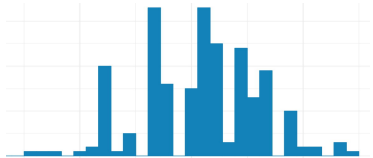
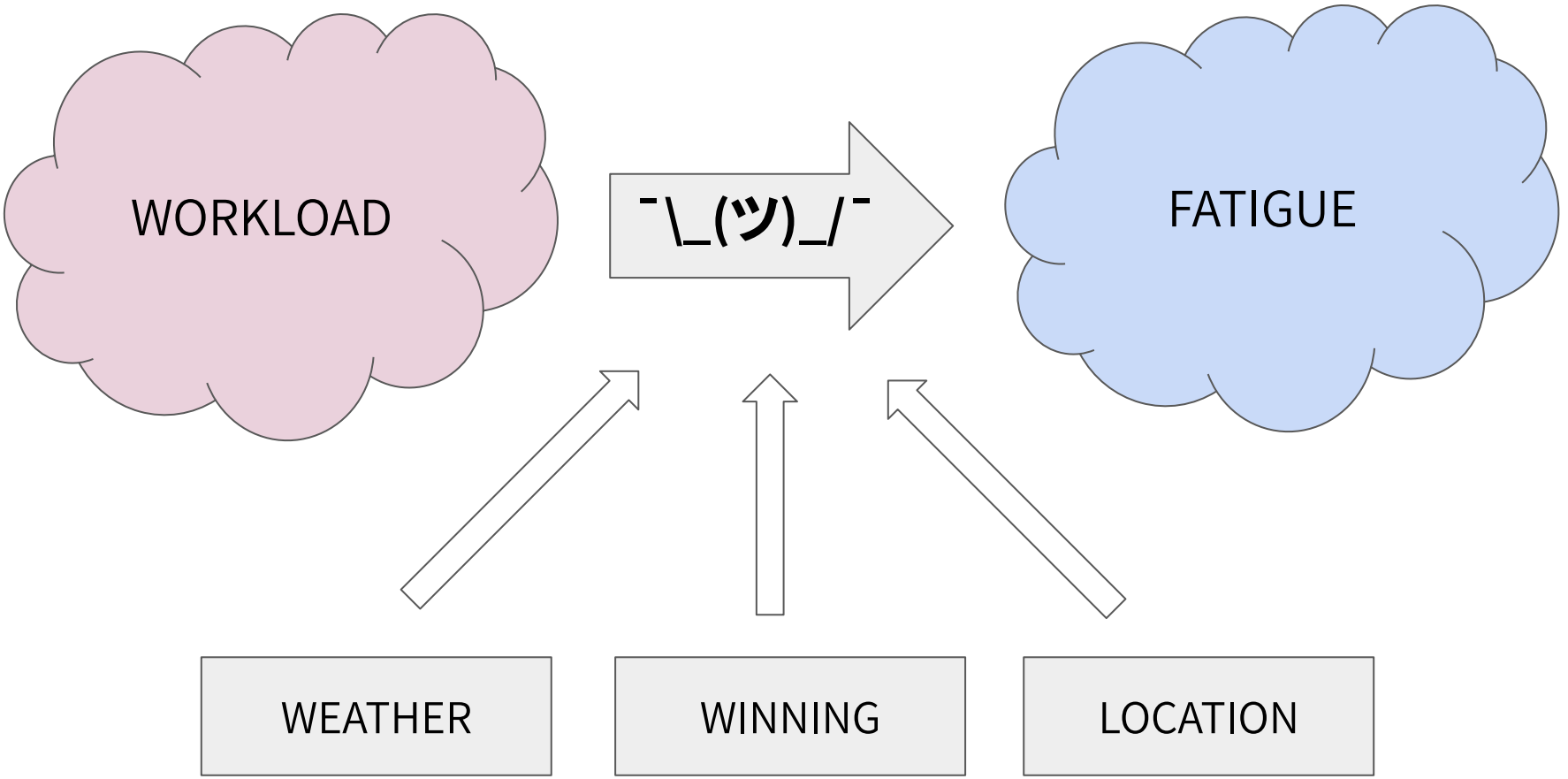
Effect of External Variables on Workload-Fatigue Relationship



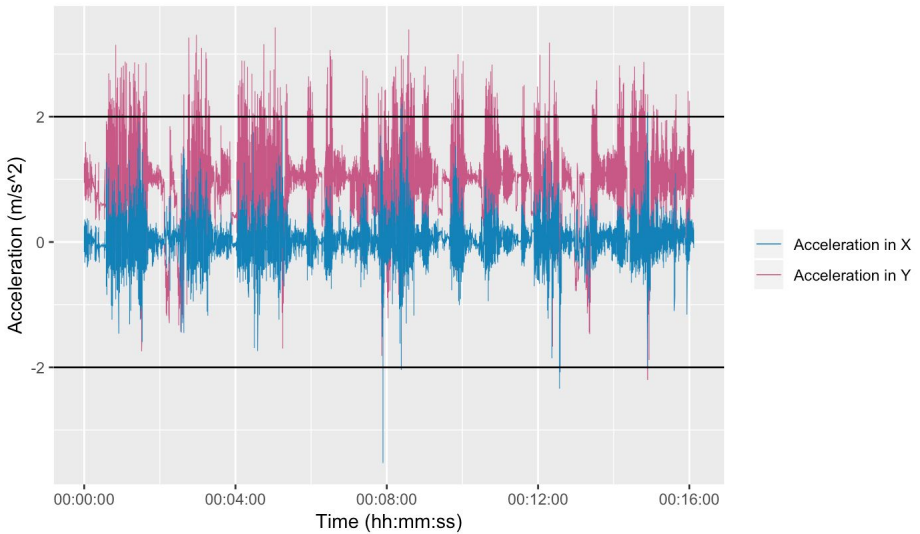
Emma Grotto, Eleanor Harris, Sara Pradhan


WORKLOAD
¯_(ツ)_/¯
FATIGUE
WEATHER
WINNING
LOCATION

Improving the Physical Preparation and Development of Women's Rugby Sevens Players

sprint distance, and mean sprint duration (s). Distance covered above 3.5 $m.s^{-1}$ are potentially a better measure of 'high intensity' for women than the commonly used 5 $m.s^{-1}$ threshold (25). Sprint distance was determined as the distance covered while accelerating >2.0 $m.s^{-2}$ for longer than one sec (90). The use of GPS-derived impacts >10g has not yet

Acceleration vs Game time a player



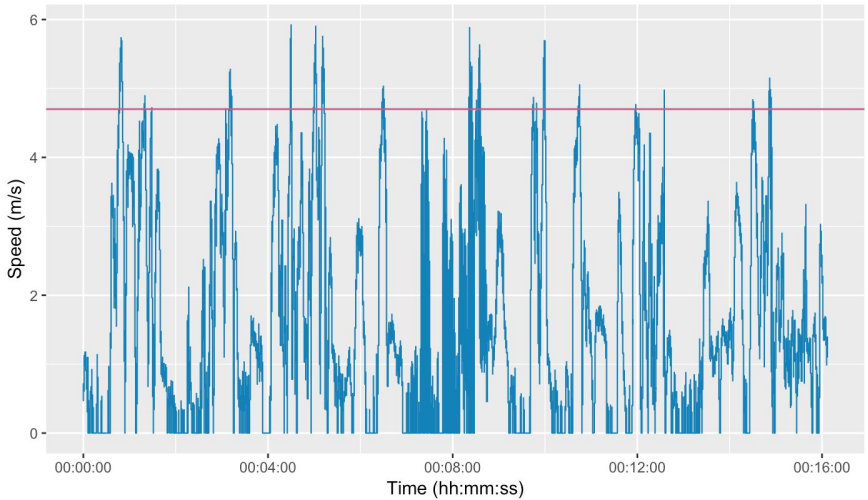
*http://www.canberra.edu.au/researchrepository/file/58674629-ecdc-4bcc-9d5b-1c55a90fea7a/1/full_text.pdf

Speed Demands of Women's Rugby Sevens Match Play

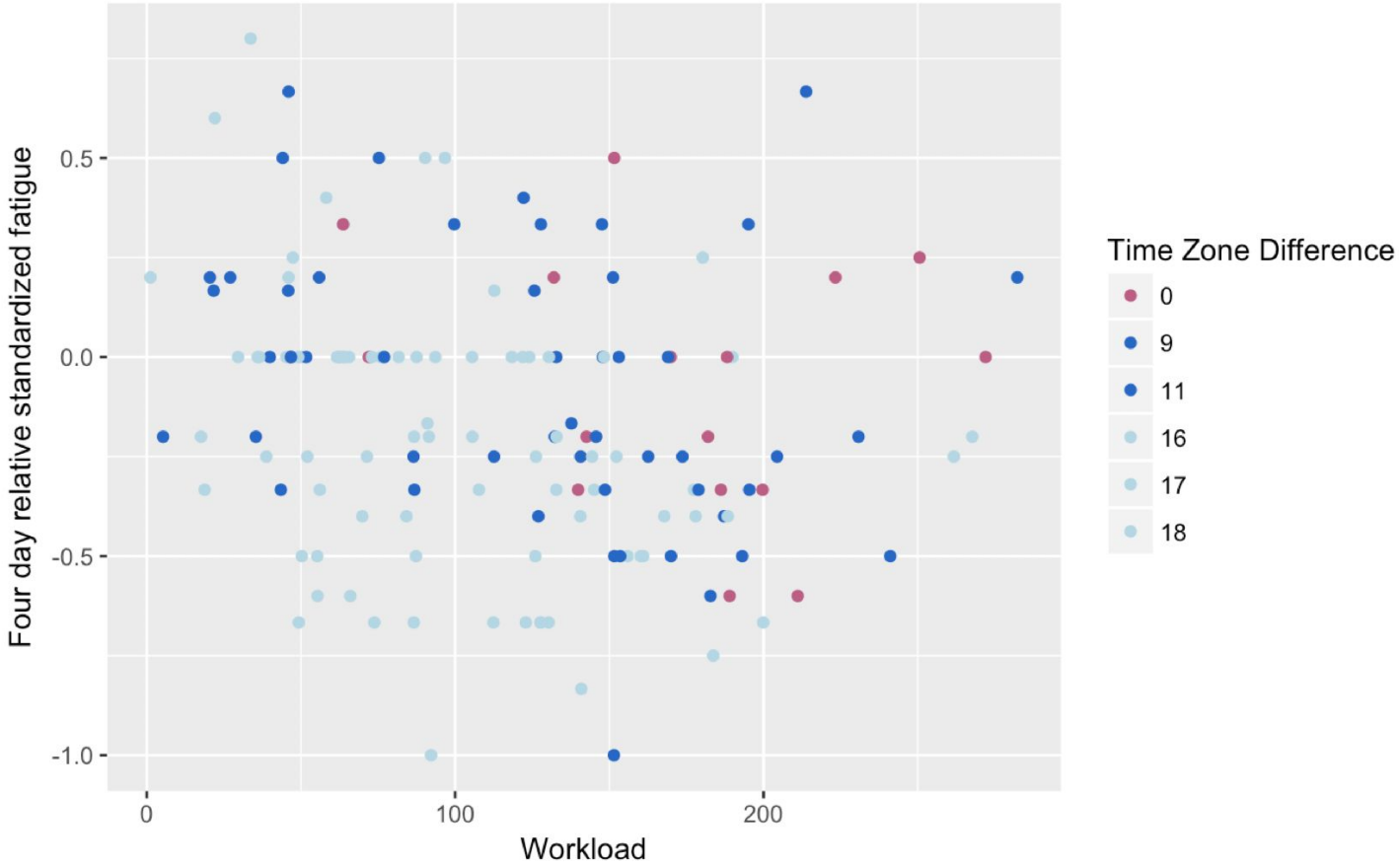
Nicole D. Misseldine,[1] Richard C. Blagrove,[2,3] and Jon E. Goodwin[1]

Players covered 1,556 ± 233 m per game, with "sprinting" representing 6 ± 4% of this total distance using the typical-standard "sprint" threshold (5.6 $m \cdot s^{-1}$), but a significantly ($p < 0.001$) greater 12 ± 4% using the female-adjusted threshold (4.7 $m \cdot s^{-1}$). Despite similar total distances,

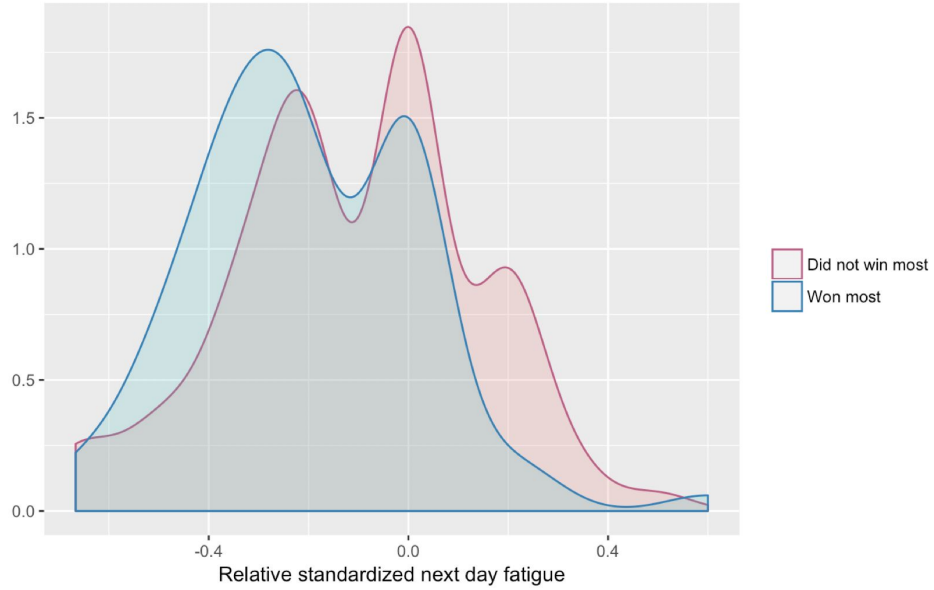
Speed vs Game time of a player

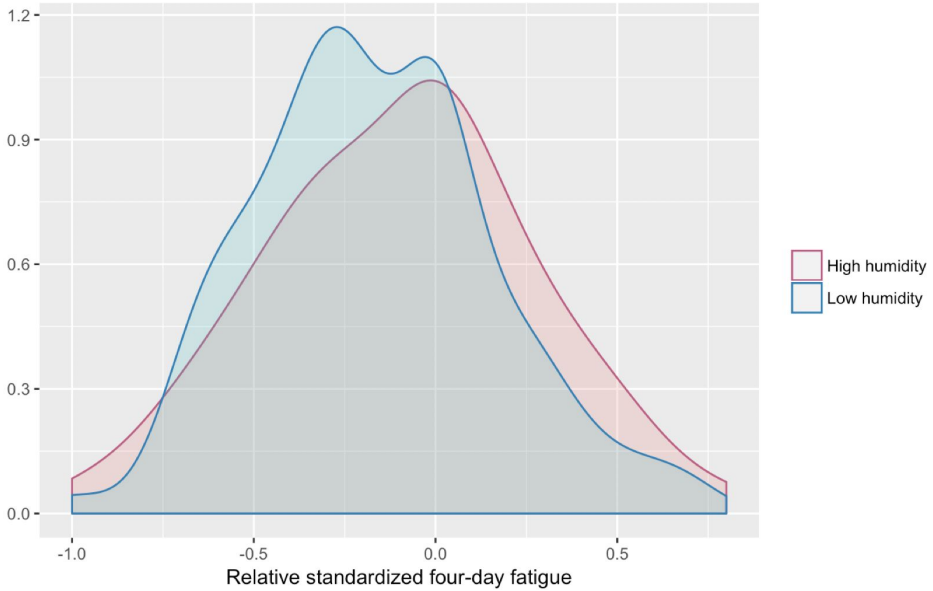


*https://journals.lww.com/nsca-jscr/Abstract/publishahead/Speed_Demands_of_Women_s_Rugby_Sevens_Match_Play.95342.aspx



How does time zone affect workload and fatigue?





Does winning change the workload-fatigue relationship?

Higher margin of winning predicts a faster recovery ($p < 0.05$).

Does weather change the workload-fatigue relationship?

Using Riem package to get weather data for location/times.