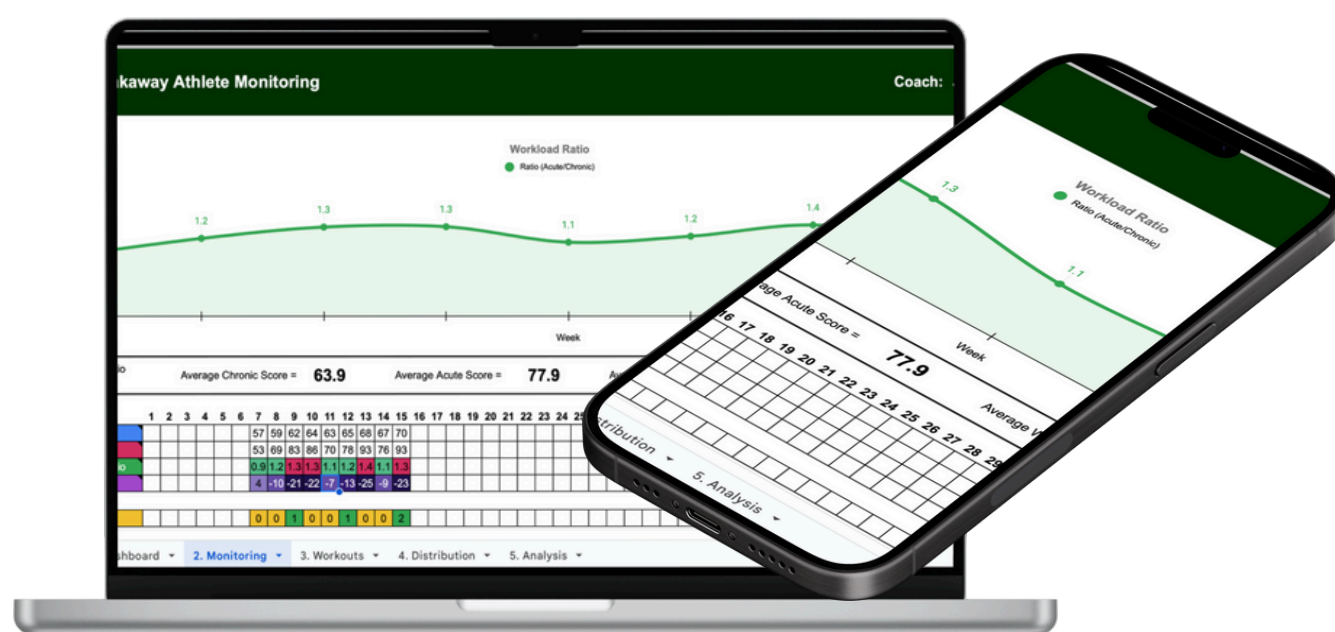




WORKLOAD RATIO



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Workload Ratio

Week	Ratio (Acute/Chronic)
1	1.1
2	1.2
3	1.0
4	1.1
5	0.9
6	1.0
7	1.0
8	1.0
9	1.0
10	0.9
11	1.0
12	1.0
13	1.0
14	1.0
15	1.0
16	0.7
17	1.0
18	0.5

Step 1

The diagram consists of two horizontal rounded rectangles. The top rectangle is divided into two sections: the left section is light gray and contains the text 'Chronic Workload =', and the right section is white and contains the text 'Workload from the past 6 weeks'. The bottom rectangle is also divided into two sections: the left section is light gray and contains the text 'Acute Workload =', and the right section is white and contains the text 'Workload from the past 7 days'.

Chronic Workload = Workload from the past 6 weeks

Acute Workload = Workload from the past 7 days

To get a workload score for each session try using the following equation.

workload for each session = session duration (minutes) x RPE (from 1 to 10).

For example let's say I ran for 30 minutes and the run was a 3 out of 10. That means my workload for that session was 90 points. Now you to do this for all sessions for at least 6 weeks to get your Chronic score.

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Step 2

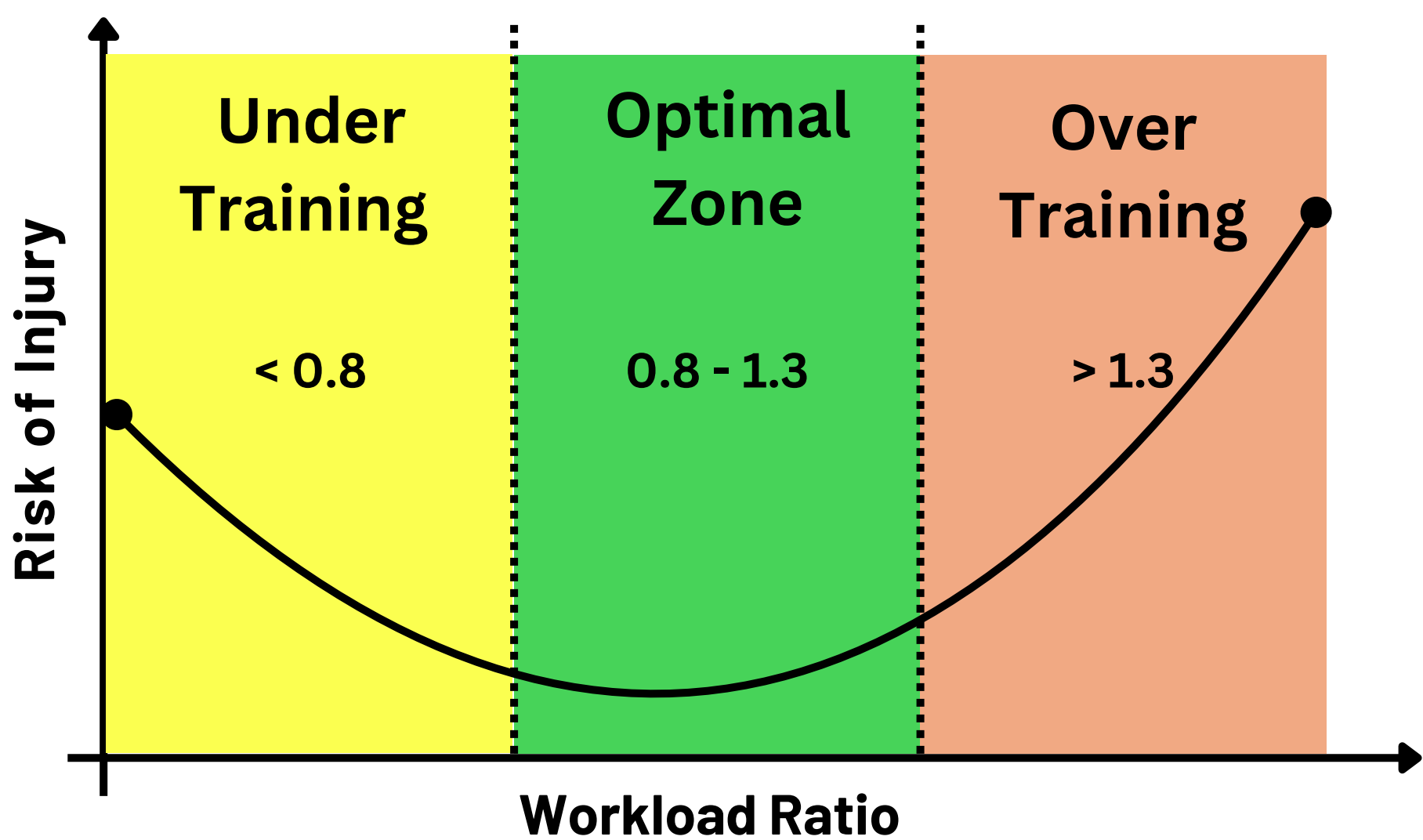
You now have your workload for each session from the past 7 days and 6 weeks. Now you need to take the rolling average for each of these (chronic and acute). Once you do that you can get your workload ratio using the following equation:

Workload Ratio = Acute workload (7 days) / Chronic workload (6 weeks)

Ideally you want this number to be between 0.8 and 1.3. Below this and you are possibly under training, above this it is possible you are over training. However, there are certain caveats to this rule.

If you are in a race preparation phase of training and therefore training to push the volume then going above 1.3 is fine. However, you can't stay there for ever, try not to go above 1.3 for more than 3 weeks before dropping to optimal ranges again.

Conversly, if you have just finished your main event then you will need a period of recovery. Dropping below 0.8 during this time would be appropriate.



Step 3

Track your workload across a full year. Every week you should check your workload ratio to ensure you are in the right zone. With Breakaway athletes every client has a track they I update every week.

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