

Thunder Weekly Load Report

December 24th



- Very high game loads in the last week, with minimal practice load
 - Highest loads for Adams, George, Grant and Patterson
- Small increase in load this week for Felton, Luwawu-Cabarrot and Nader
 - Continued extra work recommended for these players

PLAYER	GAME AVG. MIN	AVERAGE DAILY MIN	AVERAGE DAILY LOAD	INDIVIDUAL RATING (GAMES ONLY)	ACUTE: CHRONIC
Abdel Nader	3	61	399	3.7	1.13
Alex Abrines	20	55	370	8.1	1.12
Dennis Schroder	27	54	473	3.2	0.96
Hamidou Diallo	13	54	377	7.0	1.23
Jerami Grant	35	63	612	10.0	1.15
Nerlens Noel	14	54	421	6.2	1.11
Patrick Patterson	13	55	500	6.0	1.12
Paul George	37	52	512	9.0	1.08
Raymond Felton	-	44	272	-	1.03
Russell Westbrook	34	29	378	7.2	0.95
Steven Adams	33	63	555	8.7	1.13
Terrance Ferguson	17	39	337	8.1	0.99
Timothe L-C	2	60	362	3.0	1.16

Individual Load Rating 0-10 score based on individual players game data over the last two seasons
(< 3 = very low game load, 5 = average load, > 7 = very high week)

Acute:Chronic Ratio of game + practice load in last 7 vs 28 days (< 0.9 is trending down, 1 = status quo, > 1.3 = high)

Green or Yellow – Low Grey – Average Red – High

Thunder Practice Plan

December 24th – 31st



Monday 24th (OKC-HOUSTON)	Tuesday 25th (HOUSTON-OKC)	Wednesday 26th (OKC)	Thursday 27th (OKC-PHOENIX)
MEET AT THE PLANE	Game @ Houston 2:00pm CT <ul style="list-style-type: none">• Breakfast meeting• Pre-game work	PLAYER REJUVENATION DAY	Practice (MODERATE) 50-60 min total Non-contact (30-40 min) Full court 10 - 20 min Half court 20 - 30 min Contact/live (10-20 min) Full court 0 - 10 min Half court 0 - 20 min <i>Extra work opportunity</i>
<i>Travel to HOUSTON</i>	<i>Travel to OKC</i>		<i>Travel to PHOENIX</i>
Friday 28th (PHOENIX)	Saturday 29th (PHOENIX-DALLAS)	Sunday 30th (DALLAS-OKC)	Monday 31st (OKC)
Game @ Phoenix 7:00pm MT (8:00pm CT) <ul style="list-style-type: none">• Shootaround• Pre-game work	Practice (LOW) 30-40 min total Non-contact (30-40 min) Full court 10 - 20 min Half court 20 - 30 min Contact/live (0 min)	Game @ Dallas 6:00pm CT <ul style="list-style-type: none">• Shootaround• Pre-game work	Game vs Dallas 7:00pm CT <ul style="list-style-type: none">• Arena walkthrough• Pre-game work
	<i>Travel to DALLAS</i>	<i>Travel to OKC</i>	

Following week 4 games: Mon 31st vs Dallas | Wed 2nd @ LA Lakers | Fri 4th @ Portland | Sun 6th vs Washington