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Within- and between-mesocycle variations of well-being measures in top elite soccer players: a longitudinal study

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METHODS

40-week period of competition

Hooper index categories

10 mesocycles

- ⚽ Fatigue;
- ⚽ Stress;
- ⚽ Muscle soreness (DOMS);
- ⚽ Sleep quality.

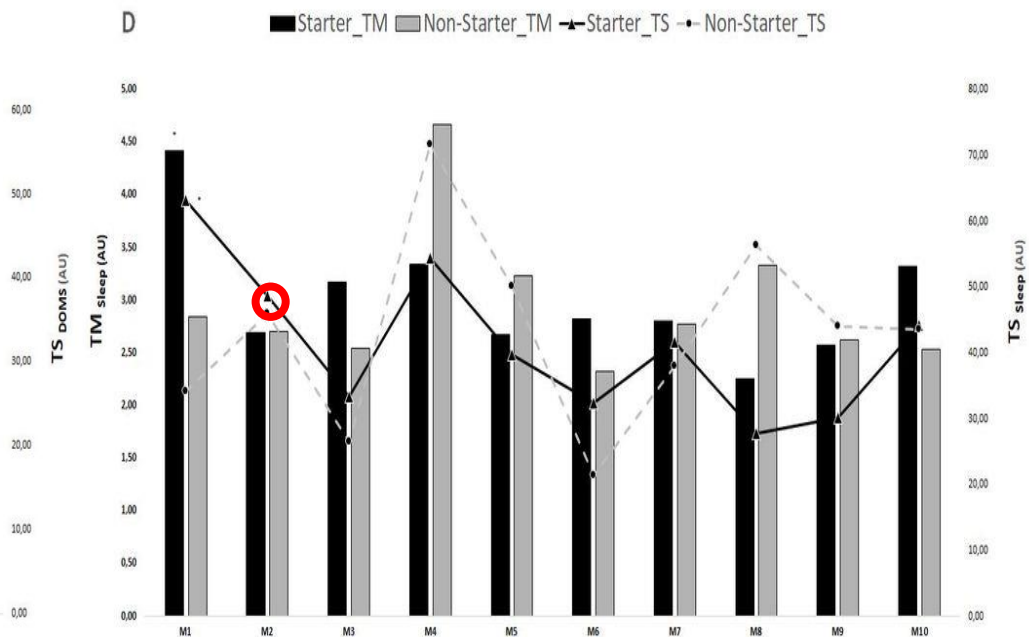
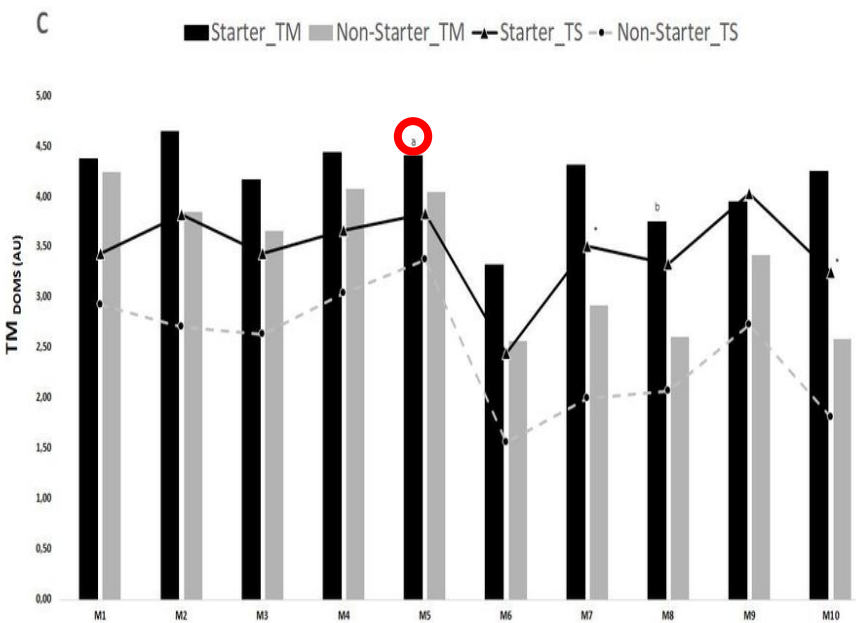
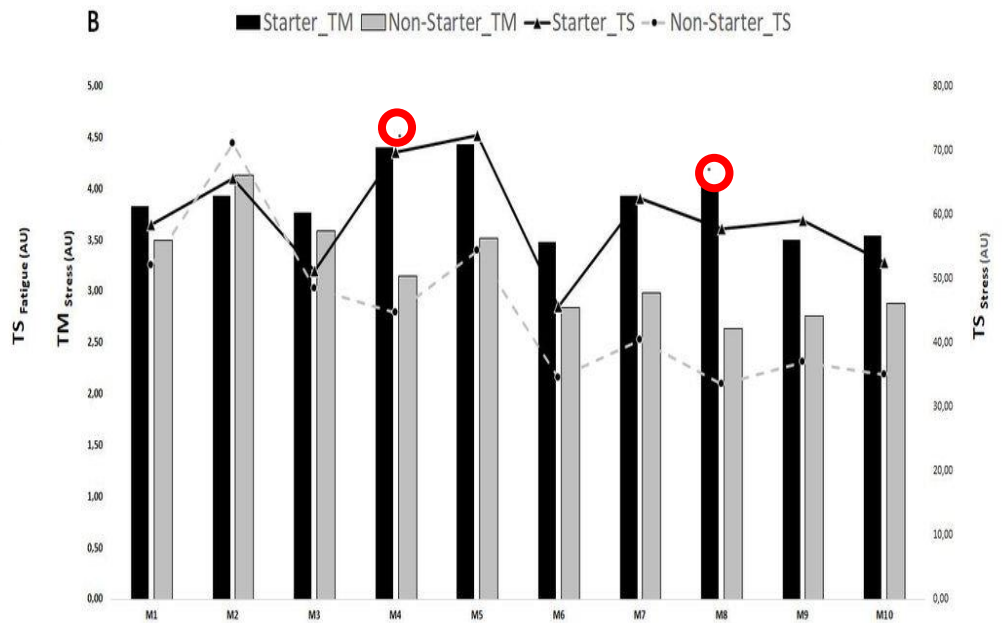
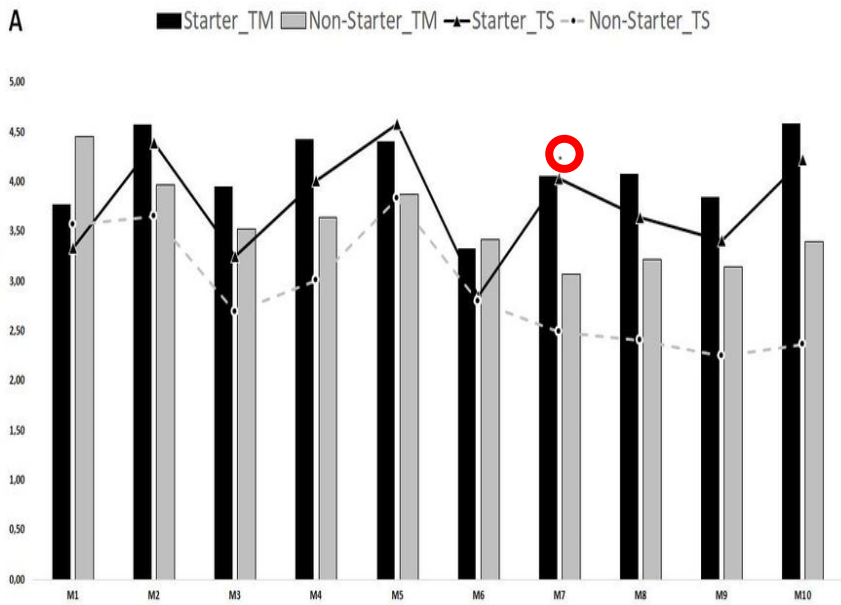
- ⚽ Training monotony;
- ⚽ Training strain;
- ⚽ Acute:Chronic Workload ration (ACWR).

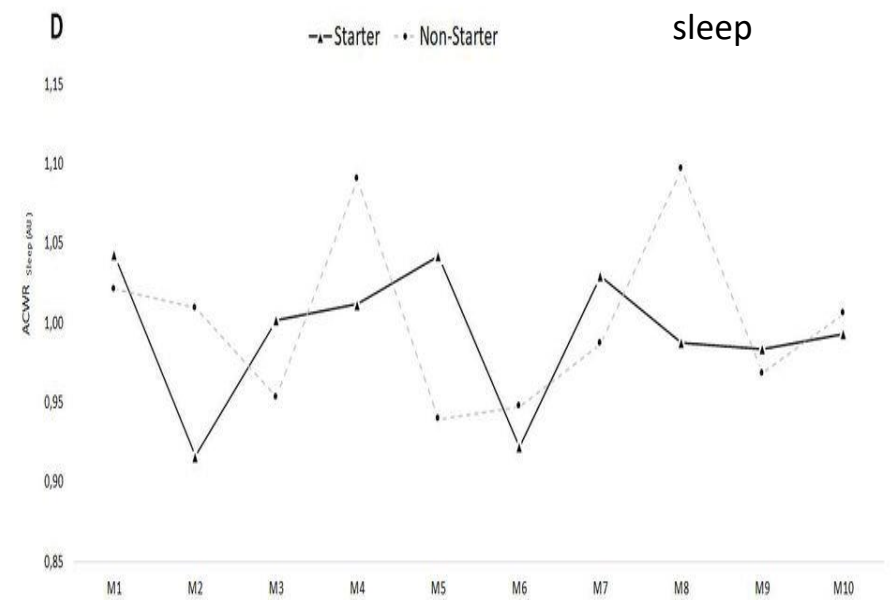
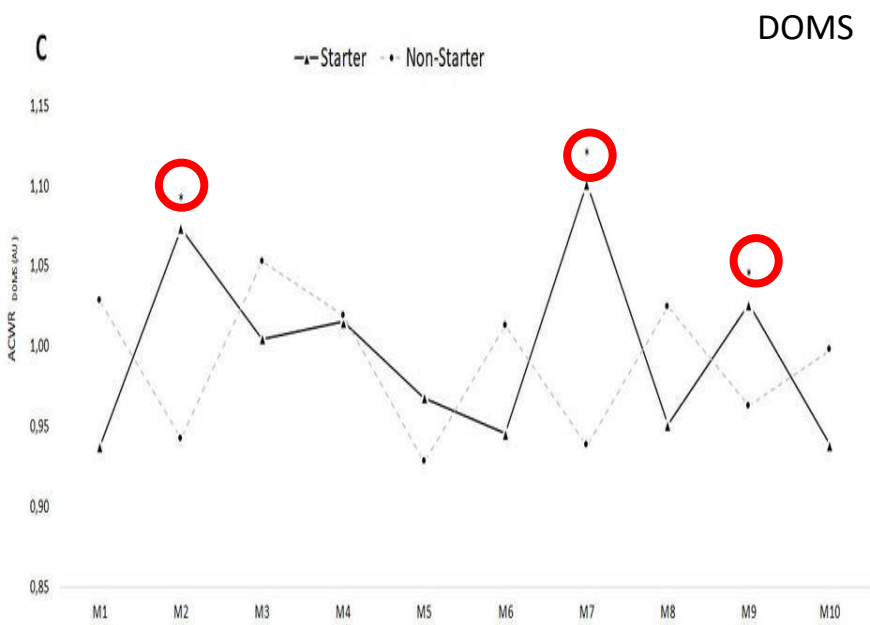
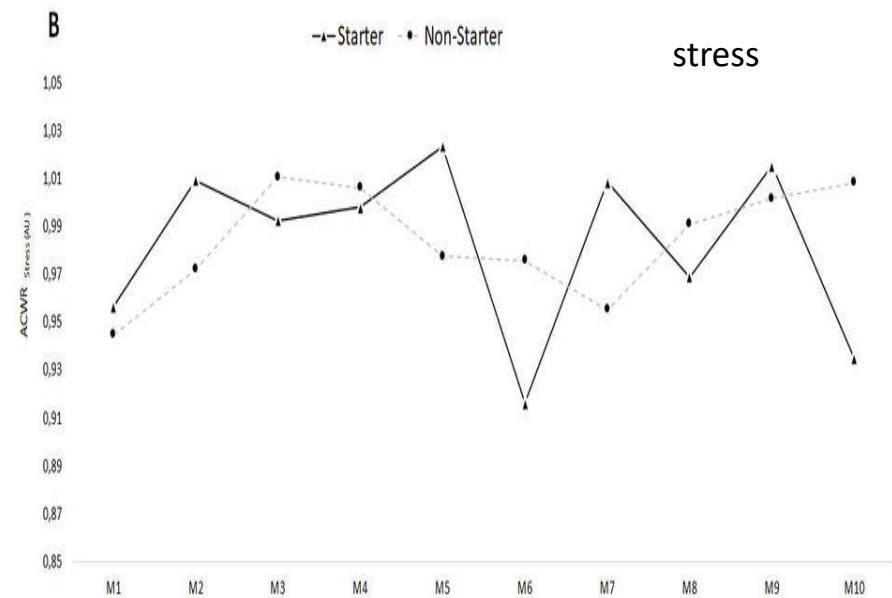
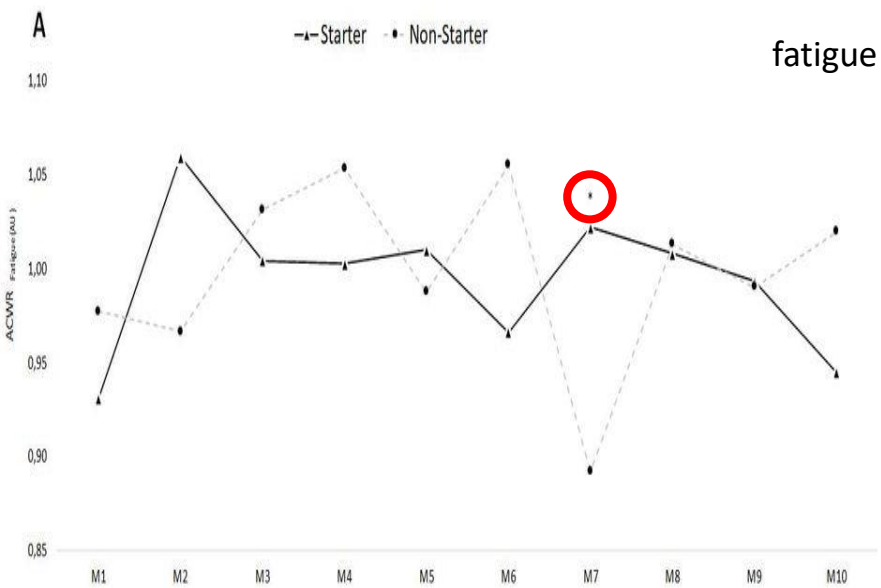
Player Positions

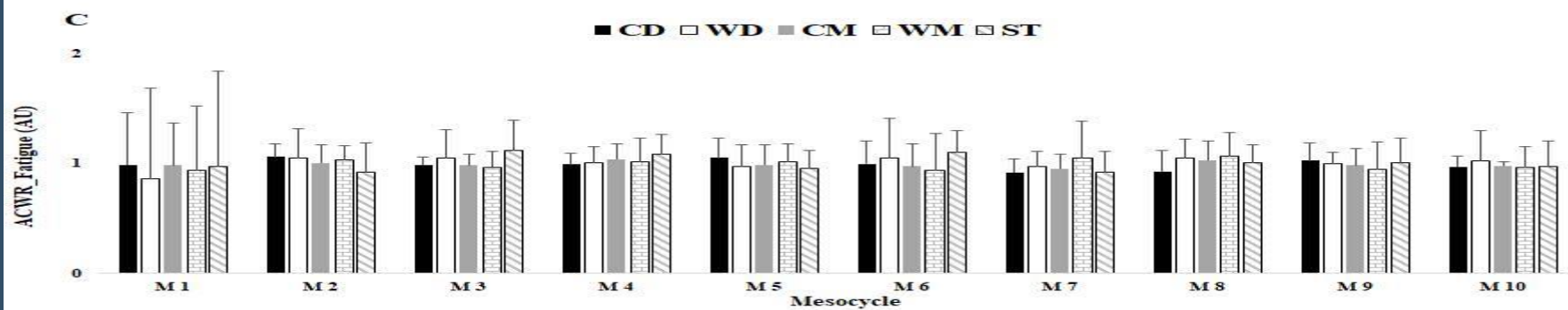
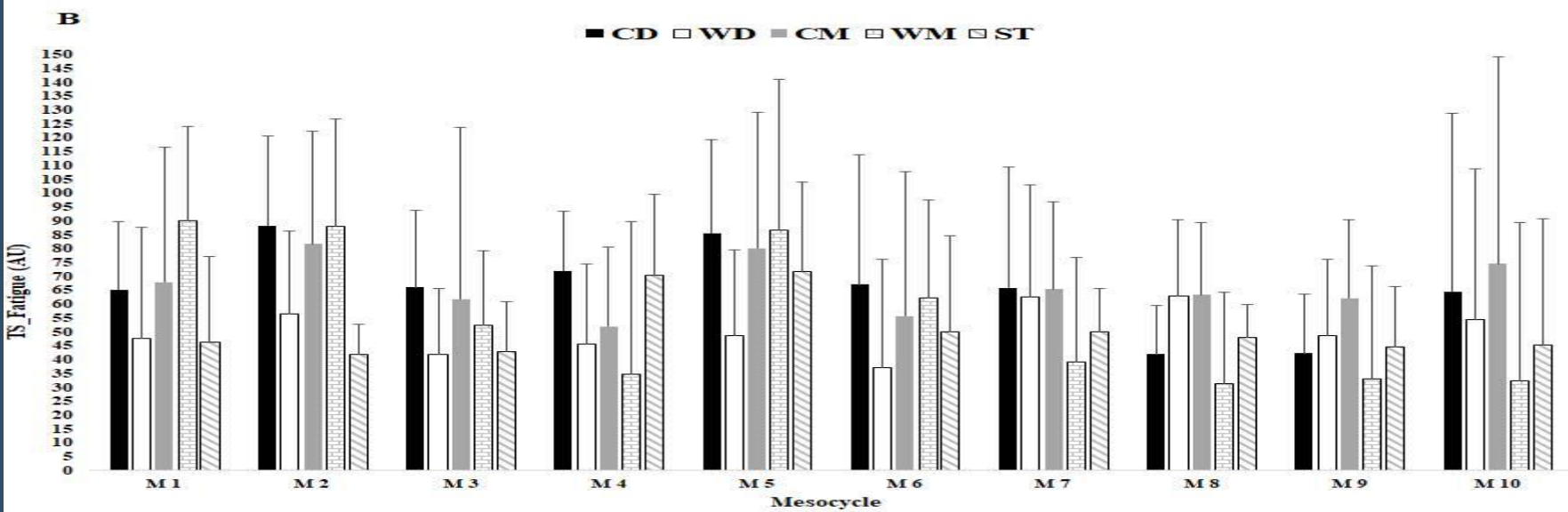
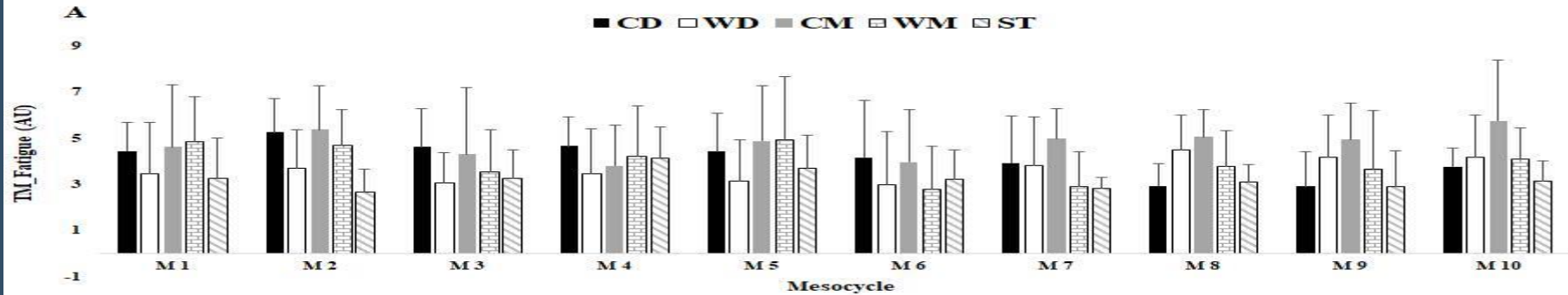


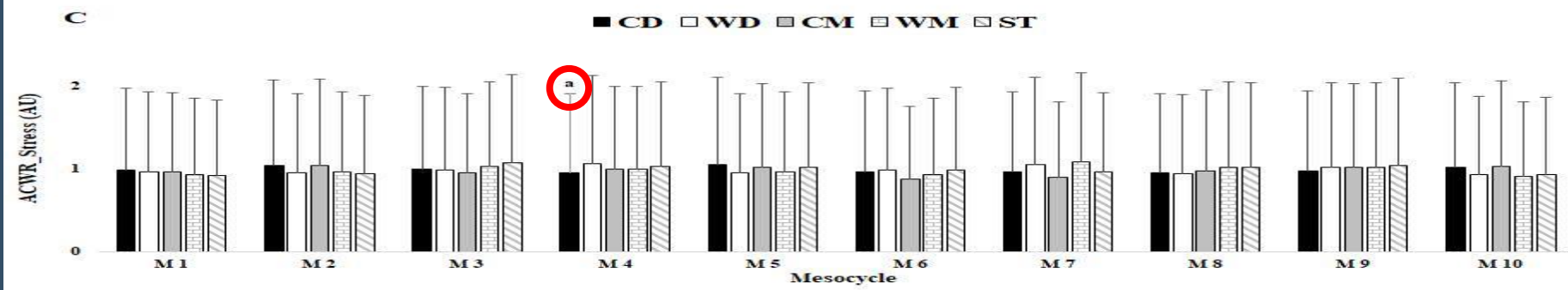
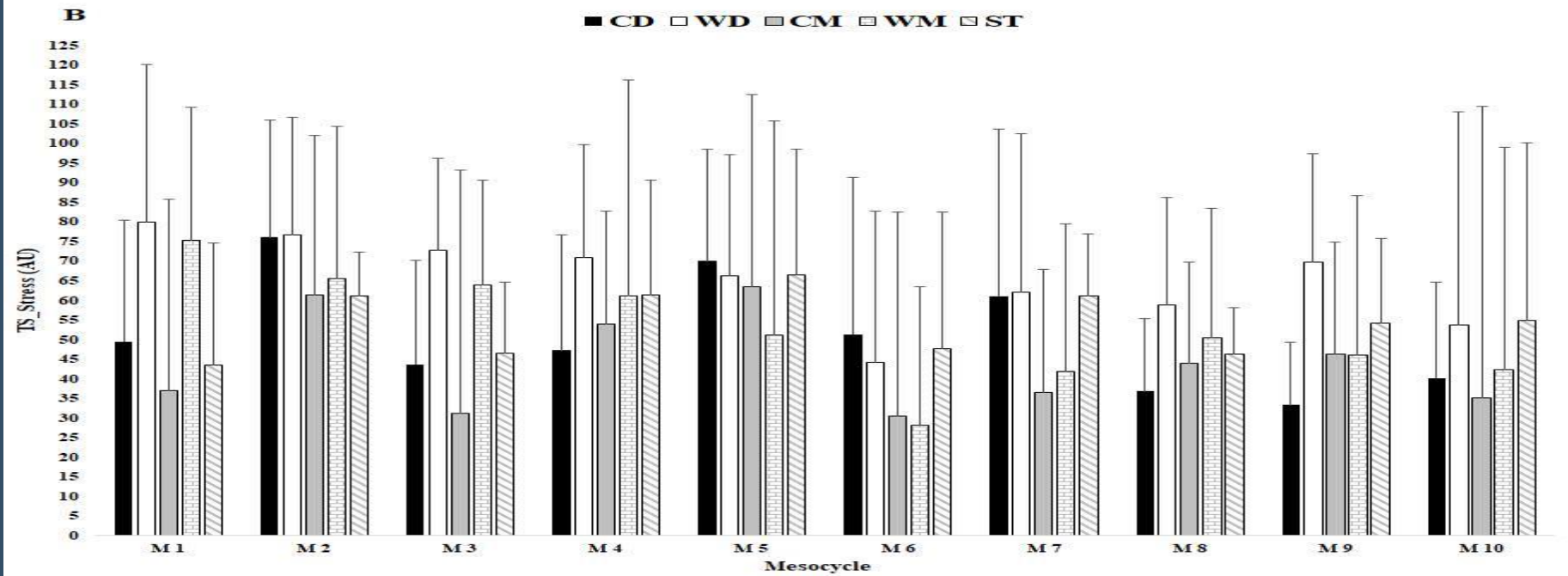
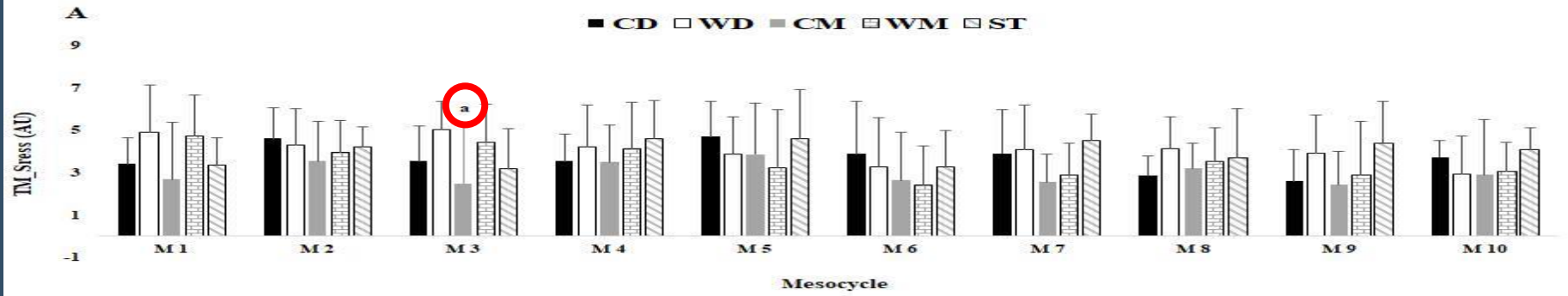
Player Status

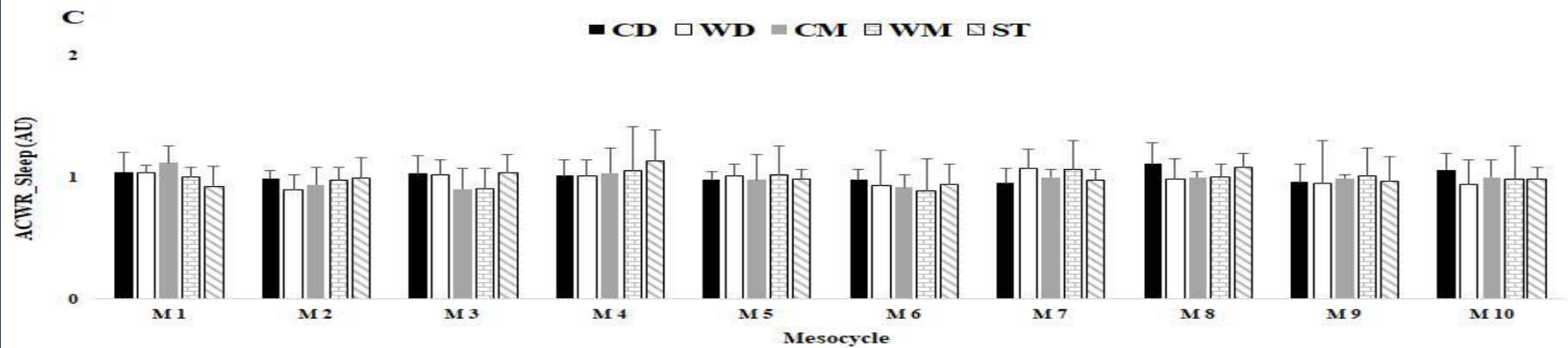
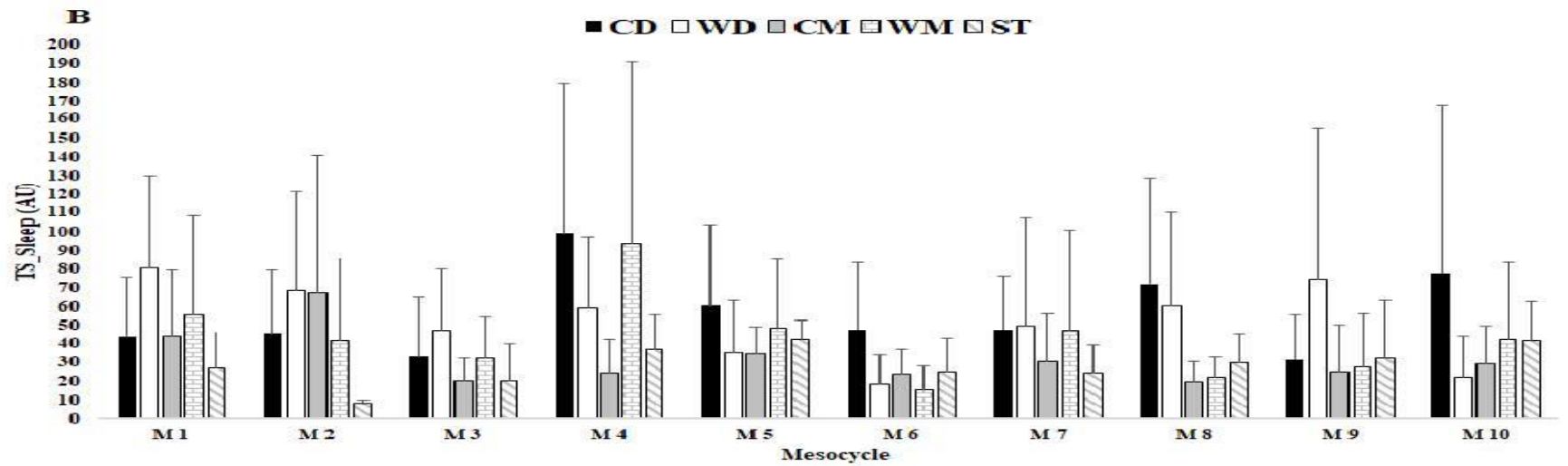
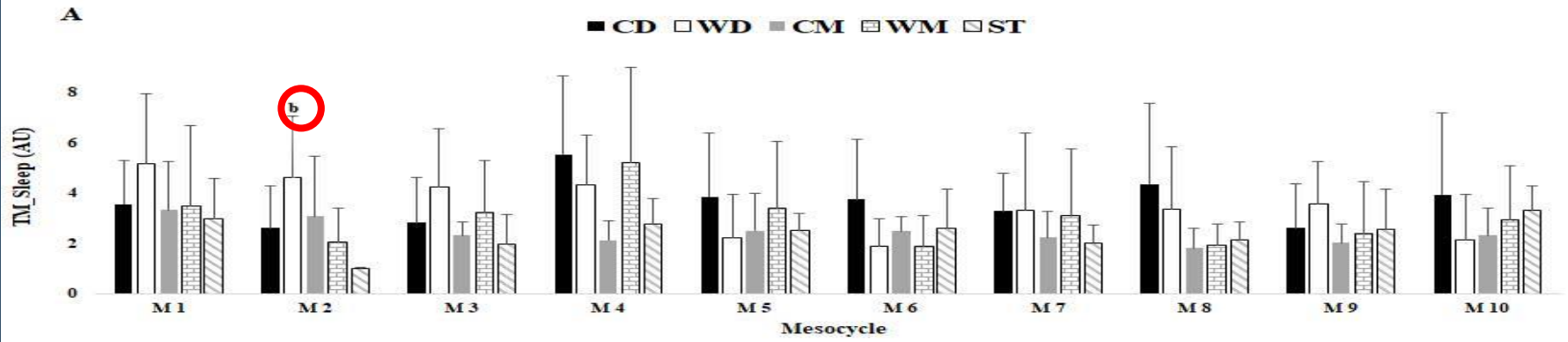


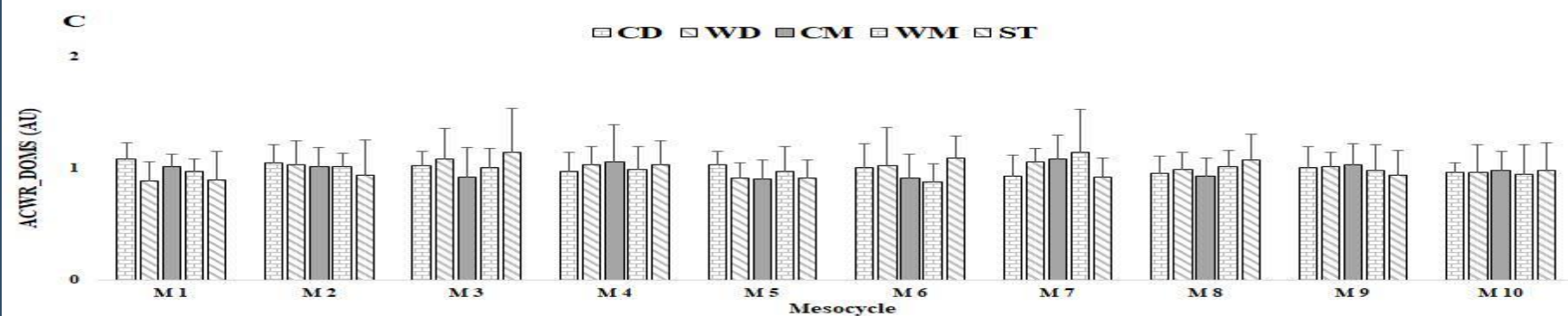
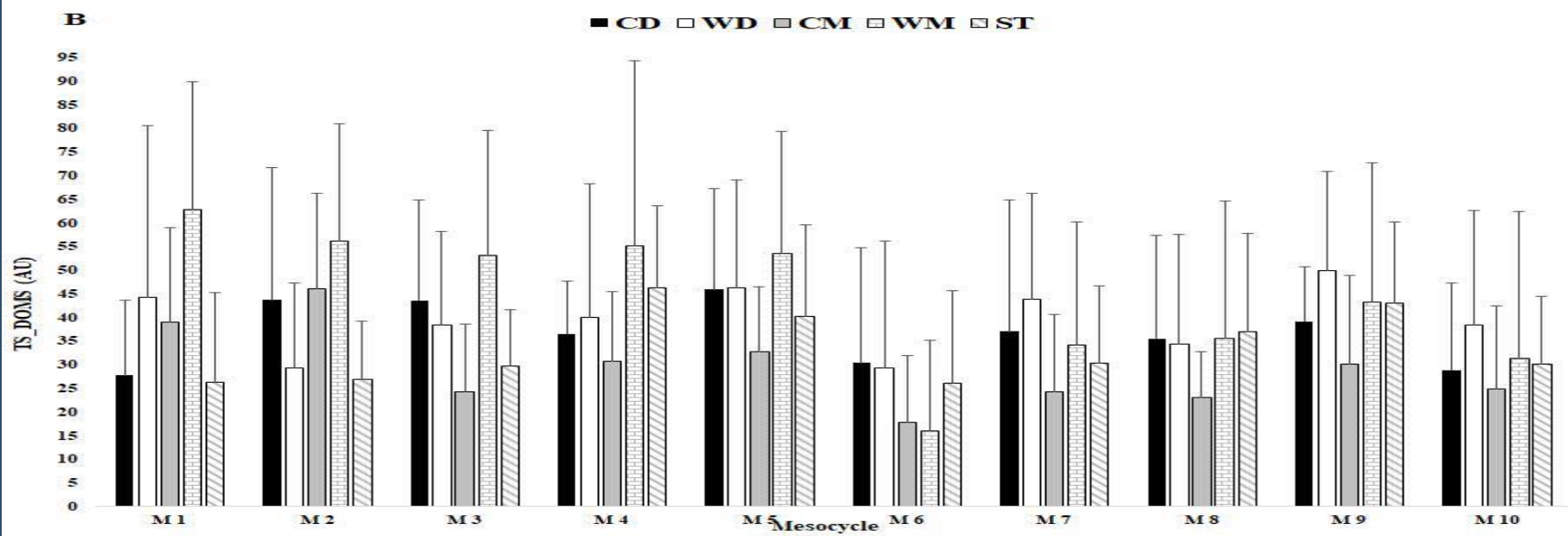
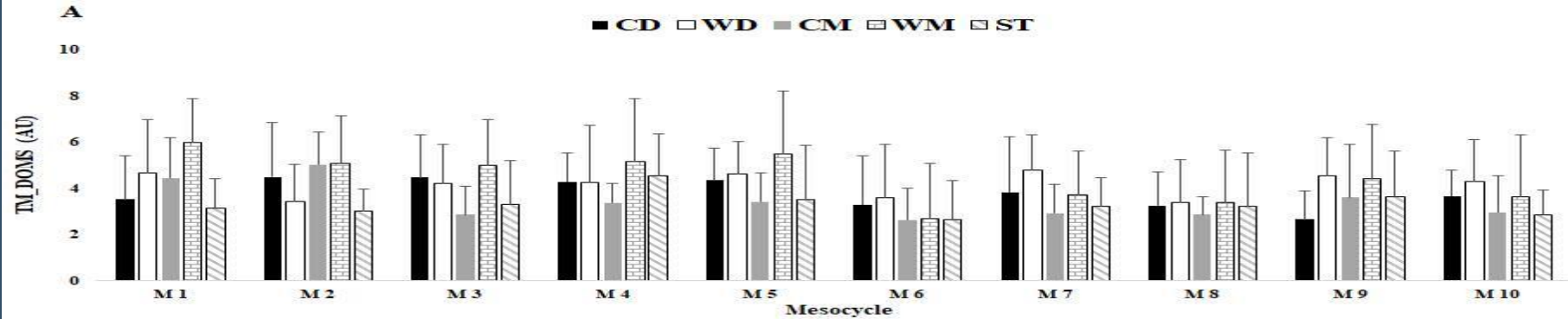














CONCLUSION

Starters

Player positions

had a tendency of higher values than non-starters

Few differences noted

This study showed that a comprehensive analysis of players' wellness parameters can provide clear information to the coaches to complement training monitoring of the players.

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