Controlling Athlete Fatigue
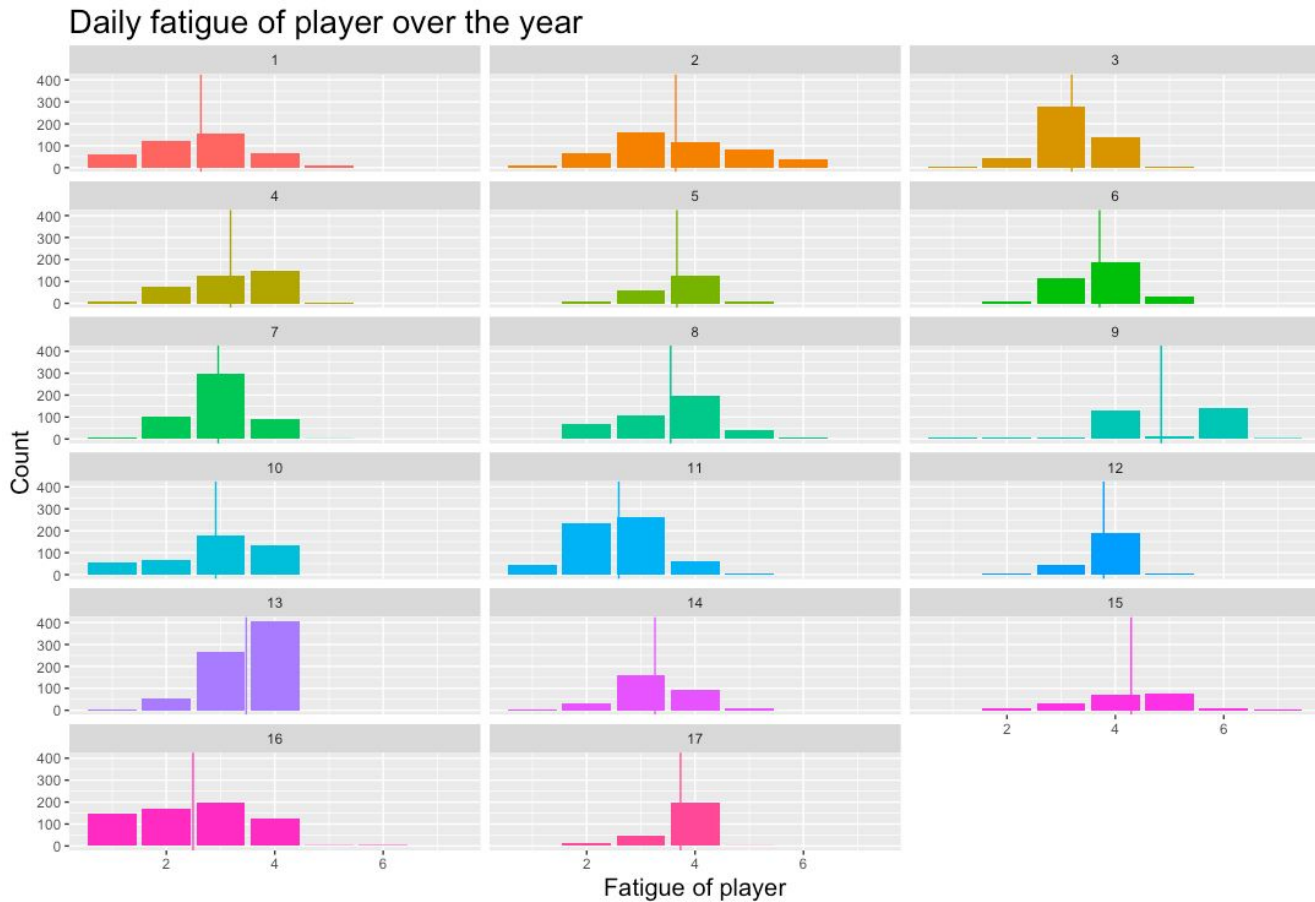
A tool for coaches to minimize athlete fatigue

How 17 unique people report fatigue:

Daily fatigue of player over the year

Different factors influence people differently!

Player 8

(Intercept)	sleep_hours	sleep_next_day	session_load	acute_chronic_ratio	daily_load	duration
2.5845719855	-0.0517110610	0.1927143972	0.0005226021	0.3187021023	-0.0005272181	-0.0014288178

Player 9

(Intercept)	sleep_hours	sleep_next_day	session_load	acute_chronic_ratio	daily_load	duration
4.0893964237	-0.1613109317	0.2098989809	0.0004430812	0.4410132402	-0.0005215351	0.0021404360

Player 10

(Intercept)	sleep_hours	sleep_next_day	session_load	acute_chronic_ratio	daily_load	duration
1.3340425179	0.0151931528	0.2111334790	-0.0009668132	-0.0190813633	-0.0004930303	0.0052128420

Player 11

(Intercept)	sleep_hours	sleep_next_day	session_load	acute_chronic_ratio	daily_load	duration
2.3019237644	-0.0317543855	0.1138962433	0.0009250829	0.0921586701	-0.0006750606	-0.0026721846