

SCHEDULE						DAILY PLAN		TRAVEL + PRACTICE RECOMMENDATION					STRESS FACTOR	
Month	Date	Game Starts (CT)	Opponent	Where	Day	Day	Elapsed Time	Flight Route	Flight Duration	Flight Departure	Flight Arrival	Practice Time	Stress Factor	Rolling Sd
Oct	10/22/2019				Travel	✈		Chicago - Charlotte	2h				1.5	TBD
Oct	10/23/2019	7:00:00 PM	Charlotte	A	Game	🔴							3	TBD
Oct	10/24/2019				Travel	✈		Charlotte - Memphis	1.45h				1.5	TBD
Oct	10/25/2019	8:00:00 PM	Memphis	A	Game + Travel	🔴 + ✈	49h	Memphis - Chicago	1.45h				4.5	TBD
Oct	10/26/2019	8:00:00 PM	Toronto	H	Game	🔴	24h						5	3.1
Oct	10/27/2019				Travel	✈		Chicago - New York	2.15h				1.5	3.1
Oct	10/28/2019	7:00:00 PM	New York	A	Game	🔴	47h						3	3.1
Oct	10/29/2019				Travel	✈		New York - Cleveland	1.50h				1.5	3.1
Oct	10/30/2019	7:00:00 PM	Cleveland	A	Game	🔴	48h						3	2.8
Oct	10/31/2019				Travel	✈		Cleveland - Chicago	1.25h				1.5	2.1
Nov	11/1/2019	8:00:00 PM	Detroit	H	Game	🔴	49h						2	2.2
Nov	11/2/2019				Travel	✈		Chicago - Indianapolis	1.50h				1.5	1.9
Nov	11/3/2019	5:00:00 PM	Indiana	A	Game	🔴	45h						3	2.2
Nov	11/4/2019				Travel	✈		Indianapolis - Chicago	1.50h				1.5	1.9
Nov	11/5/2019	8:00:00 PM	Los Angeles	H	Game + Travel	🔴 + ✈	51h	Chicago - Atlanta					3.5	2.3
Nov	11/6/2019	7:30:00 PM	Atlanta	A	Game	🔴	23.5h						5	2.9
Nov	11/7/2019				Travel	✈		Atlanta - Chicago	1.55h				1.5	2.9
Nov	11/8/2019				🔴								1	2.5
Nov	11/9/2019	8:00:00 PM	Houston	H	Game	🔴	71.5h						2	2.6
Nov	11/10/2019				🔴								1	2.1
Nov	11/11/2019				🔴								1	1.3
Nov	11/12/2019	8:00:00 PM	New York	H	Game	🔴	72h						2	1.4
Nov	11/13/2019				Travel	✈		Chicago - Milwaukee	1h				1.5	1.5
Nov	11/14/2019	8:00:00 PM	Milwaukee	A	Game	🔴	48h						3	1.7
Nov	11/15/2019				Travel	✈		Milwaukee - Chicago	1h				1.5	1.8
Nov	11/16/2019	6:00:00 PM	Brooklyn	H	Game	🔴	46h						2	2
Nov	11/17/2019				🔴								1	1.8
Nov	11/18/2019	8:00:00 PM	Milwaukee	H	Game	🔴	50h						2	1.9
Nov	11/19/2019				🔴								1	1.5
Nov	11/20/2019	8:00:00 PM	Detroit	H	Game	🔴	48h						2	1.6
Nov	11/21/2019				🔴								1	1.4
Nov	11/22/2019	8:00:00 PM	Miami	H	Game + Travel	🔴 + ✈	48h	Chicago - Charlotte	2h				3.5	1.9
Nov	11/23/2019	7:00:00 PM	Charlotte	A	Game	🔴	23h						5	2.5
Nov	11/24/2019				Travel	✈		Charlotte - Chicago	2h				1.5	2.6
Nov	11/25/2019	8:00:00 PM	Portland	H	Game	🔴	49h						2	2.6
Nov	11/26/2019				Travel	✈		Chicago - Oakland	4.35h				1.5	2.7
Nov	11/27/2019	10:30:00 PM	Golden State	A	Game	🔴	51.5h						3	2.6
Nov	11/28/2019				Travel	✈		Oakland - Portland	1.40h				1.5	1.9
Nov	11/29/2019	10:00:00 PM	Portland	A	Game	🔴	47.5h						3	2.2
Nov	11/30/2019				Travel	✈		Portland - Sacramento	1.30h				1.5	2.1
Dec	12/1/2019				🔴								1	2
Dec	12/2/2019	10:00:00 PM	Sacramento	A	Game	🔴	72h						3	2
Dec	12/3/2019				Travel	✈		Sacramento - Chicago	4h				1.5	2
Dec	12/4/2019	8:00:00 PM	Memphis	H	Game	🔴	46h						2	1.8
Dec	12/5/2019				🔴								1	1.7
Dec	12/6/2019	8:00:00 PM	Golden State	H	Game	🔴	48h						2	1.9
Dec	12/7/2019				Travel	✈		Chicago - Miami	3.5h				1.5	1.6
Dec	12/8/2019	6:00:00 PM	Miami	A	Game + Travel	🔴 + ✈	46h	Miami - Chicago	3.5h				4.5	2.2
Dec	12/9/2019	8:00:00 PM	Toronto	H	Game	🔴	26h						5	2.8
Dec	12/10/2019				🔴								1	2.8
Dec	12/11/2019	8:00:00 PM	Atlanta	H	Game	🔴	48h						2	2.8
Dec	12/12/2019				🔴								1	2.7
Dec	12/13/2019	8:00:00 PM	Charlotte	H	Game	🔴	48h						2	2.2
Dec	12/14/2019	8:00:00 PM	LA	H	Game	🔴	24h						2	1.6
Dec	12/15/2019				Travel	✈		Chicago - Oklahoma City	2.15h				1.5	1.7
Dec	12/16/2019	8:00:00 PM	Oklahoma City	A	Game	🔴	48h						3	1.9
Dec	12/17/2019				Travel	✈		Oklahoma City - Washington	3.10h				1.5	2
Dec	12/18/2019	7:00:00 PM	Whashington	A	Game	🔴	47h						3	2.2
Dec	12/19/2019				Travel	✈		Whashington - Detroit	1.35h				1.5	2.1
Dec	12/20/2019				🔴								1	2
Dec	12/21/2019	7:00:00 PM	Detroit	A	Game	🔴	72h						3	2
Dec	12/22/2019				Travel	✈		Detroit - Orlando	2.40h				1.5	2
Dec	12/23/2019	7:00:00 PM	Orlando	A	Game	🔴	48h						3	2
Dec	12/24/2019				Travel	✈		Orlando - Chicago	2.40h				1.5	2
Dec	12/25/2019				🔴								1	2
Dec	12/26/2019				🔴								1	1.6
Dec	12/27/2019				🔴								1	1.5
Dec	12/28/2019	8:00:00 PM	Atlanta	H	Game	🔴	121h						2	1.3
Dec	12/29/2019				🔴								1	1.2
Dec	12/30/2019	8:00:00 PM	Milwaukee	H	Game	🔴	48h						2	1.4
Dec	12/31/2019				🔴								1	1.4
Jan	1/1/2020				🔴								1	1.4
Jan	1/2/2020	8:00:00 PM	Utah	H	Game	🔴	72h						2	1.4
Jan	1/3/2020				🔴								1	1.4
Jan	1/4/2020	8:00:00 PM	Boston	H	Game	🔴	48h						2	1.4
Jan	1/5/2020				Travel	✈		Chicago - Dallas	2.25h				1.5	1.5
Jan	1/6/2020	8:30:00 PM	Dallas	A	Game	🔴	48.5h						3	1.9
Jan	1/7/2020				Travel	✈		Dallas - New Orleans	1.25h				1.5	1.8
Jan	1/8/2020	8:00:00 PM	New Orleans	A	Game	🔴	47.5h						3	2.2
Jan	1/9/2020				Travel	✈		New Orleans - Chicago	2.20h				1.5	2.1
Jan	1/10/2020	8:00:00 PM	Indiana	H	Game + Travel	🔴 + ✈	48h	Chicago - Detroit	1.20h				3.5	2.5
Jan	1/11/2020	7:00:00 PM	Detroit	A	Game	🔴	23h						5	2.9
Jan	1/12/2020				Travel	✈		Detroit - Boston	1.55h				1.5	2.9
Jan	1/13/2020	7:30:00 PM	Boston	A	Game	🔴	24.5h						3	2.9
Jan	1/14/2020				Travel	✈		Boston - Chicago	2.50h				1.5	2.9
Jan	1/15/2020	8:00:00 PM	Whashington	H	Game	🔴	24.5h						2	2.6
Jan	1/16/2020				Travel	✈		Chicago - Philadelphia	2h				1.5	1.9
Jan	1/17/2020	7:00:00 PM	Philadelphia	A	Game + Travel	🔴 + ✈	47h	Philadelphia - Chicago	2h				4.5	2.5
Jan	1/18/2020	8:00:00 PM	Cleveland	H	Game	🔴	25h						5	2.9
Jan	1/19/2020				Travel	✈		Chicago - Milwaukee	1h				1.5	2.9
Jan	1/20/2020	5:00:00 PM	Milwaukee	A	Game	🔴	45h						3	3.1
Jan	1/21/2020				Travel	✈		Milwaukee - Chicago	1h				1.5	3.1
Jan	1/22/2020	8:00:00 PM	Minnesota	H	Game	🔴	51h						2	2.6
Jan	1/23/2020				🔴								1	1.8
Jan	1/24/2020	8:00:00 PM	Sacramento	H	Game + Travel	🔴 + ✈	48h	Chicago - Sacramento	4.35h				3.5	2.2
Jan	1/25/2020	8:00:00 PM	Cleveland	A	Game	🔴	24h						5	2.6
Jan	1/26/2020				Travel	✈		Sacramento - Chicago	4.35h				1.5	2.6
Jan	1/27/2020	8:00:00 PM	San Antonio	H	Game	🔴	48h						2	2.6

NOTES

Legend

Off (no game or travel)	1.5
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.

Jan	1/28/2020			Travel	✈️		Chicago - Indianapolis	1.50h	1.5	2.7
Jan	1/29/2020	7:00:00 PM	Indiana	A	Game	🔥			3	2.6
Jan	1/30/2020			Travel	✈️	47h	Indianapolis - New York	2.10h	1.5	1.9
Jan	1/31/2020	7:30:00 PM	Brooklyn	A	Game	🔥			3	2.2
Feb	2/1/2020			Travel	✈️		New York - Toronto	1.35h	1.5	2.1
Feb	2/2/2020	3:00:00 PM	Toronto	A	Game	🔥			3	2.4
Feb	2/3/2020			Travel	✈️	43.5h	Toronto - Chicago	1.50h	1.5	2.1
Feb	2/4/2020				🕒				1	2
Feb	2/5/2020				🕒				1	1.6
Feb	2/6/2020	8:00:00 PM	New Orleans	H	Game	🔥			2	1.7
Feb	2/7/2020				🕒	101h			1	1.3
Feb	2/8/2020			Travel	✈️		Chicago - Philadelphia	2h	1.5	1.3
Feb	2/9/2020	6:00:00 PM	Philadelphia	A	Game	🔥			3	1.7
Feb	2/10/2020			Travel	✈️		Philadelphia - Whasington	1h	1.5	1.8
Feb	2/11/2020	7:00:00 PM	Whasington	A	Game	🔥			3	2
Feb	2/12/2020			Travel	✈️	49h	Whasington - Chicago	1.55h	1.5	2.1
Feb	2/13/2020				🕒				1	2
Feb	2/14/2020				🕒				1	1.6
Feb	2/15/2020				🕒				1	1.5
Feb	2/16/2020				🕒				1	1.1
Feb	2/17/2020				🕒				1	1
Feb	2/18/2020				🕒				1	1
Feb	2/19/2020				🕒				1	1
Feb	2/20/2020	8:00:00 PM	Charlotte	H	Game	🔥			2	1.2
Feb	2/21/2020				🕒				1	1.2
Feb	2/22/2020	8:00:00 PM	Phoenix	H	Game	🔥			2	1.4
Feb	2/23/2020	7:00:00 PM	Whasington	H	Game	🔥			2	1.6
Feb	2/24/2020				🕒				1	1.6
Feb	2/25/2020	8:00:00 PM	Oklahoma City	H	Game	🔥			2	1.6
Feb	2/26/2020				🕒	49h			1	1.6
Feb	2/27/2020				🕒				1	1.4
Feb	2/28/2020			Travel	✈️		Chicago - New York	2.15h	1.5	1.3
Feb	2/29/2020	5:00:00 PM	New York	A	Game	🔥			3	1.7
Mar	3/1/2020			Travel	✈️	93h	New York - Chicago	2.15h	1.5	1.6
Mar	3/2/2020	8:00:00 PM	Dallas	H	Game	🔥			2	1.8
Mar	3/3/2020			Travel	✈️	51h	Chicago - Minneapolis	1.30h	1.5	1.9
Mar	3/4/2020	8:00:00 PM	Minnesota	A	Game	🔥			3	2.2
Mar	3/5/2020			Travel	✈️		Minneapolis - Chicago	1.30h	1.5	1.9
Mar	3/6/2020	8:00:00 PM	Indiana	H	Game	🔥			2	2
Mar	3/7/2020			Travel	✈️	48h	Chicago - New York	2.15h	1.5	1.9
Mar	3/8/2020	3:00:00 PM	Brooklyn	A	Game	🔥			3	2.2
Mar	3/9/2020			Travel	✈️	43h	New York - Chicago	2.15h	1.5	1.9
Mar	3/10/2020	8:00:00 PM	Cleveland	H	Game	🔥			2	2
Mar	3/11/2020			Travel	✈️	53h	Chicago - Orlando	2.40h	1.5	1.9
Mar	3/12/2020	7:00:00 PM	Orlando	A	Game	🔥			3	2.2
Mar	3/13/2020			Travel	✈️	47h	Orlando - Miami	1h	1.5	1.9
Mar	3/14/2020	8:00:00 PM	Miami	A	Game + Travel	🔥 + ✈️	Miami - Chicago	3.20h	4.5	2.5
Mar	3/15/2020	8:00:00 PM	Boston	H	Game	🔥			5	3.1
Mar	3/16/2020				🕒	24h			1	3
Mar	3/17/2020				🕒				1	2.6
Mar	3/18/2020	8:00:00 PM	Miami	H	Game	🔥			2	2.7
Mar	3/19/2020			Travel	✈️	72h	Chicago - San Antonio	2.50h	1.5	2.1
Mar	3/20/2020	8:30:00 PM	San Antonio	A	Game + Travel	🔥 + ✈️	San Antonio - Houston	1h	4.5	2
Mar	3/21/2020	8:00:00 PM	Houston	A	Game	🔥			5	2.8
Mar	3/22/2020			Travel	✈️	23.5h	Houston - Chicago	2.45h	1.5	2.9
Mar	3/23/2020	8:00:00 PM	Denver	H	Game	🔥			2	2.9
Mar	3/24/2020				🕒	48h			1	2.8
Mar	3/25/2020				🕒				1	2.1
Mar	3/26/2020	8:00:00 PM	Philadelphia	H	Game	🔥			2	1.5
Mar	3/27/2020				🕒	72h			1	1.4
Mar	3/28/2020	8:00:00 PM	New York	H	Game	🔥			2	1.4
Mar	3/29/2020			Travel	✈️	48h	Chicago - Salt Lake	3.30h	1.5	1.5
Mar	3/30/2020	9:00:00 PM	Utah	A	Game	🔥			3	1.9
Mar	3/31/2020			Travel	✈️	49h	Salt Lake - Denver	1.35h	1.5	1.8
April	4/1/2020				🕒				1	1.8
April	4/2/2020				🕒				1	1.6
April	4/3/2020	9:00:00 PM	Denver	A	Game	🔥			3	1.9
April	4/4/2020			Travel	✈️	96h	Denver - Phoenix	1.55h	1.5	1.6
April	4/5/2020	6:00:00 PM	Phoenix	A	Game	🔥			3	1.9
April	4/6/2020			Travel	✈️	45h	Phoenix - Los Angeles	1.25h	1.5	2
April	4/7/2020	10:30:00 PM	Los Angeles	A	Game	🔥			3	2.4
April	4/8/2020	10:30:00 PM	LA	A	Game	🔥			4.5	2.7
April	4/9/2020			Travel	✈️	24h	Los Angeles - Chicago	4h	1.5	2.7
April	4/10/2020				🕒				1	2.3
April	4/11/2020	8:00:00 PM	Brooklyn	H	Game	🔥			2	2.4
April	4/12/2020				🕒				1	2
April	4/13/2020	8:00:00 PM	Orlando	H	Game	🔥			2	1.5
April	4/14/2020			Travel	✈️	48h	Chicago - Boston	2.25h	1.5	1.5
April	4/15/2020	7:30:00 PM	Boston	A	Game	🔥			3	1.9