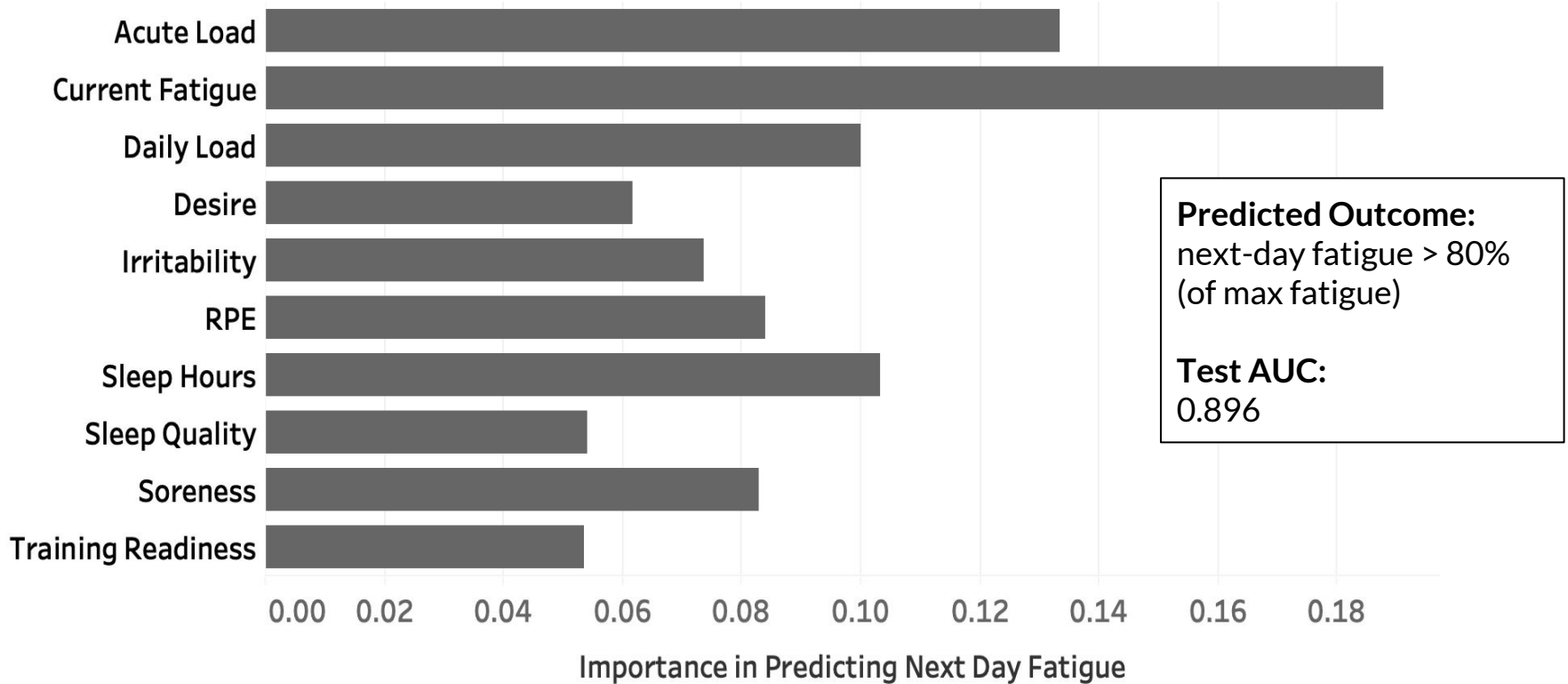


**A Predictive Model for
Next-Day Fatigue in
Professional Canadian
Women's Rugby
Players**

The Knitting Club

*Kate Coulter, Danny Witt,
Hannah Yan, Avani Gupta,
and Xuan Yu*

Analysis: Multivariate Time Series with Random Forest Classifier & k-Fold Cross Validation





iPad

9:41 AM

100%



Training Regimen Adjustments

Concerns

Scope of Impact

Suggested Session Combo

Soreness

2 Players

Mobility/Recovery, Skills,
Speed, Strength

Fatigue

1 Player

Conditioning, Skills,
Speed, Strength

Readiness

4 Players

Skills, Strength

RPE

8 Players

Conditioning, Strength

Sleep Quality

3 Players

Mobility/Recovery, Strength

