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In-season internal and external training monotony, strain and acute/chronic workload ratio variations between starters and non-starters of a top elite European soccer team

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ABSTRACT

The aim

(a) to describe the in-season variations of training monotony, training strain, and acute: chronic workload ratio (ACWR) through session rated perceived exertion (s-RPE), total distance and high-speed running (HSR);

(b) to compare those variations between starters and non-starters

17 professional players from an European First League team participated in this study

starters (n=9)

non-starters (n=8)



METHODS

in-season 2015-2016

41-week

52 matches

10 mesocycles

- ⚽ s-RPE;
- ⚽ Total distance;
- ⚽ High-speed running (HSR).

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

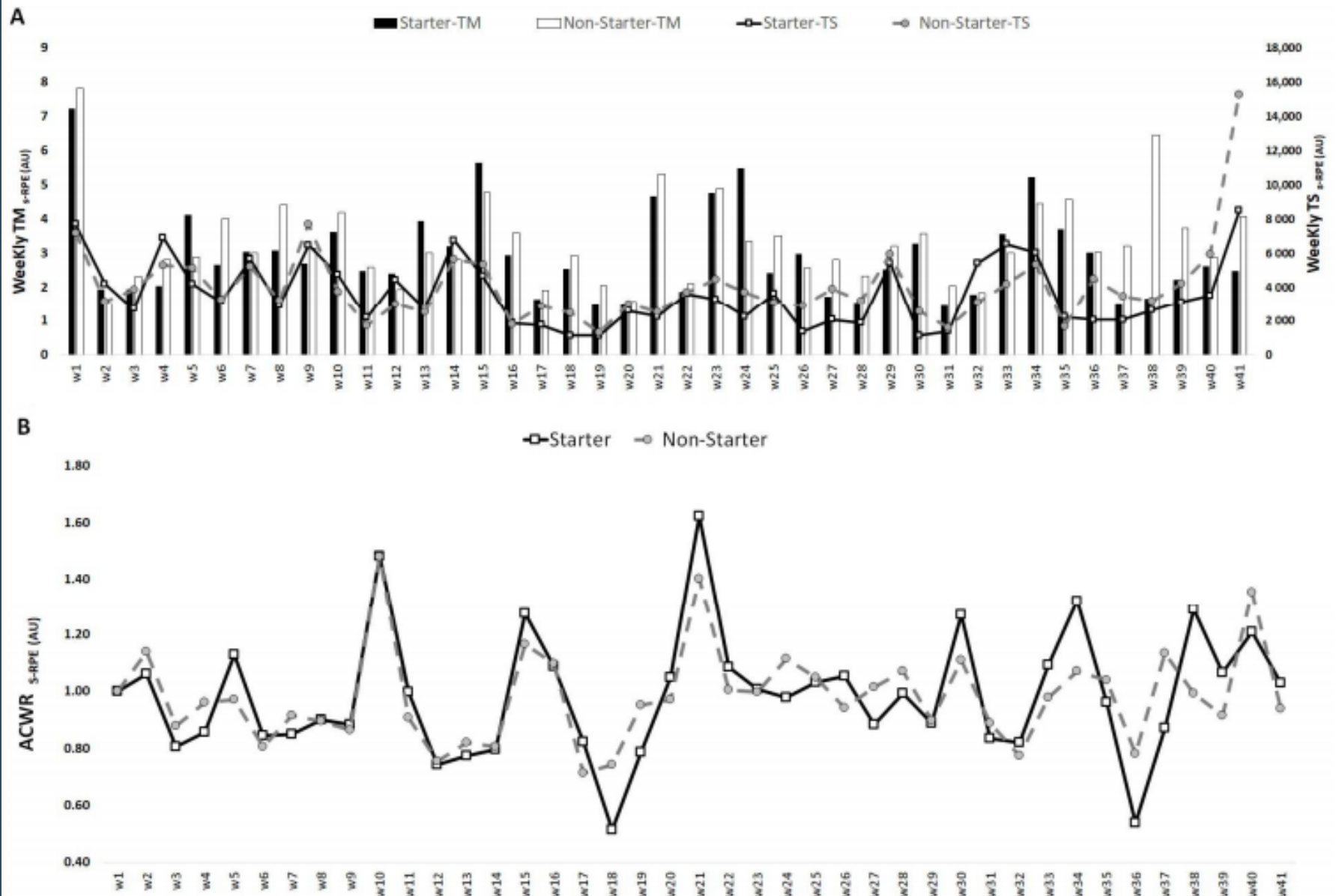


Figure 1. TM, TS (A) and ACWR (B) variations calculated through the **s-RPE** across 41 weeks for starters and non-starters.

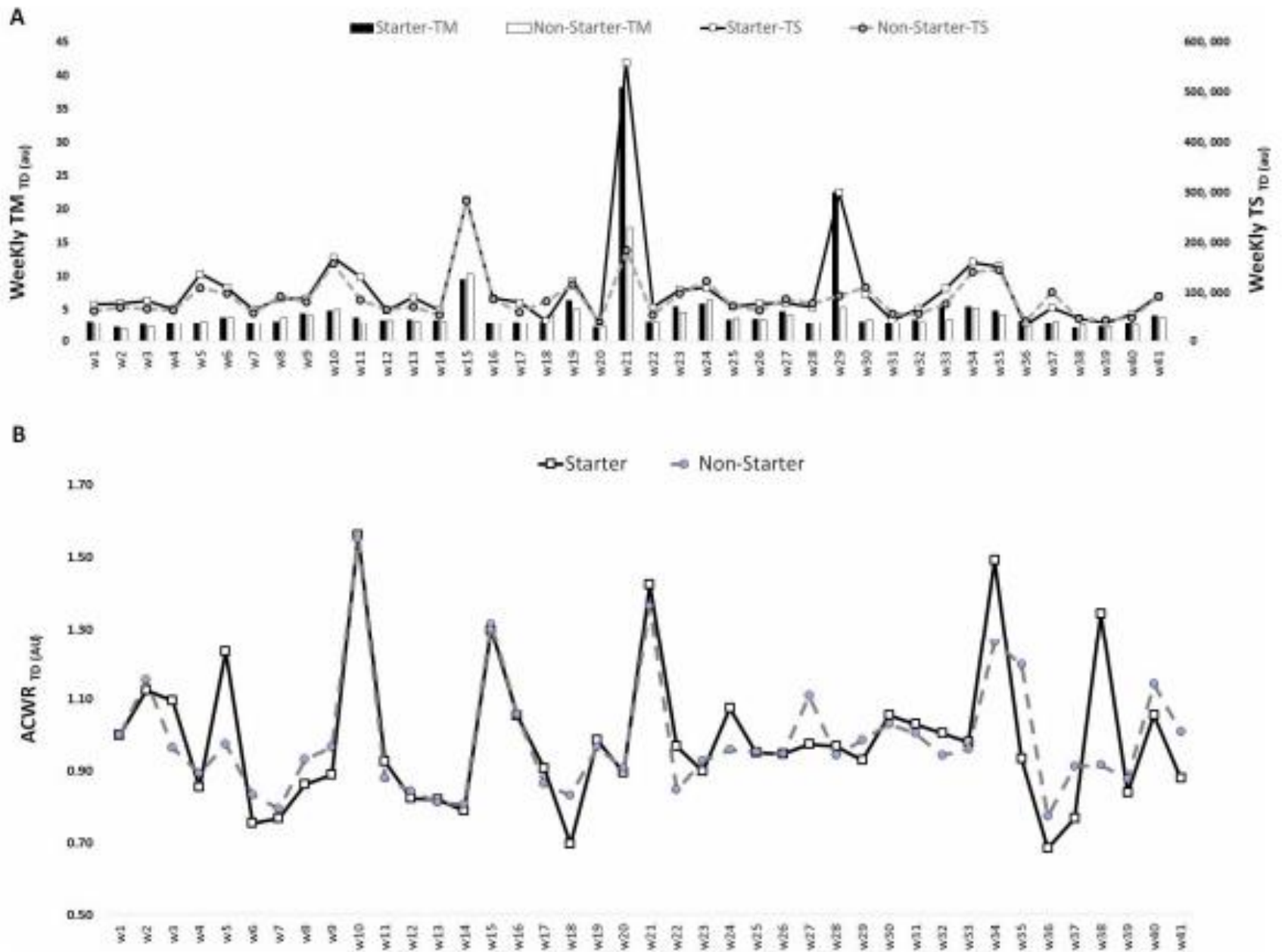


Figure 2. TM, TS (A) and ACWR (B) variations calculated through the **total distance** cross 41 weeks for starters and non-starters.

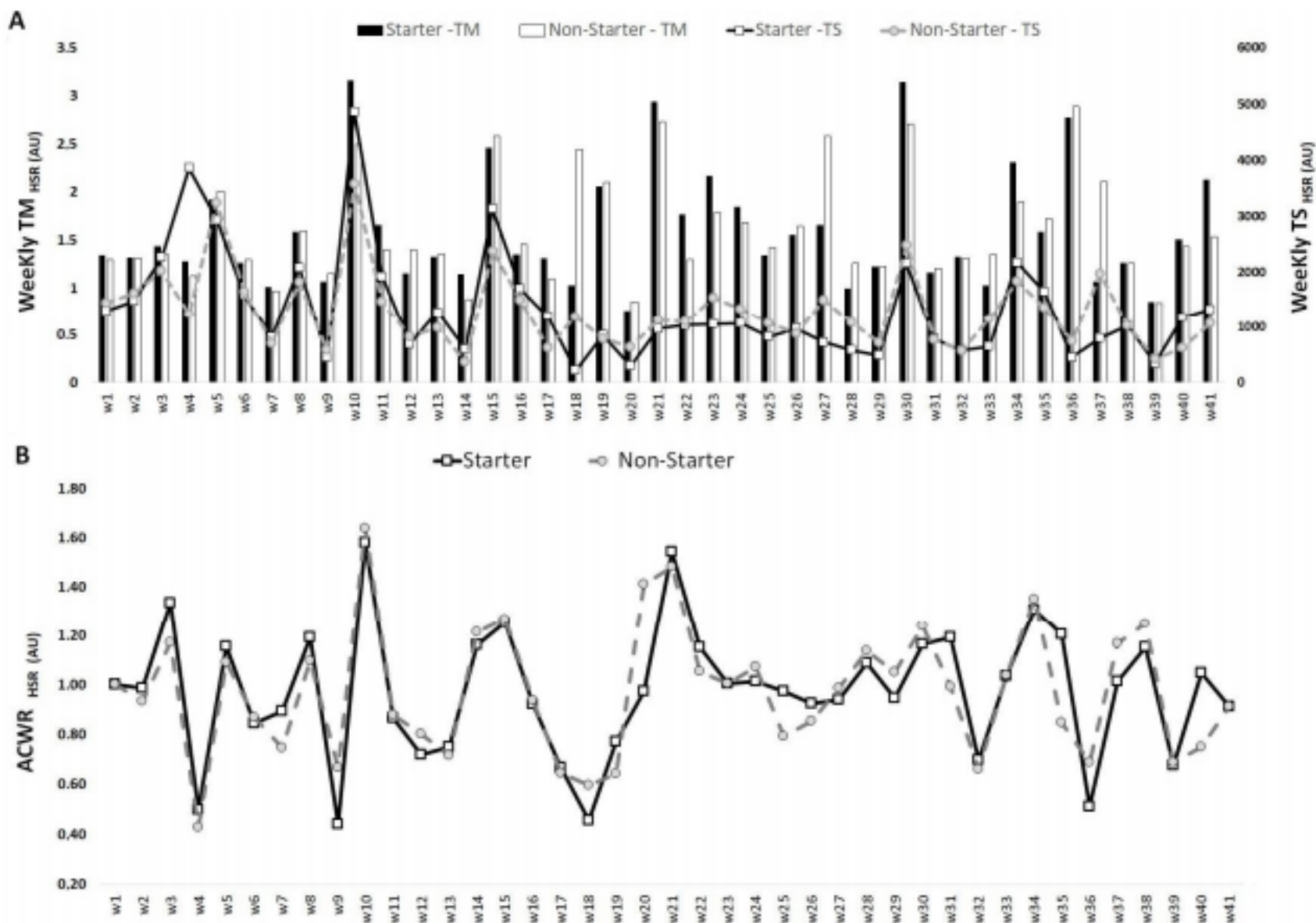
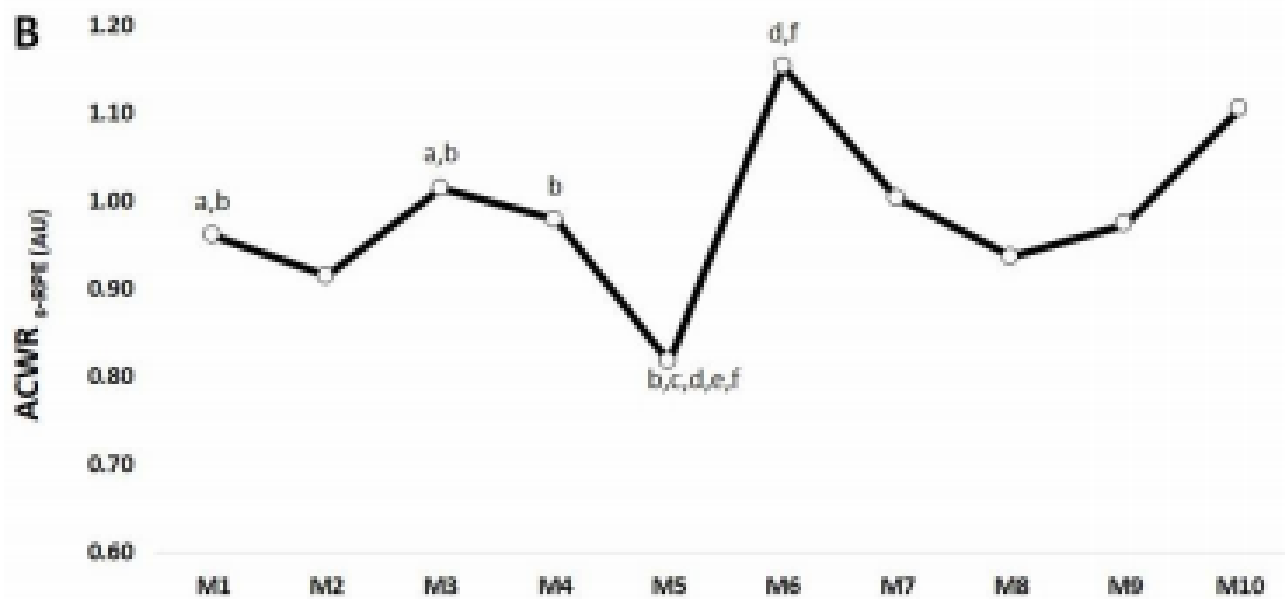
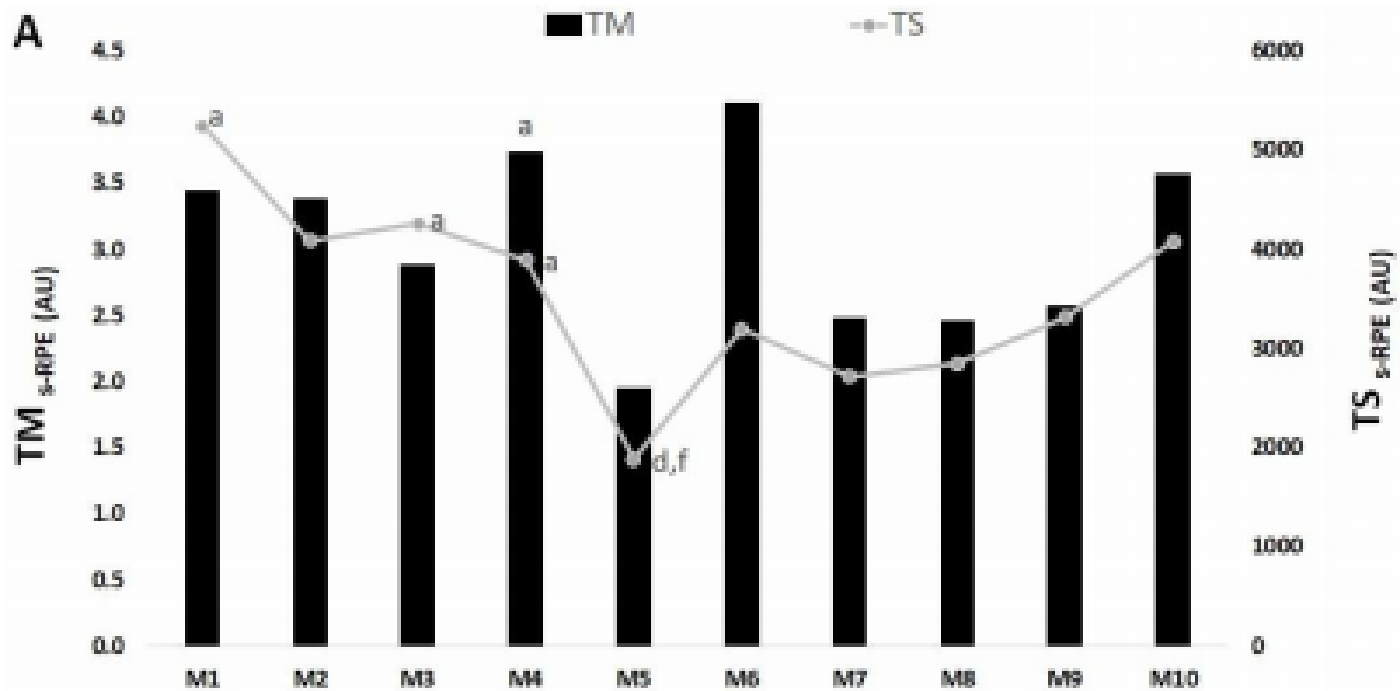
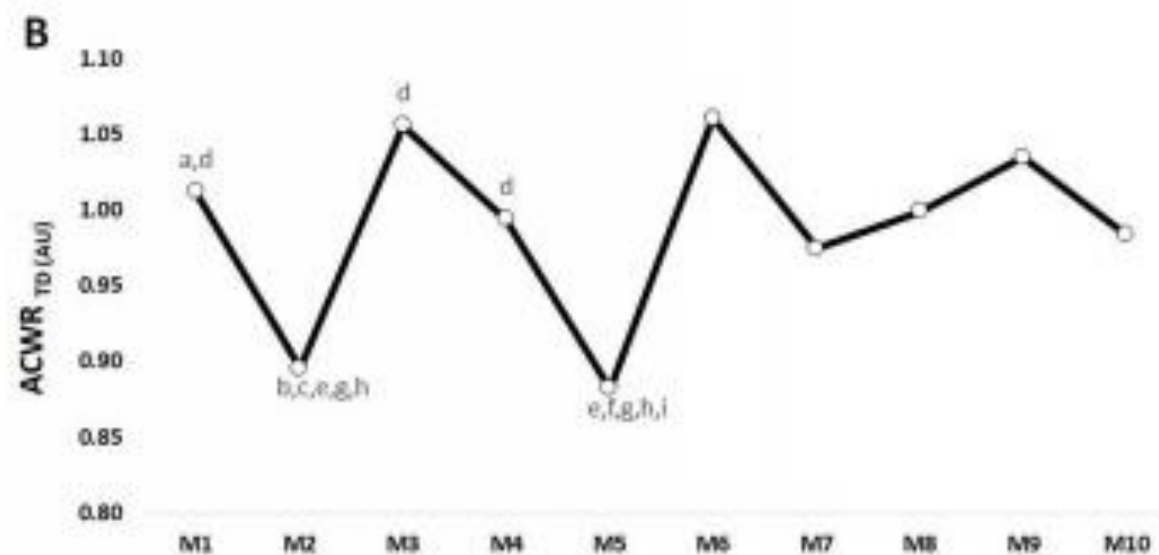
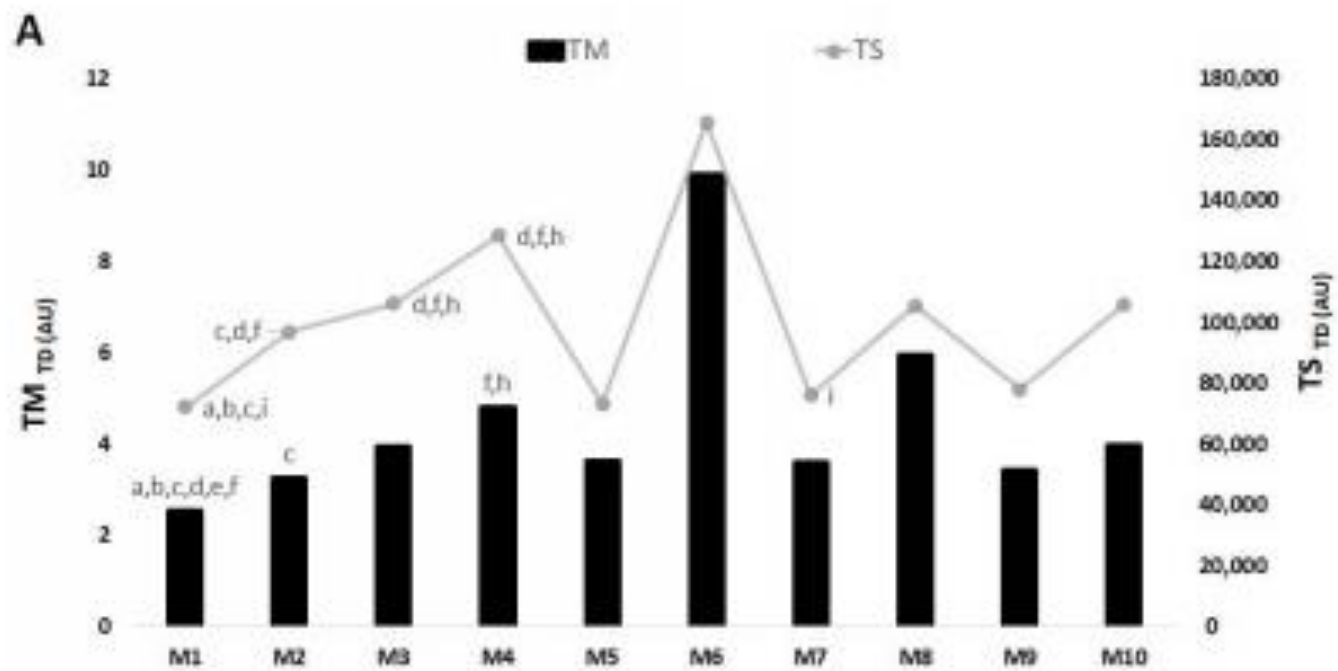
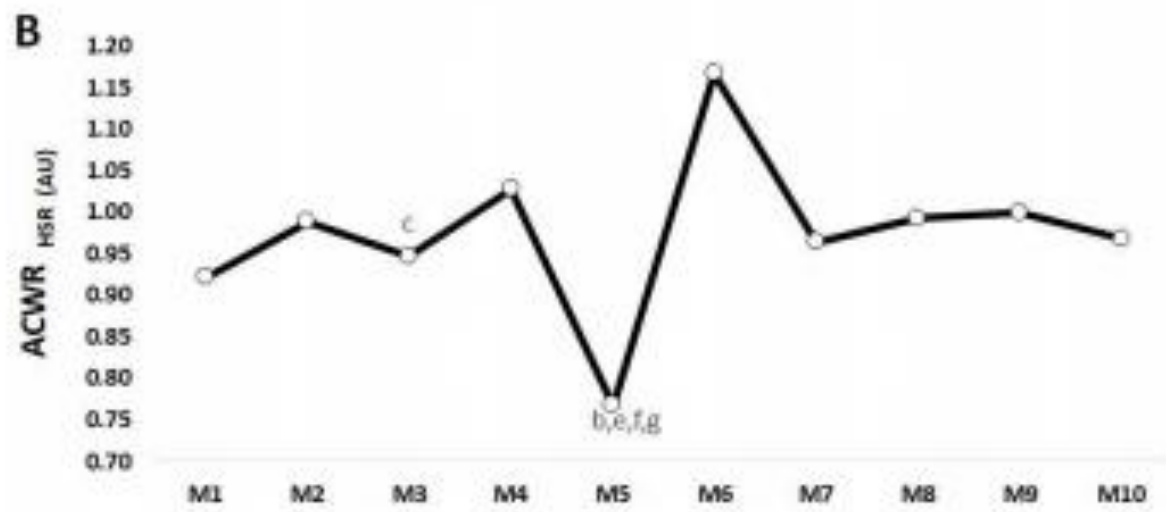
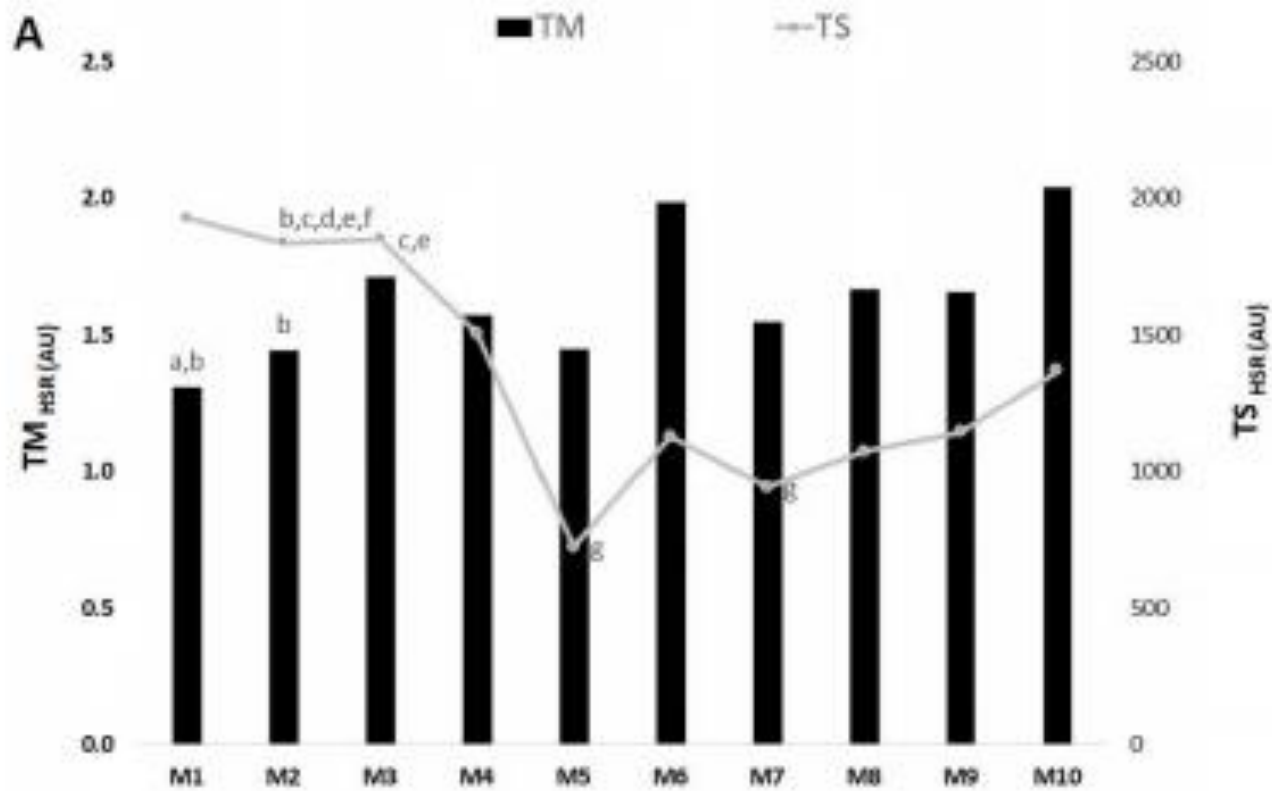


Figure 3. TM, TS (A) and ACWR (B) variations calculated through the HSR across 41 weeks for starters and non-starters.









CONCLUSION

starters and non-starters



small differences
between them



The adjustments of training workloads that had been applied over the season helped to reduce differences between player status

whole team



some variations over the
season (microcycles and
mesocycles)

This study could be used as
reference for future coaches,
staff and scientists.

