0-322.5
Right Torque	115.1	112.1	+2.6%	105.9	-8.0%	89.71-134.6
NORBORD ASYMMETRY (RECENT)						
Average Force	+19.4%	-	+19.4%	+19.4%	-0.0%	-20%-20%
Impulse	+39.5%	-	+39.5%	+33.5%	-6.0%	-20%-20%
Max Force	+17.5%	-	+17.5%	+17.5%	-0.0%	-20%-20%
Torque	+19.8%	-	+19.8%	+19.8%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+25.4%	-	+25.4%	+20.0%	-5.4%	-20%-20%
Impulse	+51.9%	-	+51.9%	+45.9%	-6.0%	-20%-20%
Max Force	+31.1%	-	+31.1%	+25.1%	-6.0%	-20%-20%
Torque	+22.8%	-	+22.8%	+20.0%	-2.8%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 38

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	79.12	-	-	-	-
Acceleration Load	-	1,423	-	-	-	-
Band 3+ Acceleration Efforts	-	131.0	-	-	-	-
Band 6+ Acceleration Efforts	-	139.0	-	-	-	-
High Speed Distance	-	201.9	-	-	-	-
Meterage Per Minute	-	67.88	-	-	-	-
Player Load	-	486.2	-	-	-	-
Player Load Per Minute	-	7.545	-	-	-	-
Total Distance	-	3,984	-	-	-	-
FORCEDECKS						
Concentric Mean Force	624.8	570.4	+9.5%	562.4	-10.0%	456.4-684.5
Jump Height (Flight Time)	31.14	37.34	-16.6%	31.14	+0.0%	29.87-44.81
RSI (Modified)	42.82	46.57	-8.1%	40.68	-5.0%	37.25-55.88
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 39

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	60.84	69.62	-12.6%	60.84	+0.0%	55.70-83.55
Acceleration Load	687.2	1,043	-34.1%	790.3	+15.0%	834.2-1,251
Band 3+ Acceleration Efforts	42.00	98.00	-57.1%	48.30	+15.0%	78.40-117.6
Band 6+ Acceleration Efforts	46.00	101.0	-54.5%	52.90	+15.0%	80.80-121.2
High Speed Distance	66.65	242.1	-72.5%	76.65	+15.0%	193.7-290.5
Meterage Per Minute	43.92	61.45	-28.5%	50.51	+15.0%	49.16-73.74
Player Load	297.7	454.2	-34.5%	342.4	+15.0%	363.3-545.0
Player Load Per Minute	5.840	8.195	-28.7%	6.716	+15.0%	6.556-9.835
Total Distance	2,197	3,704	-40.7%	2,527	+15.0%	2,963-4,444
FORCEDECKS						
Concentric Mean Force	579.5	515.7	+12.4%	521.6	-10.0%	412.6-618.9
Jump Height (Flight Time)	37.83	38.69	-2.2%	34.05	-10.0%	30.95-46.43
RSI (Modified)	41.13	37.91	+8.5%	37.02	-10.0%	30.33-45.49
NORBORD						
Left Average Force	350.5	355.1	-1.3%	322.5	-8.0%	284.1-426.2
Left Impulse	3,935	7,232	-45.6%	3,935	+0.0%	5,786-8,678
Left Max Force	375.3	337.2	+11.3%	345.3	-8.0%	269.8-404.7
Left Torque	148.5	148.8	-0.2%	136.6	-8.0%	119.1-178.6
Right Average Force	406.5	341.6	+19.0%	374.0	-8.0%	273.3-409.9
Right Impulse	3,781	7,507	-49.6%	3,781	+0.0%	6,005-9,008
Right Max Force	386.7	359.1	+7.7%	355.7	-8.0%	287.3-430.9
Right Torque	172.0	151.7	+13.4%	158.3	-8.0%	121.3-182.0
NORBORD ASYMMETRY (RECENT)						
Average Force	+14.8%	-	+14.8%	+14.8%	-0.0%	-20%-20%
Impulse	-4.0%	-	-4.0%	-4.0%	-0.0%	-20%-20%
Max Force	+3.0%	-	+3.0%	+3.0%	-0.0%	-20%-20%
Torque	+14.7%	-	+14.7%	+14.7%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-3.9%	-	-3.9%	-3.9%	-0.0%	-20%-20%
Impulse	+3.7%	-	+3.7%	+3.7%	-0.0%	-20%-20%
Max Force	+6.3%	-	+6.3%	+6.3%	-0.0%	-20%-20%
Torque	+1.9%	-	+1.9%	+1.9%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 4

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	58.38	69.28	-15.7%	58.38	+0.0%	55.42-83.13
Acceleration Load	918.7	1,206	-23.8%	987.6	+7.5%	964.5-1,447
Band 3+ Acceleration Efforts	31.00	48.00	-35.4%	35.65	+15.0%	38.40-57.60
Band 6+ Acceleration Efforts	36.00	56.00	-35.7%	41.40	+15.0%	44.80-67.20
High Speed Distance	6.008	47.90	-87.5%	6.909	+15.0%	38.32-57.48
Meterage Per Minute	35.65	39.87	-10.6%	35.65	+0.0%	31.89-47.84
Player Load	232.7	320.1	-27.3%	267.6	+15.0%	256.1-384.1
Player Load Per Minute	3.365	4.100	-17.9%	3.365	+0.0%	3.280-4.920
Total Distance	2,056	2,824	-27.2%	2,364	+15.0%	2,259-3,388
FORCEDECKS						
Concentric Mean Force	640.1	661.1	-3.2%	576.1	-10.0%	528.9-793.3
Jump Height (Flight Time)	33.88	33.48	+1.2%	30.50	-10.0%	26.79-40.18
RSI (Modified)	34.66	42.74	-18.9%	34.66	+0.0%	34.20-51.29
NORBORD						
Left Average Force	293.8	260.3	+12.9%	270.3	-8.0%	208.3-312.4
Left Impulse	2,366	2,556	-7.4%	2,177	-8.0%	2,045-3,067
Left Max Force	308.1	265.1	+16.2%	283.4	-8.0%	212.1-318.1
Left Torque	121.1	118.6	+2.1%	111.4	-8.0%	94.90-142.3
Right Average Force	258.0	252.8	+2.1%	237.4	-8.0%	202.2-303.3
Right Impulse	1,661	1,945	-14.6%	1,594	-4.0%	1,556-2,334
Right Max Force	267.5	292.5	-8.6%	246.1	-8.0%	234.0-351.0
Right Torque	125.9	107.3	+17.4%	115.8	-8.0%	85.81-128.7
NORBORD ASYMMETRY (RECENT)						
Average Force	-13.0%	-	-13.0%	-13.0%	-0.0%	-20%-20%
Impulse	-35.0%	-	-35.0%	-29.0%	-6.0%	-20%-20%
Max Force	-14.1%	-	-14.1%	-14.1%	-0.0%	-20%-20%
Torque	+3.9%	-	+3.9%	+3.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-2.9%	-	-2.9%	-2.9%	-0.0%	-20%-20%
Impulse	-27.2%	-	-27.2%	-21.2%	-6.0%	-20%-20%
Max Force	+9.8%	-	+9.8%	+9.8%	-0.0%	-20%-20%
Torque	-10.1%	-	-10.1%	-10.1%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 40

Next Period: Maintain running volume (small tweaks)

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	60.55	78.28	-22.6%	65.09	+7.5%	62.63-93.94
Acceleration Load	1,381	1,493	-7.5%	1,278	-7.5%	1,194-1,791
Band 3+ Acceleration Efforts	125.0	126.0	-0.8%	115.6	-7.5%	100.8-151.2
Band 6+ Acceleration Efforts	131.0	134.0	-2.2%	121.2	-7.5%	107.2-160.8
High Speed Distance	80.59	143.8	-44.0%	92.68	+15.0%	115.1-172.6
Meterage Per Minute	52.24	64.90	-19.5%	52.24	+0.0%	51.92-77.88
Player Load	363.1	450.3	-19.4%	363.1	+0.0%	360.3-540.4
Player Load Per Minute	4.497	5.690	-21.0%	4.834	+7.5%	4.552-6.828
Total Distance	4,168	4,612	-9.6%	3,856	-7.5%	3,690-5,534
FORCEDECKS						
Concentric Mean Force	569.1	687.6	-17.2%	569.1	+0.0%	550.1-825.1
Jump Height (Flight Time)	38.51	36.28	+6.1%	34.66	-10.0%	29.03-43.54
RSI (Modified)	43.10	40.87	+5.5%	38.79	-10.0%	32.70-49.04
NORBORD						
Left Average Force	332.8	296.3	+12.3%	306.2	-8.0%	237.0-355.5
Left Impulse	2,660	2,255	+18.0%	2,447	-8.0%	1,804-2,705
Left Max Force	330.5	317.1	+4.2%	304.1	-8.0%	253.7-380.5
Left Torque	158.3	139.8	+13.2%	145.6	-8.0%	111.9-167.8
Right Average Force	334.7	308.6	+8.5%	307.9	-8.0%	246.8-370.3
Right Impulse	2,880	2,302	+25.1%	2,650	-8.0%	1,842-2,763
Right Max Force	356.5	336.3	+6.0%	328.0	-8.0%	269.0-403.5
Right Torque	166.4	148.3	+12.2%	153.1	-8.0%	118.7-178.0
NORBORD ASYMMETRY (RECENT)						
Average Force	+0.6%	-	+0.6%	+0.6%	-0.0%	-20%-20%
Impulse	+7.9%	-	+7.9%	+7.9%	-0.0%	-20%-20%
Max Force	+7.6%	-	+7.6%	+7.6%	-0.0%	-20%-20%
Torque	+5.0%	-	+5.0%	+5.0%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+4.1%	-	+4.1%	+4.1%	-0.0%	-20%-20%
Impulse	+2.1%	-	+2.1%	+2.1%	-0.0%	-20%-20%
Max Force	+5.9%	-	+5.9%	+5.9%	-0.0%	-20%-20%
Torque	+5.9%	-	+5.9%	+5.9%	-0.0%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 41

Next Period: Reduce running volume by ~-7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	64.17	73.82	-13.1%	64.17	+0.0%	59.06-88.58
Acceleration Load	1,289	1,087	+18.7%	1,193	-7.5%	869.3-1,304
Band 3+ Acceleration Efforts	114.0	97.00	+17.5%	105.5	-7.5%	77.60-116.4
Band 6+ Acceleration Efforts	125.0	101.0	+23.8%	106.2	-15.0%	80.80-121.2
High Speed Distance	129.6	166.3	-22.1%	139.3	+7.5%	133.0-199.5
Meterage Per Minute	56.07	57.44	-2.4%	51.86	-7.5%	45.95-68.93
Player Load	310.2	280.6	+10.6%	263.7	-15.0%	224.5-336.7
Player Load Per Minute	4.874	4.901	-0.5%	4.509	-7.5%	3.921-5.881
Total Distance	3,537	3,501	+1.0%	3,272	-7.5%	2,801-4,201
FORCEDECKS						
Concentric Mean Force	632.3	642.4	-1.6%	569.1	-10.0%	513.9-770.9
Jump Height (Flight Time)	33.37	33.09	+0.9%	30.03	-10.0%	26.47-39.71
RSI (Modified)	37.58	30.75	+22.2%	33.82	-10.0%	24.60-36.90
NORBORD						
Left Average Force	340.9	276.8	+23.2%	313.6	-8.0%	221.5-332.2
Left Impulse	4,145	2,767	+49.8%	3,814	-8.0%	2,214-3,320
Left Max Force	334.3	262.4	+27.4%	307.6	-8.0%	209.9-314.8
Left Torque	-	-	-	-	-	-
Right Average Force	359.3	335.8	+7.0%	330.6	-8.0%	268.7-403.0
Right Impulse	4,527	3,702	+22.3%	4,165	-8.0%	2,962-4,443
Right Max Force	370.9	352.2	+5.3%	341.2	-8.0%	281.8-422.7
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	+5.2%	-	+5.2%	+5.2%	-0.0%	-20%-20%
Impulse	+8.8%	-	+8.8%	+8.8%	-0.0%	-20%-20%
Max Force	+10.4%	-	+10.4%	+10.4%	-0.0%	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+19.3%	-	+19.3%	+19.3%	-0.0%	-20%-20%
Impulse	+28.9%	-	+28.9%	+22.9%	-6.0%	-20%-20%
Max Force	+29.2%	-	+29.2%	+23.2%	-6.0%	-20%-20%
Torque	-	-	-	-	-	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 5

Next Period: Reduce running volume by ~-7%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	57.12	74.05	-22.9%	61.40	+7.5%	59.24-88.86
Acceleration Load	1,245	1,171	+6.3%	1,058	-15.0%	936.6-1,405
Band 3+ Acceleration Efforts	52.00	50.00	+4.0%	48.10	-7.5%	40.00-60.00
Band 6+ Acceleration Efforts	63.00	59.00	+6.8%	53.55	-15.0%	47.20-70.80
High Speed Distance	9.999	90.77	-89.0%	11.50	+15.0%	72.61-108.9
Meterage Per Minute	32.67	40.48	-19.3%	32.67	+0.0%	32.38-48.57
Player Load	286.9	299.1	-4.1%	265.3	-7.5%	239.3-358.9
Player Load Per Minute	3.642	4.145	-12.1%	3.642	+0.0%	3.316-4.974
Total Distance	3,230	2,990	+8.0%	2,746	-15.0%	2,392-3,588
FORCEDECKS						
Concentric Mean Force	595.3	575.4	+3.5%	535.8	-10.0%	460.3-690.4
Jump Height (Flight Time)	34.86	37.57	-7.2%	33.12	-5.0%	30.05-45.08
RSI (Modified)	39.44	34.02	+15.9%	35.50	-10.0%	27.22-40.83
NORBORD						
Left Average Force	259.3	243.9	+6.3%	238.6	-8.0%	195.1-292.6
Left Impulse	1,575	1,955	-19.4%	1,575	+0.0%	1,564-2,346
Left Max Force	249.3	265.2	-6.0%	229.3	-8.0%	212.1-318.2
Left Torque	120.8	110.8	+9.1%	111.1	-8.0%	88.62-132.9
Right Average Force	289.4	276.3	+4.7%	266.2	-8.0%	221.0-331.5
Right Impulse	1,720	1,915	-10.2%	1,651	-4.0%	1,532-2,298
Right Max Force	297.4	270.0	+10.1%	273.6	-8.0%	216.0-324.0
Right Torque	129.4	139.0	-6.9%	119.1	-8.0%	111.2-166.8
NORBORD ASYMMETRY (RECENT)						
Average Force	+11.0%	-	+11.0%	+11.0%	-0.0%	-20%-20%
Impulse	+8.8%	-	+8.8%	+8.8%	-0.0%	-20%-20%
Max Force	+17.6%	-	+17.6%	+17.6%	-0.0%	-20%-20%
Torque	+6.9%	-	+6.9%	+6.9%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+12.5%	-	+12.5%	+12.5%	-0.0%	-20%-20%
Impulse	-2.1%	-	-2.1%	-2.1%	-0.0%	-20%-20%
Max Force	+1.8%	-	+1.8%	+1.8%	-0.0%	-20%-20%
Torque	+22.6%	-	+22.6%	+20.0%	-2.6%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 6

Next Period: Increase running volume by ~15%

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	54.24	67.99	-20.2%	58.31	+7.5%	54.39-81.59
Acceleration Load	795.3	1,219	-34.8%	914.7	+15.0%	975.6-1,463
Band 3+ Acceleration Efforts	30.00	48.00	-37.5%	34.50	+15.0%	38.40-57.60
Band 6+ Acceleration Efforts	35.00	54.00	-35.2%	40.25	+15.0%	43.20-64.80
High Speed Distance	5.103	40.16	-87.3%	5.868	+15.0%	32.13-48.19
Meterage Per Minute	34.13	39.81	-14.3%	34.13	+0.0%	31.85-47.77
Player Load	250.0	335.6	-25.5%	287.5	+15.0%	268.5-402.7
Player Load Per Minute	4.450	5.232	-14.9%	4.450	+0.0%	4.186-6.278
Total Distance	2,256	2,791	-19.2%	2,256	+0.0%	2,233-3,349
FORCEDECKS						
Concentric Mean Force	602.0	619.1	-2.8%	541.8	-10.0%	495.3-742.9
Jump Height (Flight Time)	29.44	32.16	-8.5%	27.97	-5.0%	25.73-38.59
RSI (Modified)	31.05	29.58	+5.0%	27.94	-10.0%	23.66-35.49
NORBORD						
Left Average Force	340.3	326.6	+4.2%	313.1	-8.0%	261.3-391.9
Left Impulse	1,895	2,286	-17.1%	1,895	+0.0%	1,829-2,743
Left Max Force	318.1	354.6	-10.3%	305.4	-4.0%	283.7-425.5
Left Torque	188.3	163.8	+14.9%	173.2	-8.0%	131.1-196.6
Right Average Force	360.6	330.4	+9.1%	331.7	-8.0%	264.3-396.5
Right Impulse	1,826	2,050	-10.9%	1,753	-4.0%	1,640-2,460
Right Max Force	389.9	332.3	+17.3%	358.7	-8.0%	265.8-398.7
Right Torque	188.6	162.1	+16.4%	173.6	-8.0%	129.7-194.5
NORBORD ASYMMETRY (RECENT)						
Average Force	+5.8%	-	+5.8%	+5.8%	-0.0%	-20%-20%
Impulse	-3.7%	-	-3.7%	-3.7%	-0.0%	-20%-20%
Max Force	+20.3%	-	+20.3%	+20.0%	-0.3%	-20%-20%
Torque	+0.2%	-	+0.2%	+0.2%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	+1.2%	-	+1.2%	+1.2%	-0.0%	-20%-20%
Impulse	-10.9%	-	-10.9%	-10.9%	-0.0%	-20%-20%
Max Force	-6.5%	-	-6.5%	-6.5%	-0.0%	-20%-20%
Torque	-1.1%	-	-1.1%	-1.1%	-0.0%	-20%-20%

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Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 7

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	76.34	-	-	-	-
Acceleration Load	-	1,369	-	-	-	-
Band 3+ Acceleration Efforts	-	117.0	-	-	-	-
Band 6+ Acceleration Efforts	-	117.0	-	-	-	-
High Speed Distance	-	217.7	-	-	-	-
Meterage Per Minute	-	65.93	-	-	-	-
Player Load	-	516.0	-	-	-	-
Player Load Per Minute	-	7.143	-	-	-	-
Total Distance	-	5,022	-	-	-	-
FORCEDECKS						
Concentric Mean Force	479.0	621.9	-23.0%	526.9	+10.0%	497.5-746.3
Jump Height (Flight Time)	30.81	29.39	+4.8%	27.73	-10.0%	23.52-35.27
RSI (Modified)	31.35	32.42	-3.3%	28.22	-10.0%	25.93-38.90
NORBORD						
Left Average Force	223.6	219.7	+1.7%	205.7	-8.0%	175.8-263.7
Left Impulse	1,549	1,970	-21.3%	1,673	+8.0%	1,576-2,364
Left Max Force	239.2	262.5	-8.9%	220.1	-8.0%	210.0-315.0
Left Torque	107.5	114.2	-5.9%	98.88	-8.0%	91.37-137.1
Right Average Force	183.3	201.1	-8.9%	168.6	-8.0%	160.9-241.3
Right Impulse	713.4	852.7	-16.3%	713.4	+0.0%	682.1-1,023
Right Max Force	179.9	207.6	-13.3%	172.7	-4.0%	166.0-249.1
Right Torque	86.04	91.90	-6.4%	79.16	-8.0%	73.52-110.3
NORBORD ASYMMETRY (RECENT)						
Average Force	-19.8%	-	-19.8%	-19.8%	-0.0%	-20%-20%
Impulse	-73.9%	-	-73.9%	-67.9%	-6.0%	-20%-20%
Max Force	-28.3%	-	-28.3%	-22.3%	-6.0%	-20%-20%
Torque	-22.2%	-	-22.2%	-20.0%	-2.2%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-8.9%	-	-8.9%	-8.9%	-0.0%	-20%-20%
Impulse	-79.2%	-	-79.2%	-73.2%	-6.0%	-20%-20%
Max Force	-23.4%	-	-23.4%	-20.0%	-3.4%	-20%-20%
Torque	-21.7%	-	-21.7%	-20.0%	-1.7%	-20%-20%

Row Shading: Green = In Band ($\pm 20\%$) | Red = Outlier | Gray = Missing

Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 8

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	73.15	-	-	-	-
Acceleration Load	-	1,317	-	-	-	-
Band 3+ Acceleration Efforts	-	114.0	-	-	-	-
Band 6+ Acceleration Efforts	-	125.0	-	-	-	-
High Speed Distance	-	118.2	-	-	-	-
Meterage Per Minute	-	57.50	-	-	-	-
Player Load	-	425.2	-	-	-	-
Player Load Per Minute	-	5.912	-	-	-	-
Total Distance	-	3,872	-	-	-	-
FORCEDECKS						
Concentric Mean Force	495.3	518.8	-4.5%	445.8	-10.0%	415.0-622.6
Jump Height (Flight Time)	33.87	36.12	-6.2%	32.18	-5.0%	28.89-43.34
RSI (Modified)	28.70	36.50	-21.4%	31.57	+10.0%	29.20-43.80
NORBORD						
Left Average Force	-	-	-	-	-	-
Left Impulse	-	-	-	-	-	-
Left Max Force	-	-	-	-	-	-
Left Torque	-	-	-	-	-	-
Right Average Force	-	-	-	-	-	-
Right Impulse	-	-	-	-	-	-
Right Max Force	-	-	-	-	-	-
Right Torque	-	-	-	-	-	-
NORBORD ASYMMETRY (RECENT)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-	-	-	-	-	-20%-20%
Impulse	-	-	-	-	-	-20%-20%
Max Force	-	-	-	-	-	-20%-20%
Torque	-	-	-	-	-	-20%-20%

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Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load

PLAYER 9

Next Period: Insufficient Catapult data for scaling

Metric	Recent	Baseline	Δ%	Target Next	Adj%	Optimal
CATAPULT						
% Max Velocity	-	78.53	-	-	-	-
Acceleration Load	-	1,636	-	-	-	-
Band 3+ Acceleration Efforts	-	153.0	-	-	-	-
Band 6+ Acceleration Efforts	-	153.0	-	-	-	-
High Speed Distance	-	328.8	-	-	-	-
Meterage Per Minute	-	76.56	-	-	-	-
Player Load	-	673.1	-	-	-	-
Player Load Per Minute	-	8.312	-	-	-	-
Total Distance	-	5,249	-	-	-	-
FORCEDECKS						
Concentric Mean Force	513.3	504.8	+1.7%	462.0	-10.0%	403.8-605.7
Jump Height (Flight Time)	34.11	33.89	+0.7%	30.70	-10.0%	27.11-40.66
RSI (Modified)	36.72	38.48	-4.6%	33.05	-10.0%	30.78-46.18
NORBORD						
Left Average Force	257.3	260.7	-1.3%	236.8	-8.0%	208.5-312.8
Left Impulse	2,240	2,300	-2.6%	2,061	-8.0%	1,840-2,760
Left Max Force	291.5	255.7	+14.0%	268.1	-8.0%	204.5-306.8
Left Torque	104.5	97.76	+6.9%	96.11	-8.0%	78.21-117.3
Right Average Force	226.2	237.7	-4.8%	208.1	-8.0%	190.1-285.2
Right Impulse	1,888	1,918	-1.6%	1,737	-8.0%	1,534-2,301
Right Max Force	248.5	244.4	+1.7%	228.7	-8.0%	195.5-293.3
Right Torque	89.34	84.16	+6.1%	82.19	-8.0%	67.33-101.0
NORBORD ASYMMETRY (RECENT)						
Average Force	-12.9%	-	-12.9%	-12.9%	-0.0%	-20%-20%
Impulse	-17.1%	-	-17.1%	-17.1%	-0.0%	-20%-20%
Max Force	-15.9%	-	-15.9%	-15.9%	-0.0%	-20%-20%
Torque	-15.6%	-	-15.6%	-15.6%	-0.0%	-20%-20%
NORBORD ASYMMETRY (AVG)						
Average Force	-9.2%	-	-9.2%	-9.2%	-0.0%	-20%-20%
Impulse	-18.1%	-	-18.1%	-18.1%	-0.0%	-20%-20%
Max Force	-4.5%	-	-4.5%	-4.5%	-0.0%	-20%-20%
Torque	-15.0%	-	-15.0%	-15.0%	-0.0%	-20%-20%

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Adj% is a step limited suggestion for the next period: Blue = Increase Load | Green = Maintain | Red: Reduce Load