Wizards Schedule Density 2019-20 https://github.com/josedv82/NBA-Game-Density-App

Month Date	Time	Opponent	Where	Day	Elapsed Time	Flight Route	Flight Duration	Direction	n Shift(h)	Departure Arrival Practice	Stress Factor	Rolling 5d	
Oct 10/22/19				<b>*</b>		DC - Dallas	3.30h	w	-1	Travel and practice time suggestions	1.5	Ju	NOTES
Oct 10/23/19	7:00 PM	Dallas	Α	0						are sent to coaching staff and	2.5		
Oct 10/24/19 Oct 10/25/19	7:00 PM	Oklahoma City	, А	<b>★</b> + <b>◎</b>	48h	Dallas - Oklahoma Oklahoma - San Antonio	1.15h 1.20h	-	0	confirmed weekly or as determined.	1.5 4		
Oct 10/26/19		San Antonio	A	0	24h	Oklanoma - San Antonio	1.2011		Ů		5		Legend
Oct 10/27/19				<b>*</b>		San Antonio - DC	3.45h	E	1		1.5	2.9	Off (no game or travel)
Oct 10/28/19				GĐ							1	2.9	Travel Day 🛧
Oct 10/29/19				C#D **							1	2.6	Home ®
Oct 10/30/19	7:00 PM	Houston	Н	GĐ	96h						2	2.5	Away 🥯
Oct 10/31/19				GD							1	2.1	BB without travel
Nov 11/1/19 Nov 11/2/19	7:00 PM	Minnesota	н	0	72h						1 2	1.3 1.2	BB with Travel
Nov 11/3/19	7.00 1 111	Willing Cooks		DD	, 2						1	1.4	
Nov 11/4/19	7:00 PM	Detroit	Н	8	48h						2	1.4	Training Bias
Nov 11/5/19	7.00 PM	Indiana	А	<b>★</b>	48h	DC - Indianapolis	1.55h	-	0		1.5 2.5	1.4 1.5	Greenish Development Biase
Nov 11/6/19 Nov 11/7/19	7.00 PIVI	Indiana	A	<b>+</b>	4011	Indianapolis - DC	1.55h	_	0		1.5	1.8	Amber Maintenance Biase
Nov 11/8/19	7:00 PM	Cleveland	н	e e	48h	mulanapons - DC	1.5511		Ů		2	1.7	Reddish Regenerative Biase
Nov 11/9/19				DD							1	1.9	
Nov 11/10/19				DO DO							1	1.7	
Nov 11/11/19				<b>‡</b>							1	1.6	Comments
Nov 11/12/19				0		DC - Boston	1.20h	-	0		1.5	1.3	Comments
Nov 11/13/19	7:30 PM	Boston	Α		120.5h						2.5	1.3	
Nov 11/14/19 Nov 11/15/19	8-00 PM	Minnesota	Α	<b>★</b>	48.5h	Boston - Minneapolis	2.45h	W	-2		1.5 2.5	1.4 1.5	Time Zone difference and travel time
Nov 11/15/19	8.00 FIVI	Willinesota	^	<b>+</b>	46.311	Minneapolis - Orlando	3.20h	-	0		1.5	1.8	included as a load factor.
Nov 11/17/19	6:00 PM	Orlando	Α	9	47h						2.5	1.9	
Nov 11/18/19				<b>★</b>		Orlando - DC	2.15h	-	0		1.5	2.1	Elapsed time between games can be
Nov 11/19/19 Nov 11/20/19	7:00 PM	San Antonio	н	8	73h						1 2	1.9 1.8	recovery factor. (more elapsed time stress)
Nov 11/21/19				C(2)							1	1.7	31(633)
Nov 11/22/19	7:00 PM	Charlotte	Н	0	48h						2	1.6	
Nov 11/23/19 Nov 11/24/19	6:00 PM	Sacramento	н	GD	47h						1 2	1.5 1.4	Basic overview of in-season schedule help target periods of physical devel-
Nov 11/25/19	0.001111	Sacramento		<b>*</b>		DC - Denver	4.10h	w	-2		1.5	1.6	maintenance or regeneration.
Nov 11/26/19	9:00 PM		Α	÷ + *	27h	Denver - Phoenix	2h	-	0		4	1.5	
Nov 11/27/19 Nov 11/28/19	9:00 PM	Phoenix	Α	ĭ	24h	Phoenix - LA	1.30h	w	-1		5 1.5	2.1	
Nov 11/29/19	10:30 PM	Los Angeles	Α	<b>*</b>	49.5h	PHOEIIIX - LA	1.3011	vv	-1		2.5	2.8	
Nov 11/30/19				DD							1	2.9	Individual load (tracking) and physica
Dec 12/1/19	10:30 PM	LA	Α	•	48h	14 00	6h	E	3		2.5 1.5	2.8 2.5	(strength, fitness, speed, acceleration
Dec 12/2/19 Dec 12/3/19	7:00 PM	Orlando	н	<b>+</b>	44.5h	LA - DC	ьп	E	3		2	1.8	be considered to individualize this ap
Dec 12/4/19				DD (20)							1	1.9	
Dec 12/5/19		Philadelphia	Н	<u>+</u> + *	48h	DC - Miami	2.45h	-	0		3.5	1.6	Travel times are hypotetical based on th
Dec 12/6/19 Dec 12/7/19	8:00 PM	Miami	Α	<b>+</b>	24h	Miami - DC	2.45h	_	0		5 1.5	2.1 2.6	work and can be adjusted. This docume educate coaching staff and players on b
Dec 12/8/19	6:00 PM	LA	н	W)	46h						2	2.6	management and practice scheduling ai
Dec 12/9/19				<u>*</u>		DC - Charlotte	1.30h	-	0		1.5	2.6	prioritize performance.
Dec 12/10/19 Dec 12/11/19	7:00 PM	Charlotte	Α	<b>★</b>	49h	Charlotte - Memphis	1.45h	w	-1		2.5 1.5	2.7 2.5	
Dec 12/12/19				(A)					-		1	1.8	
Dec 12/13/19				© (€)							1	1.7	
Dec 12/14/19 Dec 12/15/19	8:00 PM	Memphis	Α	<b>†</b>	97h	Memphis - Detroit	1.55h	Е	1		2.5 1.5	1.5 1.7	
Dec 12/16/19	7:00 PM	Detroit	Α	8	47h	Mempins bettor	2.5511	-	-		2.5	1.5	
Dec 12/17/19				<b>+</b>		Detroit - DC	1.35h	-	0		1.5	1.7	
Dec 12/18/19 Dec 12/19/19	7:00 PM	Chicago	Н	<b>†</b>	48h	DC - Toronto	1.30h	_	0		2 1.5	1.8 2.0	
Dec 12/20/19	7:30 PM	Toronto	Α	Â+0	48.5h	Toronto - Philadelphia	1.40h	-	0		4	1.8	
Dec 12/21/19	7:00 PM	Philadelphia	Α	0	23.5h						5	2.3	
Dec 12/22/19 Dec 12/23/19	7:00 PM	New York	Α	<b>+</b>	48h	Philadelphia - New York	1.10h	-	0		1.5 2.5	2.8 2.8	
Dec 12/24/19			,	4	-1011	New York - Detroit	1.50h	-	0		1.5	2.9	
Dec 12/25/19				<b>⊕</b>							1	2.9	
Dec 12/26/19 Dec 12/27/19	7:00 PM	Detroit	Α		72h	Detroit - DC	1.35h		0		2.5 1.5	2.3 1.8	
Dec 12/28/19	8:00 PM	New York	н	÷	49h		2.55.11		ŭ		2	1.8	
Dec 12/29/19	7.00			(A)							1	1.7	
Dec 12/30/19 Dec 12/31/19	7:00 PM	Miami	Н	GO	47h						2	1.6 1.8	
Jan 1/1/20	6:00 PM	Orlando	н	0	47h						2	1.5	
Jan 1/2/20	7.00 011	Double: d		GD @	401-						1	1.6	
Jan 1/3/20 Jan 1/4/20		Portland Denver	H H	ő	49h 25h						2 4.5	1.4 1.6	
Jan 1/5/20				C(C)							1	2.1	
Jan 1/6/20	7:00 PM	Boston	Н	0	47h	20.01.1	2				2	2.1	
Jan 1/7/20 Jan 1/8/20	7:00 PM	Orlando	Α	+	48h	DC - Orlando	2.15h	-	0		1.5 2.5	2.1	
Jan 1/9/20			•	<b>+</b>		Orlando - DC	2.15h	-	0		1.5	2.3	
Jan 1/10/20	7:00 PM	Atlanta	Н		48h						2	1.7	
Jan 1/11/20 Jan 1/12/20	3:30 PM	Utah	н	( <b>₽</b> )	45.5h						1 2	1.9 1.7	
Jan 1/13/20	2.30 1.41			CED	.5.5						1	1.8	
Jan 1/14/20	0.00.00	Chia		<b>*</b>	75.51	DC - Chicago	1.55h	W	-1		1.5	1.5	
Jan 1/15/20 Jan 1/16/20	8:00 PM	Chicago	Α		75.5h	Chicago - Toronto	1.45h	Е	1		2.5 1.5	1.5 1.6	
Jan 1/17/20	7:00 PM	Toronto	Α	<b>*</b>	47h		5.11		-		1.5	1.7	
Jan 1/18/20				<b>★</b>		Toronto - DC	1.30h	-	0		1.5	1.6	
Jan 1/19/20 Jan 1/20/20	2:00 PM	Detroit	н	GD <b>⊘</b>	67h						1 2	1.8 1.6	
Jan 1/21/20				<b>↓</b> + ⊗		DC - Miami	2.45h	-	0		1.5	1.5	
Jan 1/22/20	7:30 PM		A	<b>+</b> *	53.5h	Miami - Cleveland	3.10h	-	0		4	1.5	
Jan 1/23/20 Jan 1/24/20	7:00 PM	Cleveland	Α	<u>*</u>	23.5h	Cleveland - Atlanta	1.55h	-	0		5 1.5	2.0 2.7	
. , .													

_	
Off (no game or travel)	1
Travel Day 🛧	1.5
Home 🧶	2
Away ®	3
BB without travel	4.5
BB with Travel	5

Greenish	Develolpment Biased
Amber	Maintenance Biased
Reddish	Regenerative Biased

me can be

be included as a ne helps remove

lule demands to velopment,

ical profiles tion, etc) should approach.

n the way I currently ment can be used to n better travel g aiming to

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				-							
Jan 1/25/20				<b>G</b>						1	2.8
Jan 1/26/20	6:00 PM	Atlanta	Α	0	71h					2.5	2.6
Jan 1/27/20				*		Atlanta - Milwaukee	1.55h	W	-1	1.5	2.8
Jan 1/28/20	8:00 PM	Milwaukee	Α	*	50h					2.5	2.3
	0.00 1 111	······································			5011	Milweyler DC	1.50h	E	1		
Jan 1/29/20				<u>*</u>		Milwaukee - DC	1.5011	E	1	1.5	1.8
Jan 1/30/20	7:00 PM	Charlotte	H	*	47h					2	1.8
Jan 1/31/20				(A)						1	2.0
Feb 2/1/20	8:00 PM	Brooklyn	н	0	49h					2	1.7
	0.001111	D. COM, y.		DD	45					1	1.8
Feb 2/2/20											
Feb 2/3/20	7:00 PM	Golden State	H	0	47h					2	1.5
Feb 2/4/20				GO						1	1.6
Feb 2/5/20				(A)						1	1.4
Feb 2/6/20				DD						1	1.4
	7.00 014	D-II		0	oct.						
Feb 2/7/20	7:00 PM	Dallas	Н		96h					2	1.2
Feb 2/8/20				00						1	1.4
Feb 2/9/20	6:00 PM	Memphis	H	0	47h					2	1.2
Feb 2/10/20				CO)						1	1.4
Feb 2/11/20	7-00 PM	Chicago	н	<b>★</b> + ᢀ	49h	DC - New York	1.20h	_	0	3.5	1.4
				+ 0							
Feb 2/12/20	7:30 PIVI	New York	Α		24.5h	New York - DC	1.20h	-	0	5	1.9
Feb 2/13/20				CD CD						1	2.5
Feb 2/14/20				D(2)						1	2.5
Feb 2/15/20				00						1	2.3
Feb 2/16/20				00						1	2.3
				GD							
Feb 2/17/20										1	1.8
Feb 2/18/20				<b>G</b> O						1	1.0
Feb 2/19/20				<b>3</b> 0						1	1.0
Feb 2/20/20				CO						1	1.0
Feb 2/21/20	7:00 PM	Cleveland	н	0	205.5h					2	1.0
Feb 2/22/20						DC - Chicago	1.55h	W	-1	1.5	1.2
	7.00.01	China		<b>★</b> + ⊗	401	DC - Chicago					
Feb 2/23/20	7:00 PM		Α	T + 2	48h	Chicago - DC	1.55h	E	1	4	1.3
Feb 2/24/20	7:00 PM	Milwaukee	H		24h					5	1.9
Feb 2/25/20				00						1	2.7
Feb 2/26/20	7:00 PM	Brooklyn	н	0	48h					2	2.7
Feb 2/27/20				<b>*</b>		DC - Utah	4.15h	w	-2	1.5	2.7
	0.00 004	Hack		6	ro.	DC Otan	1.13	••	-		
Feb 2/28/20	9:00 PM	Otan	Α		50h					2.5	2.7
Feb 2/29/20				÷		Utah - Oakland	2h	W	-1	1.5	2.4
Mar 3/1/20	8:30 PM	Golden State	Α		47.5h					2.5	1.7
Mar 3/2/20				4		Oakland - Sacramento	1.10h	-	0	1.5	2.0
Mar 3/3/20	10:00 PM	Sacramento	Α	<b>∱</b> + ⊗	49.5h	Sacramento - Portland	1.45h	-	0	4	1.9
Mar 3/4/20		Portland	Α	0	24h					5	2.4
	10.001111	Tortiana	^	1	2411		CI.	-	2		
Mar 3/5/20				<b>+</b>		Portland - DC	6h	E	3	1.5	2.9
Mar 3/6/20	7:00 PM	Atlanta	H	0	45h					2	2.9
Mar 3/7/20				D(2)						1	2.8
Mar 3/8/20	7:00 PM	Miami	H	<b>*</b>	48h					2	2.7
Mar 3/9/20				D(2)						1	2.3
Mar 3/10/20	7:00 PM	New York	н	0	48h					2	1.5
	7.00 FIVI	New Tork	- 11	(E)	4011						
Mar 3/11/20										1	1.6
Mar 3/12/20				<b>*</b>		DC - Boston	1.20h	-	0	1.5	1.4
Mar 3/13/20	7:30 PM	Boston	Α	0	72.5h					2.5	1.5
Mar 3/14/20				<b>★</b>		Boston - DC	1.25h	-	0	1.5	1.6
Mar 3/15/20	6:00 PM	Oklahoma City	н	<b>∱</b> + ⊗	46.5h	DC - Philadelphia	1h	_	0	3.5	1.7
Mar 3/16/20	7:00 PM	Philadelphia		ø	25h	· · · · · · · · · · · · · · · · ·			-	5	
	7.00 FIVI	rillaucipilia	Α		2311						2.0
Mar 3/17/20				÷		Philadelphia - New York	1.10h	-	0	1.5	2.8
Mar 3/18/20	7:30 PM	Brooklyn	Α		48.5h					2.5	2.8
Mar 3/19/20				Ť		New York - Atlanta	2.35h	-	0	1.5	2.8
Mar 3/20/20	7:30 PM	Atlanta	Α	<b>★</b> +◎	48h	Athlanta - DC	2h	-	0	4	2.8
Mar 3/21/20	8:00 PM	Milwaukee	н	6	48.5h					5	2.9
Mar 3/22/20	2.30 1 141			(A)						1	2.9
	7,00 04 1	Danton		0	471						
Mar 3/23/20	7:00 PM	Boston	Н		47h					2	2.8
Mar 3/24/20				(A)						1	2.7
Mar 3/25/20	7:00 PM	Phoenix	H	0	48h					2	2.6
Mar 3/26/20				<b>*</b>		DC - Milwaukee	2.05h	W	-1	1.5	2.2
Mar 3/27/20	8:30 PM	Milwaukee	Α	<b>∱</b> + ⊗	49.5h	Milwaukee - DC	1.50h	E	1	4	1.5
Mar 3/28/20		Los Angeles	н	0	23.5h					5	2.1
Mar 3/29/20	0.001101	_33 / III Pales		<b>(4)</b>	23.311					1	2.7
				00							
Mar 3/30/20				2.5						1	2.7
Mar 3/31/20				30						1	2.5
Apr 4/1/20	7:00 PM	New Orleans	H	0	95h					2	2.4
Apr 4/2/20				D(C)						1	2.0
Apr 4/3/20	7:00 DM	Philadelphia	н	0	48h					2	1.2
	7.00 FIVI	mauerpina			7011	DC - Indianapolis	1 556		0		
Apr 4/4/20				<b>†</b>		DC - Indianapolis	1.55h	-	0	1.5	1.4
Apr 4/5/20	5:00 PM	Indiana	Α	0	46h					2.5	1.5
Apr 4/6/20				<b>†</b>		Indianapolis - DC	1.55h	-	0	1.5	1.8
Apr 4/7/20	7:00 PM	Toronto	н	0	50h					2	1.7
Apr 4/8/20				GO						1	1.9
Apr 4/9/20				<b>A</b>		DC - Houston	3.30h	W	-1	1.5	1.7
	0.00 04 1	Hauston		T	725						
Apr 4/10/20		Houston	Α	<b>★</b> + ⊗	73h	Houston - Charlotte	2.50h	E	1	4	1.7
Apr 4/11/20	7:00 PM	Charlotte	Α		23h					5	2.0
Apr 4/12/20				<b>†</b>		Charlotte - New Orleans	2.10h	W	-1	1.5	2.7
	8:00 PM	New Orleans	Α	0	49h					2.5	2.6
Apr 4/13/20				<b>*</b>		New Orleans - DC	2.55h	-	1	1.5	2.9
Apr 4/13/20 Apr 4/14/20											
Apr 4/14/20	7-20 014	Indiana	U		47 Fh	New Orleans - DC	2.3311	E	•		
	7:30 PM	Indiana	н	<b>*</b>	47.5h	New Orleans - DC	2.3311	-	-	2	2.9
Apr 4/14/20	7:30 PM	Indiana	Н	<b>*</b>	47.5h	New Officials - DC	2.3311	E	•		