

# Controle de carga

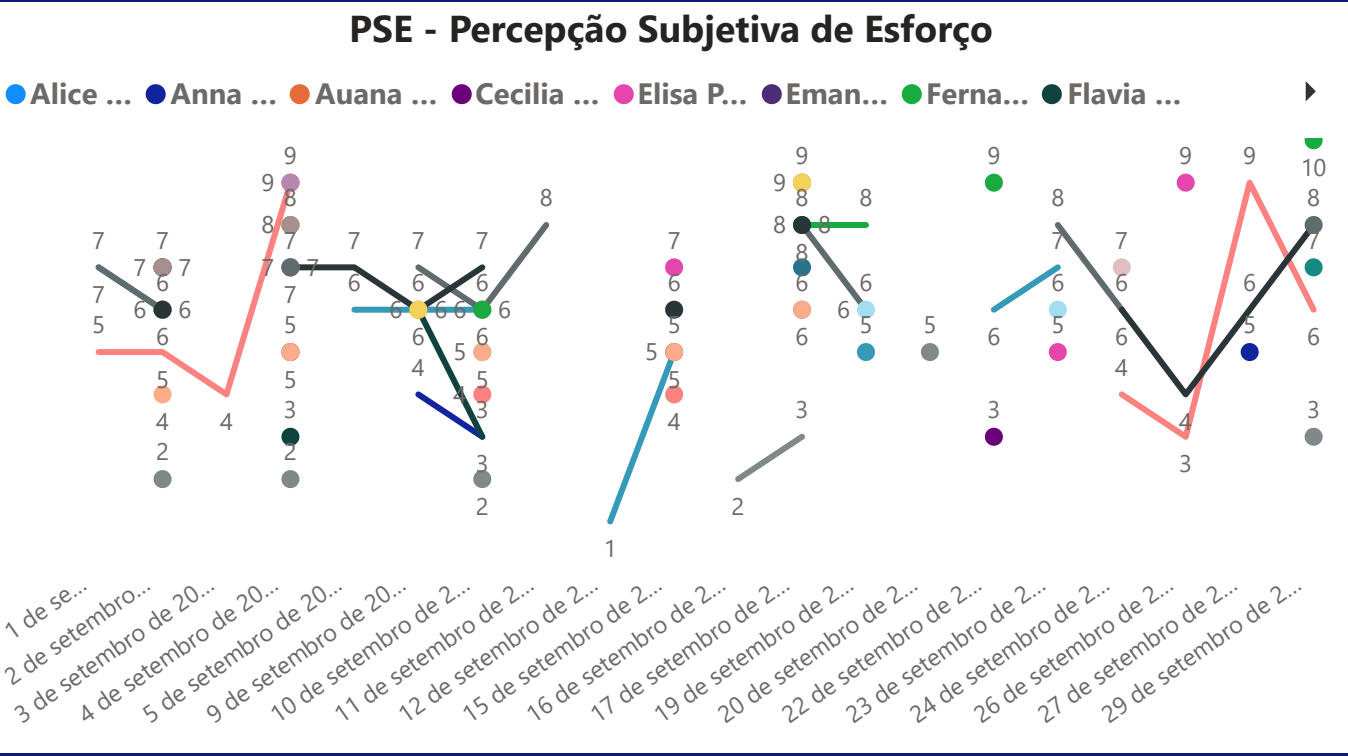
sub 15 treinamento



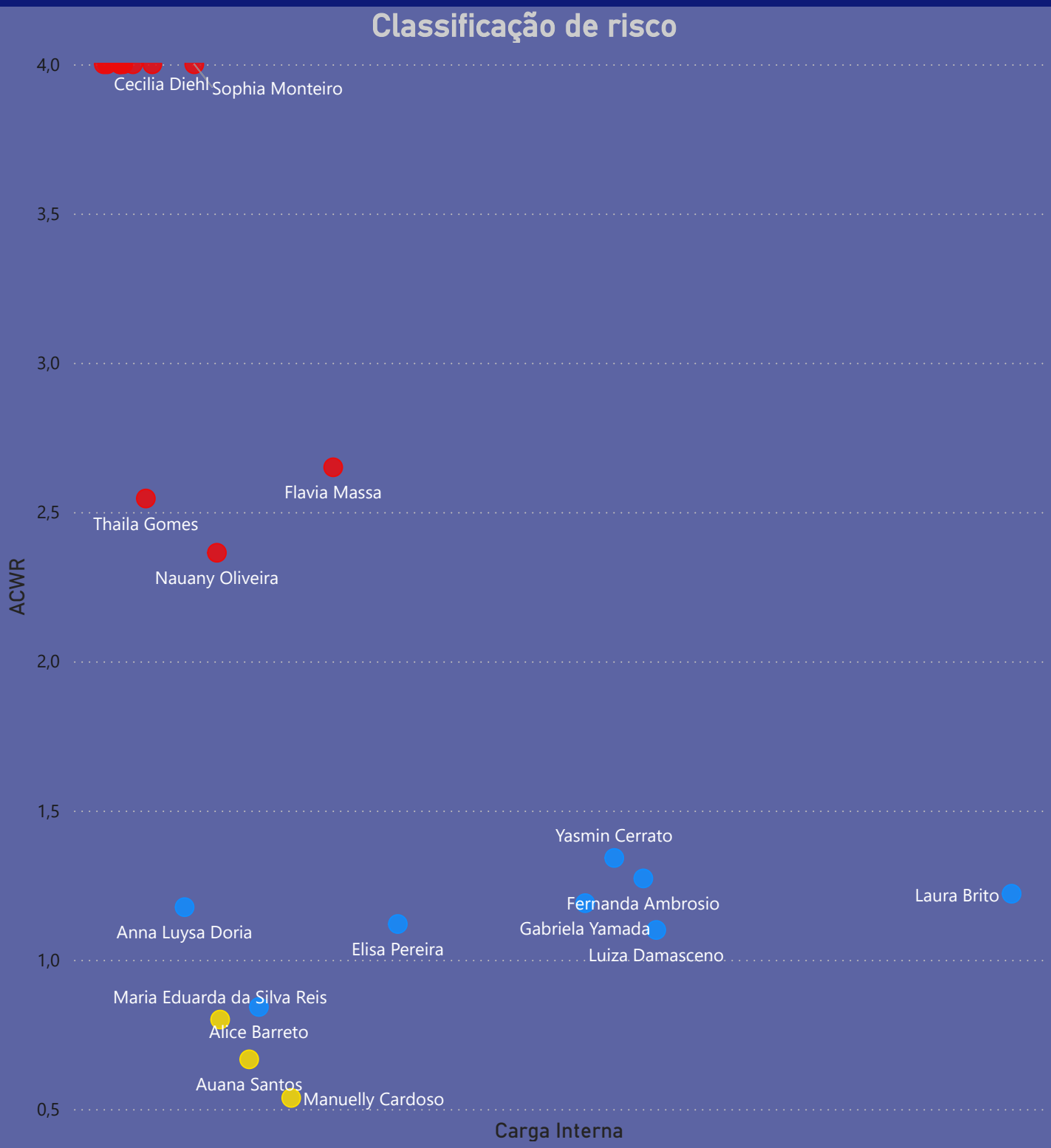
**Atleta**  
Todos

**Intervalo/dias**  
130

**Mês**  
9



0,14	48450	10	6,04	598
ACWR	Carga Interna	PSE máx	PSE média	PSE Total
99	1680	11.595,00		
Sessões de tr...	Carga_Aguda	Carga Cronica		



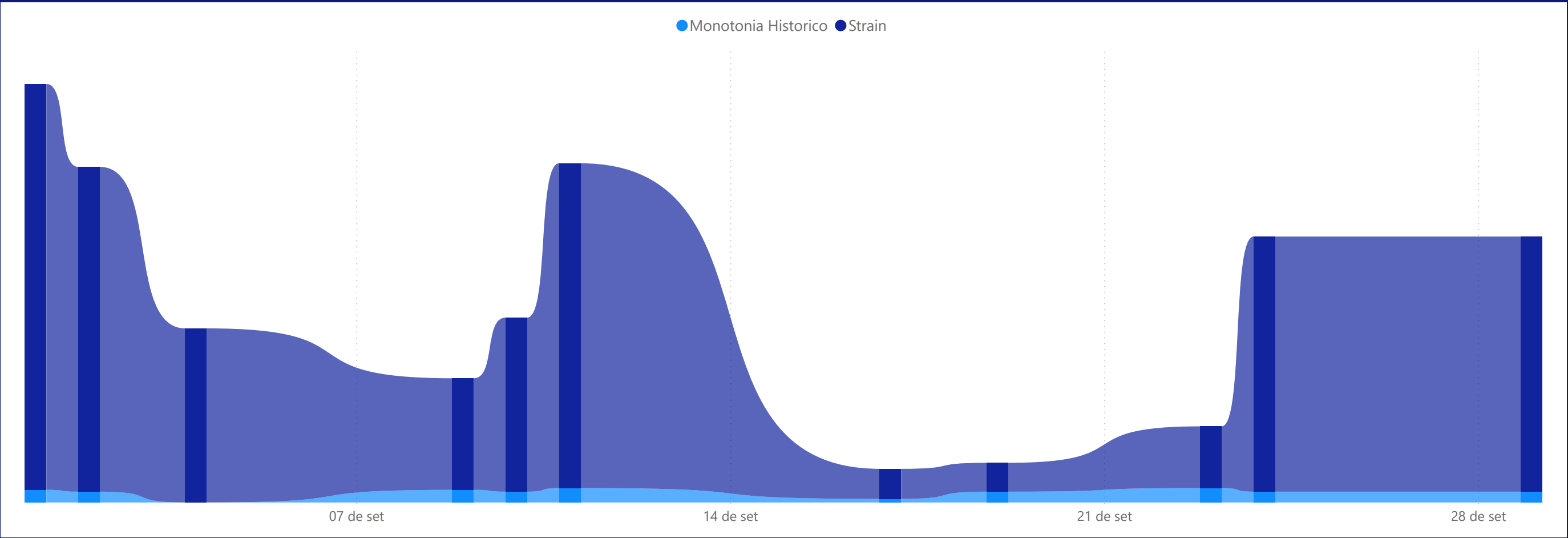


# Monotonia x Strain

Data

01/09/2025

29/09/2025



Alice Barreto	Anna Luysa Doria	Auana Santos	Cecilia Diehl	Elisa Pereira	Emanoelly Gimenez	Fernanda Ambrosio	Flavia Massa	Gabriela Yamada	Giovana Sampaio	Heloisa Dias	Laura Brito	Luiza Damasceno	Manuely Cardoso
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