

ggsquad2

Paige Patrick, Elaona Lemoto, Mathena Abramson, Ana Porro, Jordan Moody



Data : Canadian Women's 7s Rugby

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Goals:

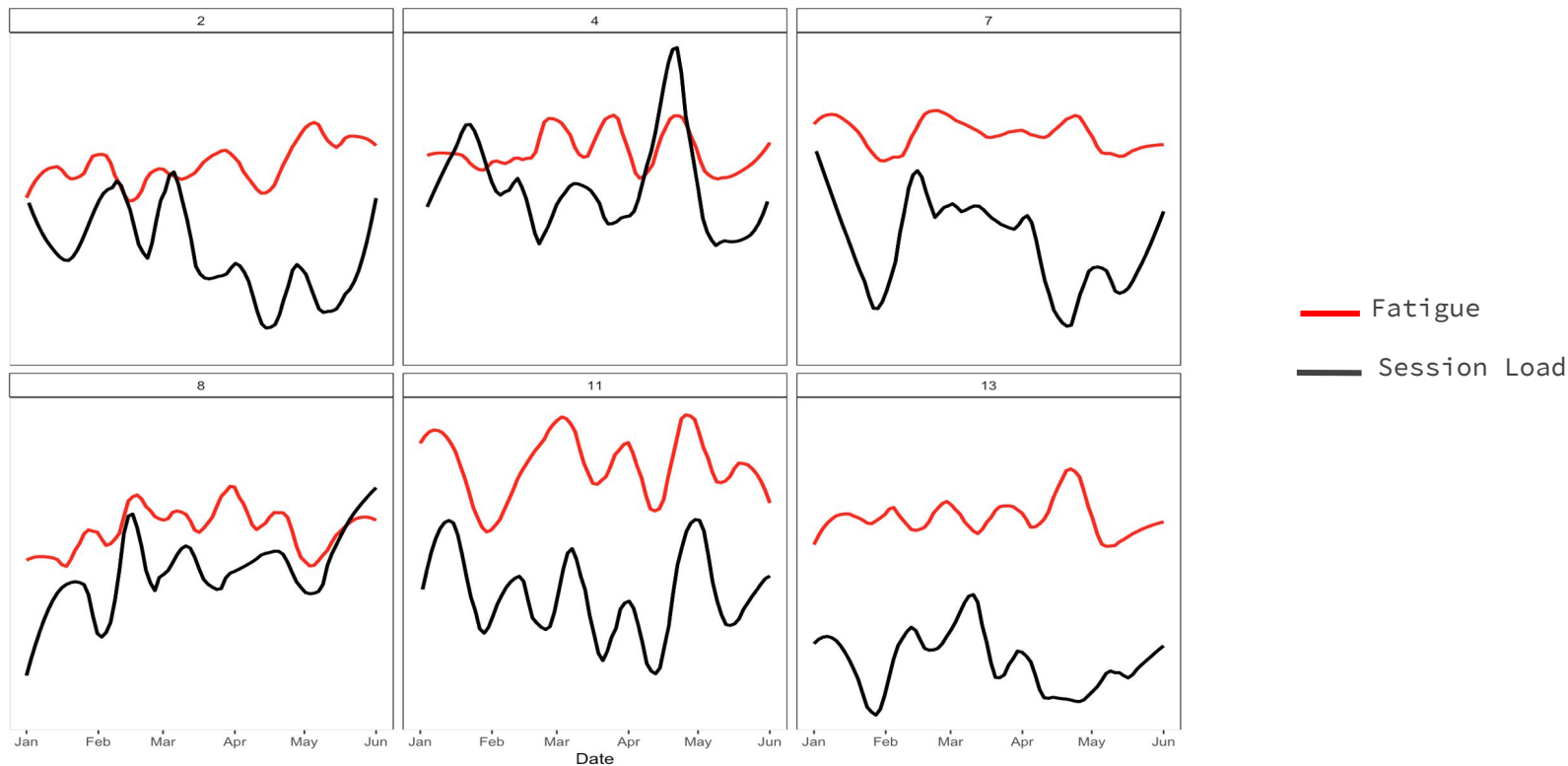
- Understand relationship between training and fatigue
 - Quantify fatigue (rating vs numerical exertion)
- Is fluctuation relative to tournament outcomes?
 - Training synchronization

Variables:

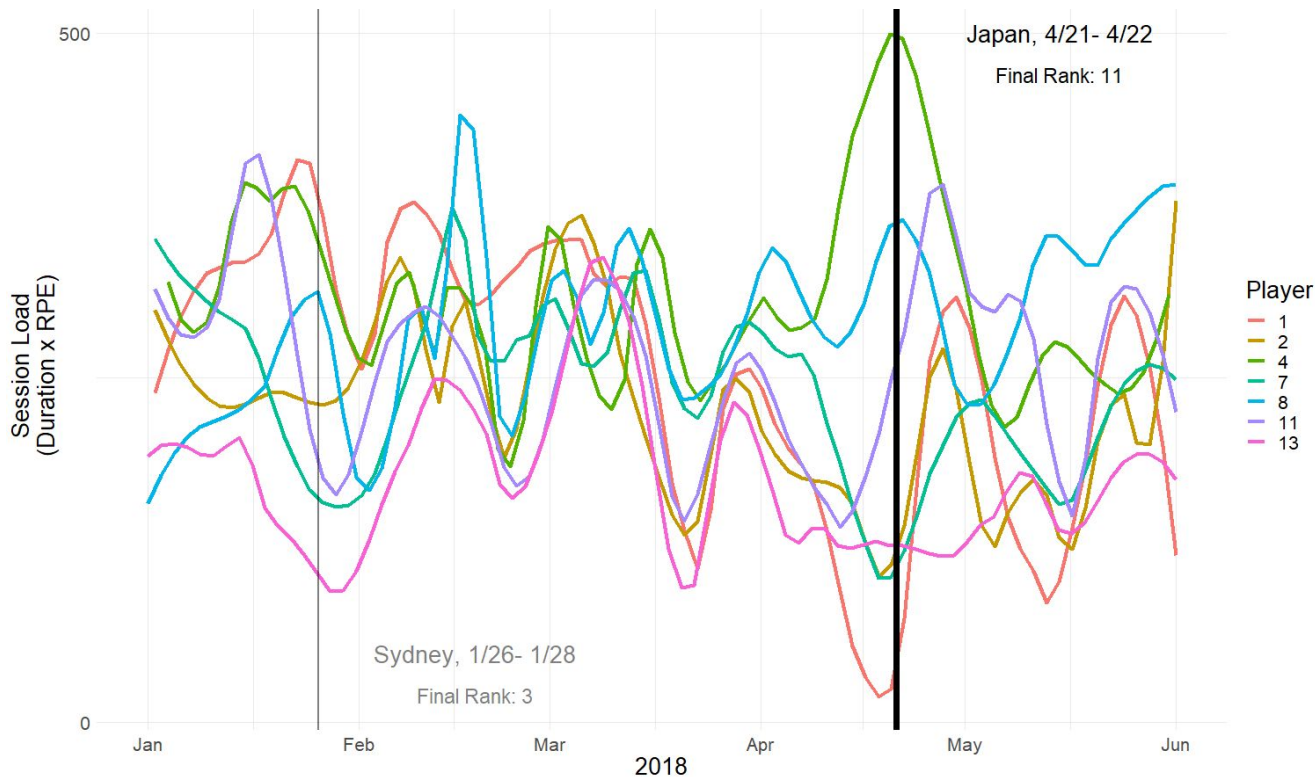
Daily, for each player

- Session Load
 - Rate of Perceived Exertion (RPE)
 - Training duration (minutes)
- Fatigue
 - Self Reported (1 hour after waking)

Fatigue and Session Load Trends for Top Six Players



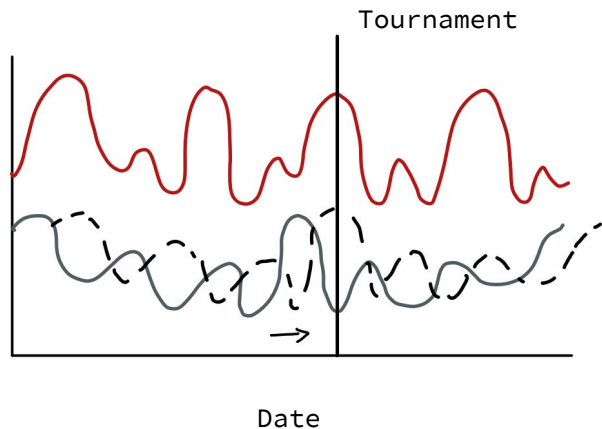
Canadian Rugby 7s Top Seven Player's Session Load Trends



Actionable Steps

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Individual: Maximize Corr.



Team: Sync Session Peaks

