PHYSICAL PREPARATION · INDIVIDUAL MICROCYCLE

WEEKLY LOAD

ATHLETE	DATE	TEST	MATCH MINUTES	CAPACITIES
J5	2026-11-14	Match week	93	MSS 31.7 km/h, MAS 16.9 km/h

01 WEEK VERDICT

VERDICT

Within benchmarks

- OK — Training high-speed distance: 848 m, or 0.83 × his match — within the 0.6–0.9 range associated with lower match-injury risk.
- OK — Maximal-speed exposure at MD-2: 4 runs above 95% MSS (peak 99%).
- OK — 1 day without a pitch session provides a recovery window.

Simulated training sessions; real match (Metrica Sports sample data).

32.8 km	0.83 × match	4	24.1 kJ/kg	6
WEEKLY DISTANCE	TRAINING HIGH SPEED	>95% MSS	MECHANICAL WORK	SESSIONS
training + match	848 m	MD-2	open model	1 day off

READING

The microcycle contains 5 training sessions, 1 day off, and 21.1 training km.

Against one match, training represents 1.81 × distance, 0.83 × high speed and 1.42 × mechanical work.

Speed reaches 99% MSS, with 4 runs above 95%.

At 60% of the match 1-min peak, the week accumulates 15.2 min for power and 29.5 min for distance per minute.

Priority for next week: keep this structure and monitor the player's internal response.

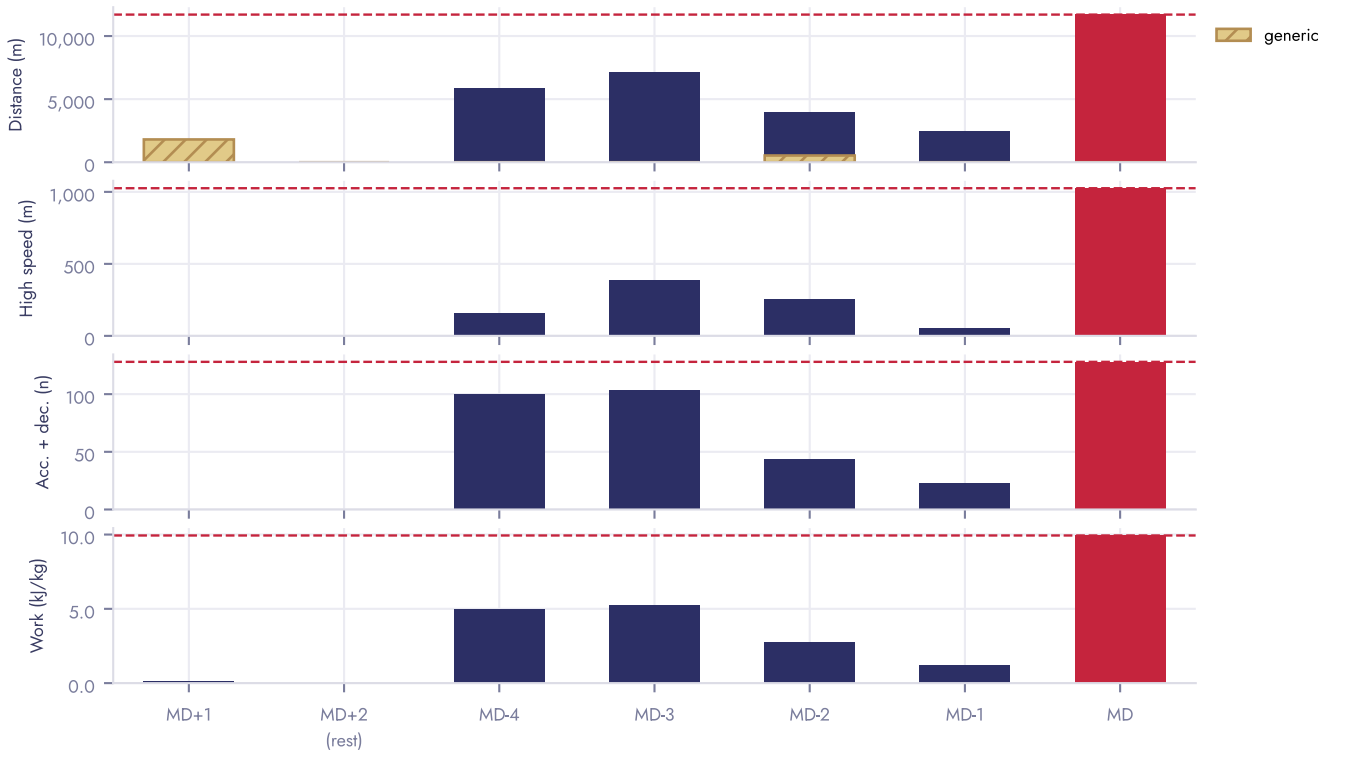
1.1 Checks and decisions

STATUS	MEASURED / BAND	WHAT IT SUGGESTS	SOURCE
OK	0.83 × match · band 0.6–0.9	Training high-speed distance: 848 m, or 0.83 × his match — within the 0.6–0.9 range associated with lower match-injury risk.	Buchheit et al. 2024
Info	200 m · match ref. 106 m	Sprint ratio is not interpretable: the match contains only 106 m of sprinting (<150 m). Training provides 200 m in absolute terms.	Buchheit et al. 2024
OK	99 % MSS	Maximal-speed exposure at MD-2: 4 runs above 95% MSS (peak 99%).	Buchheit et al. 2023
OK	1 day off	1 day without a pitch session provides a recovery window.	Buchheit et al. 2024
OK	MD-1 1.19 kJ/kg	Load tapers before the match: MD-1 is the lightest day (1.2 kJ/kg).	Buchheit et al. 2024
OK	by metric · band 0.8–1.3	Load remains within the recent descriptive band; this ratio does not predict injury.	Impellizzeri et al. 2020; Buchheit 2017
OK	1.04 · ≤ 2.0	Mechanical-work monotony: 1.04, below 2.0 — load varies across days.	Foster 1998

What this report cannot see

Internal load (heart rate, RPE, wellness), gym strength work and medical status: cross-check before any decision.

02 THE WEEK DAY BY DAY

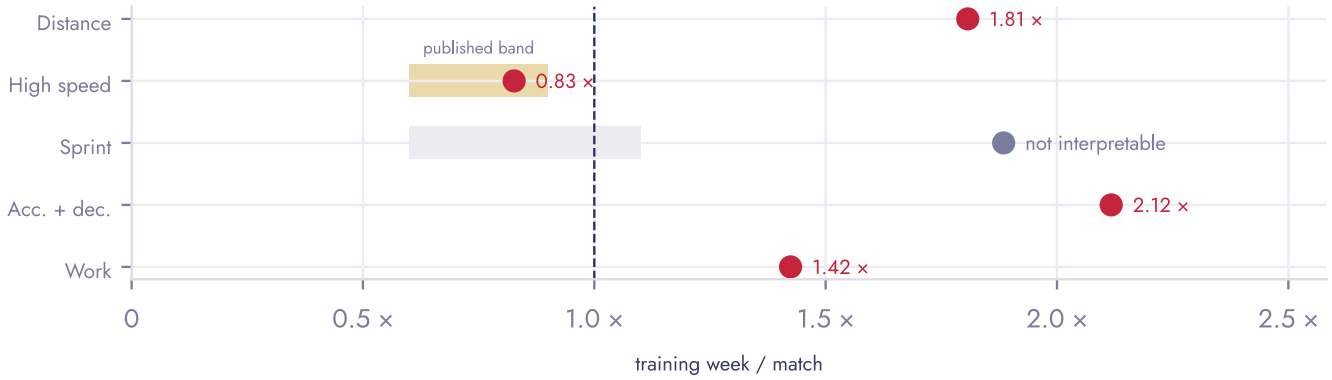


Red bars: match; blue: training; hatching: generic metres. Dashed lines: reference-match value.

DAY / CONTENT	MIN	M	M/MIN	HSR M	SPRINT M	ACC+DÉC	KM/H % MSS	KJ/KG	DIRECTION %
MD+1 recovery	25	1,806 15 % match	72	0 0 % match	0	0	8.2 26 %	0.09 1 % match	13
MD+2 rest	—								
MD-4 strength	75	5,843 50 % match	78	153 15 % match	0	100	22.7 72 %	4.93 50 % match	66
MD-3 endurance	80	7,128 61 % match	89	389 38 % match	93	104	28.0 88 %	5.22 53 % match	67
MD-2 speed	55	3,928 34 % match	71	251 24 % match	107	44	31.3 99 %	2.72 27 % match	73
MD-1 activation	40	2,438 21 % match	61	55 5 % match	0	23	21.9 69 %	1.19 12 % match	60
MD	93	11,700	126	1,025	106	128	29.5 93 %	9.94	20
Training week		**21,142**		**848**	**200**	**271**		**14.15**	

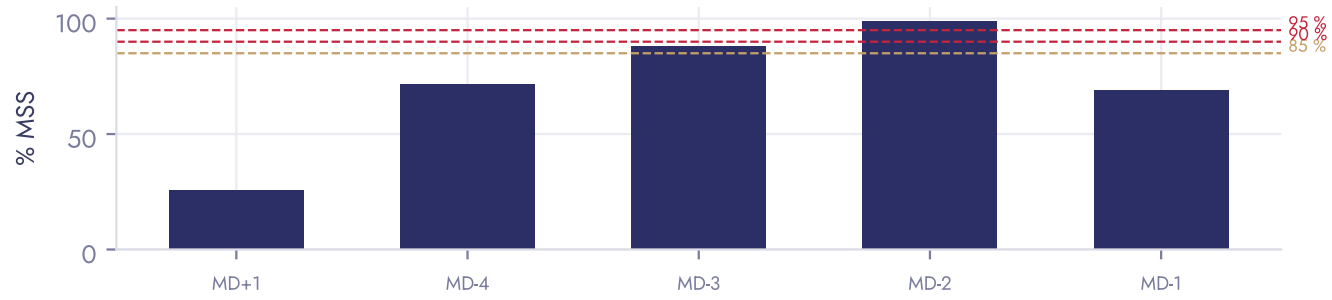
Origin of training metres : **18,803 m football-derived** · **2,339 m generic** (GPS 3.0).

03 THE WEEK AGAINST THE MATCH



Gold band: published range where available. Associated with fewer match injuries in elite 6–8-day turnarounds, not a causal target. No published band for the other metrics.

04 MAXIMAL SPEED

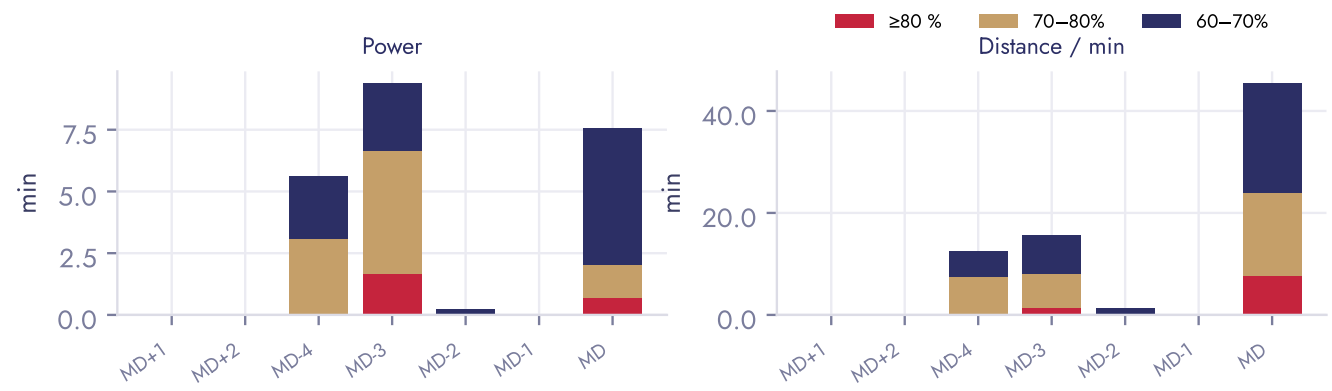


Daily peak as % MSS; lines: 85%, 90% and 95% thresholds.

THRESHOLD	TRAINING RUNS	WEEKLY BENCHMARK	MATCH RUNS
≥ 80 %	7	6–8	7
≥ 85 %	7	3	2
≥ 90 %	4	1–2	1
≥ 95 %	4	1–2	0

Maximal-speed exposure at MD-2: 4 runs above 95% MSS (peak 99%).

05 INTENSITY EXPOSURE TIME (WIET)



Exclusive minutes by rolling 1-min zone; columns in the table below are cumulative.

Power

MINUTES	≥60 %	≥70 %	≥80 %
MD+1	0.0	0.0	0.0
MD-4	5.6	3.1	0.0
MD-3	9.4	6.6	1.7
MD-2	0.2	0.0	0.0
MD-1	0.0	0.0	0.0
WIET	**15.2**	**9.7**	**1.7**
Match	**7.6**	**2.0**	**0.7**

Power : l'exposition vient de MD-4, MD-3, MD-2 ; entraînement / match = 15.2 / 7.6 min à ≥ 60 %, 9.7 / 2.0 min à ≥ 70 %, 1.7 / 0.7 min à ≥ 80 %.

Distance / min

MINUTES	≥60 %	≥70 %	≥80 %
MD+1	0.0	0.0	0.0
MD-4	12.5	7.5	0.0
MD-3	15.7	8.1	1.4
MD-2	1.3	0.0	0.0
MD-1	0.0	0.0	0.0
WIET	**29.5**	**15.6**	**1.4**
Match	**45.5**	**24.0**	**7.6**

Distance / min : l'exposition vient de MD-4, MD-3, MD-2 ; entraînement / match = 29.5 / 45.5 min à ≥ 60 %, 15.6 / 24.0 min à ≥ 70 %, 1.4 / 7.6 min à ≥ 80 %.

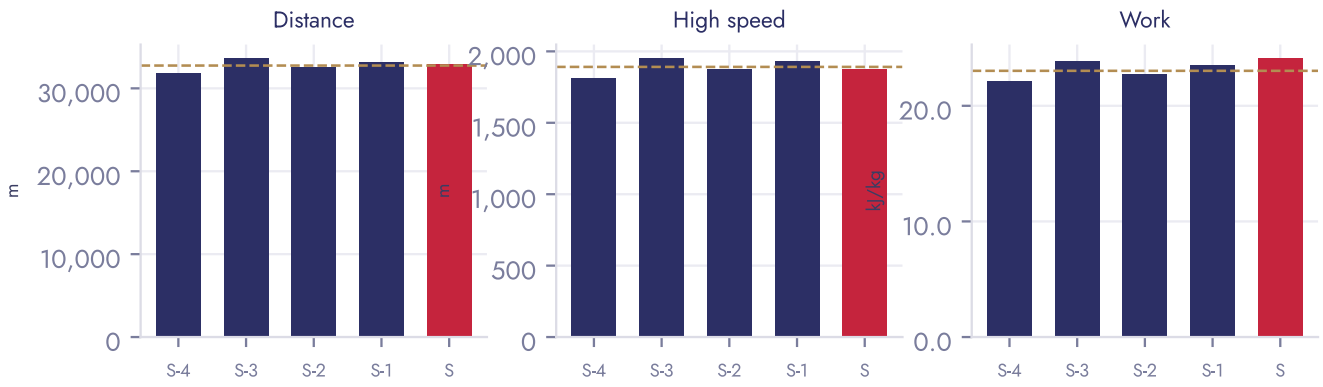
Capacity anchor: the highest speed he could hold for 1 min in a straight line (Estimated Maximal S1min, Buchheit et al. 2026). Play constrains linear running, hence the low percentages.

ESTIMATED MAXIMAL S1MIN	WEEKLY 1-MIN PEAK	MINUTES ≥60%
453 m/min	40 %	0.0 min

Reference: match 1-min peak. Exposure comes from the days visible in the chart. Thresholds are exploratory: 'IET is observed, not manufactured'; do not chase minutes.

06 ▸ LOAD DYNAMICS

INDICATOR	VALUE	THRESHOLD	READING
Mechanical-work monotony	1.04	≤ 2.0	load varies from day to day



Four previous weeks and current week (red).

METRIC	THIS WEEK	4-WEEK MEAN	VS LAST WEEK	A:C 0,8–1,3	UNIT
High speed	1,873	1,891	−3 %	0.99	m
Work	24.1	23.0	+3 %	1.05	kJ/kg
Distance	32,842	32,750	−1 %	1.00	m

The descriptive 0.8–1.3 A:C band locates this week against the recent mean. The ratio describes load change and does not predict injury (Impellizzeri et al. 2020; Buchheit 2017).

07 ▸ METHOD

Thresholds: high speed ≥19.8 km/h; sprint ≥25.2 km/h; acceleration and deceleration ≥2.5 m/s² for ≥0.5 s. Football-derived and generic metres follow declared blocks.

IET/WIET: minutes where the rolling 1-min mean exceeds 60/70/80% of the match 1-min peak. Without a match, the highest weekly 1-min peak is used and disclosed. Thresholds are exploratory: 'IET is observed, not manufactured'; do not chase minutes.

Mechanical work is in kJ/kg from the open Gray/Cavagna model; it is not proprietary ADI power. Monotony and strain follow Foster. ACWR describes load change and does not predict injury.

Benchmarks are associations observed in elite cohorts. Tracking is an external-load proxy; the verdict starts a staff conversation, not a diagnosis.

1. Buchheit M., Lopez Sagarra A., Boskovic A., Komino P., Norman D., Hader K. (2026). GPS 3.0: from distance into zones toward better proxies of internal neuromuscular load in elite football. Sport Perf Sci Rep 280.

2. Buchheit M., Douchet T., Settembre M., McHugh D., Hader K., Verheijen R. (2024). The 11 evidence-informed and inferred principles of microcycle periodization in elite football. Sport Perf Sci Rep 218.

3. Buchheit M., Settembre M., Hader K., McHugh D. (2023). Exposures to near-to-maximal speed running bouts during different turnarounds in elite football: association with match hamstring injuries. Biol Sport 40(4), 1057–1067.
4. Buchheit M., Simpson B.M., Hader K., Lacome M. (2021). Occurrences of near-to-maximal speed-running bouts in elite soccer: insights for training prescription and injury mitigation. Sci Med Football 5(2), 105–110.
5. Foster C. (1998). Monitoring training in athletes with reference to overtraining syndrome. Med Sci Sports Exerc 30(7), 1164–1168.
6. Gray A.J., Shorter K., Cummins C., Murphy A. & Waldron M. (2018). Modelling movement energetics using Global Positioning System devices in contact team sports: limitations and solutions. Sports Med 48, 1357–1368.
7. Cavagna G.A., Thys H. & Zamboni A. (1976). The sources of external work in level walking and running. J Physiol 262, 639–657.
8. Impellizzeri F.M., Tenan M.S., Kempton T., Novak A., Coutts A.J. (2020). Acute:chronic workload ratio: conceptual issues and fundamental pitfalls. Int J Sports Physiol Perform 15(6), 907–913.
9. Buchheit M. (2017). Applying the acute:chronic workload ratio in elite football: worth the effort? Br J Sports Med 51(18), 1325–1327.

Report generated by peakdemands 0.1.0. External load only: cross-check heart rate, RPE, wellness, gym work and medical status.