

Month	Date	Time	Opponent	Where	Day	Elapsed Time	Flight Route	Flight Duration	Direction	Shift(h)	Departure	Arrival	Practice	Stress Factor	Rolling 5d
Oct	10/22/19				✈️		DC - Dallas	3.30h	W	-1				1.5	
Oct	10/23/19	7:00 PM	Dallas	A	✈️		Dallas - Oklahoma	1.15h	-	0				2.5	
Oct	10/24/19				✈️ + 🌞		Oklahoma - San Antonio	1.20h	-	0				1.5	
Oct	10/25/19	7:00 PM	Oklahoma City	A	🌞	48h								4	
Oct	10/26/19	7:00 PM	San Antonio	A	✈️	24h								5	
Oct	10/27/19				✈️		San Antonio - DC	3.45h	E	1				1.5	2.9
Oct	10/28/19				🏠									1	2.9
Oct	10/29/19				🏠									1	2.6
Oct	10/30/19	7:00 PM	Houston	H	🌞	96h								2	2.5
Oct	10/31/19				🏠									1	2.1
Nov	11/1/19				🏠									1	1.3
Nov	11/2/19	7:00 PM	Minnesota	H	🌞	72h								2	1.2
Nov	11/3/19				🏠									1	1.4
Nov	11/4/19	7:00 PM	Detroit	H	🌞	48h								2	1.4
Nov	11/5/19				✈️		DC - Indianapolis	1.55h	-	0				1.5	1.4
Nov	11/6/19	7:00 PM	Indiana	A	🌞	48h								2.5	1.5
Nov	11/7/19				✈️		Indianapolis - DC	1.55h	-	0				1.5	1.8
Nov	11/8/19	7:00 PM	Cleveland	H	🌞	48h								2	1.7
Nov	11/9/19				🏠									1	1.9
Nov	11/10/19				🏠									1	1.7
Nov	11/11/19				🏠									1	1.6
Nov	11/12/19				✈️		DC - Boston	1.20h	-	0				1.5	1.3
Nov	11/13/19	7:30 PM	Boston	A	🌞	120.5h								2.5	1.3
Nov	11/14/19				✈️		Boston - Minneapolis	2.45h	W	-2				1.5	1.4
Nov	11/15/19	8:00 PM	Minnesota	A	🌞	48.5h								2.5	1.5
Nov	11/16/19				✈️		Minneapolis - Orlando	3.20h	-	0				1.5	1.8
Nov	11/17/19	6:00 PM	Orlando	A	🌞	47h								2.5	1.9
Nov	11/18/19				✈️		Orlando - DC	2.15h	-	0				1.5	2.1
Nov	11/19/19				🏠									1	1.9
Nov	11/20/19	7:00 PM	San Antonio	H	🌞	73h								2	1.8
Nov	11/21/19				🏠									1	1.7
Nov	11/22/19	7:00 PM	Charlotte	H	🌞	48h								2	1.6
Nov	11/23/19				🏠									1	1.5
Nov	11/24/19	6:00 PM	Sacramento	H	🌞	47h								2	1.4
Nov	11/25/19				✈️		DC - Denver	4.10h	W	-2				1.5	1.6
Nov	11/26/19	9:00 PM	Denver	A	✈️ + 🌞	27h	Denver - Phoenix	2h	-	0				4	1.5
Nov	11/27/19	9:00 PM	Phoenix	A	🌞	24h								5	2.1
Nov	11/28/19				✈️		Phoenix - LA	1.30h	W	-1				1.5	2.7
Nov	11/29/19	10:30 PM	Los Angeles	A	🌞	49.5h								2.5	2.8
Nov	11/30/19				🏠									1	2.9
Dec	12/1/19	10:30 PM	LA	A	🌞	48h								2.5	2.8
Dec	12/2/19				✈️		LA - DC	6h	E	3				1.5	2.5
Dec	12/3/19	7:00 PM	Orlando	H	🌞	44.5h								2	1.8
Dec	12/4/19				🏠									1	1.9
Dec	12/5/19	7:00 PM	Philadelphia	H	✈️ + 🌞	48h	DC - Miami	2.45h	-	0				3.5	1.6
Dec	12/6/19	8:00 PM	Miami	A	🌞	24h								5	2.1
Dec	12/7/19				✈️		Miami - DC	2.45h	-	0				1.5	2.6
Dec	12/8/19	6:00 PM	LA	H	🌞	46h								2	2.6
Dec	12/9/19				✈️		DC - Charlotte	1.30h	-	0				1.5	2.6
Dec	12/10/19	7:00 PM	Charlotte	A	🌞	49h								2.5	2.7
Dec	12/11/19				✈️		Charlotte - Memphis	1.45h	W	-1				1.5	2.5
Dec	12/12/19				🏠									1	1.8
Dec	12/13/19				🏠									1	1.7
Dec	12/14/19	8:00 PM	Memphis	A	🌞	97h								2.5	1.5
Dec	12/15/19				✈️		Memphis - Detroit	1.55h	E	1				1.5	1.7
Dec	12/16/19	7:00 PM	Detroit	A	🌞	47h								2.5	1.5
Dec	12/17/19				✈️		Detroit - DC	1.35h	-	0				1.5	1.7
Dec	12/18/19	7:00 PM	Chicago	H	🌞	48h								2	1.8
Dec	12/19/19				✈️		DC - Toronto	1.30h	-	0				1.5	2.0
Dec	12/20/19	7:30 PM	Toronto	A	✈️ + 🌞	48.5h	Toronto - Philadelphia	1.40h	-	0				4	1.8
Dec	12/21/19	7:00 PM	Philadelphia	A	🌞	23.5h								5	2.3
Dec	12/22/19				✈️		Philadelphia - New York	1.10h	-	0				1.5	2.8
Dec	12/23/19	7:00 PM	New York	A	🌞	48h								2.5	2.8
Dec	12/24/19				✈️		New York - Detroit	1.50h	-	0				1.5	2.9
Dec	12/25/19				🏠									1	2.9
Dec	12/26/19	7:00 PM	Detroit	A	🌞	72h								2.5	2.3
Dec	12/27/19				✈️		Detroit - DC	1.35h	-	0				1.5	1.8
Dec	12/28/19	8:00 PM	New York	H	🌞	49h								2	1.8
Dec	12/29/19				🏠									1	1.7
Dec	12/30/19	7:00 PM	Miami	H	🌞	47h								2	1.6
Dec	12/31/19				🏠									1	1.8
Jan	1/1/20	6:00 PM	Orlando	H	🌞	47h								2	1.5
Jan	1/2/20				🏠									1	1.6
Jan	1/3/20	7:00 PM	Portland	H	🌞	49h								2	1.4
Jan	1/4/20	8:00 PM	Denver	H	🌞	25h								4.5	1.6
Jan	1/5/20				🏠									1	2.1
Jan	1/6/20	7:00 PM	Boston	H	🌞	47h								2	2.1
Jan	1/7/20				✈️		DC - Orlando	2.15h	-	0				1.5	2.1
Jan	1/8/20	7:00 PM	Orlando	A	🌞	48h								2.5	2.2
Jan	1/9/20				✈️		Orlando - DC	2.15h	-	0				1.5	2.3
Jan	1/10/20	7:00 PM	Atlanta	H	🌞	48h								2	1.7
Jan	1/11/20				🏠									1	1.9
Jan	1/12/20	3:30 PM	Utah	H	🏠	45.5h								2	1.7
Jan	1/13/20				🏠									1	1.8
Jan	1/14/20				✈️		DC - Chicago	1.55h	W	-1				1.5	1.5
Jan	1/15/20	8:00 PM	Chicago	A	🌞	75.5h								2.5	1.5
Jan	1/16/20				✈️		Chicago - Toronto	1.45h	E	1				1.5	1.6
Jan	1/17/20	7:00 PM	Toronto	A	🌞	47h								1	1.7
Jan	1/18/20				✈️		Toronto - DC	1.30h	-	0				1.5	1.6
Jan	1/19/20				🏠									1	1.8
Jan	1/20/20	2:00 PM	Detroit	H	🌞	67h								2	1.6
Jan	1/21/20				✈️		DC - Miami	2.45h	-	0				1.5	1.5
Jan	1/22/20	7:30 PM	Miami	A	✈️ + 🌞	53.5h	Miami - Cleveland	3.10h	-	0				4	1.5
Jan	1/23/20	7:00 PM	Cleveland	A	🌞	23.5h								5	2.0
Jan	1/24/20				✈️		Cleveland - Atlanta	1.55h	-	0				1.5	2.7

NOTES

Legend

Off (no game or travel) 🏠	1
Travel Day ✈️	1.5
Home 🌞	2
Away 🌞	3
BB without travel	4.5
BB with Travel	5

Training Bias

Greenish	Development Biased
Amber	Maintenance Biased
Reddish	Regenerative Biased

Comments

Time Zone difference and travel time can be included as a load factor.

Elapsed time between games can be included as a recovery factor. (more elapsed time helps remove stress)

Basic overview of in-season schedule demands to help target periods of physical development, maintenance or regeneration.

Individual load (tracking) and physical profiles (strength, fitness, speed, acceleration, etc) should be considered to individualize this approach.

Travel times are hypothetical based on the way I currently work and can be adjusted. This document can be used to educate coaching staff and players on better travel management and practice scheduling aiming to prioritize performance.

[illegible]