PHYSICAL PREPARATION · INDIVIDUAL MICROCYCLE

WEEKLY LOAD

ATHLETE	DATE	TEST	MATCH MINUTES	CAPACITIES
J12	2026-11-14	Match week	30	MSS 31.7 km/h, MAS 16.9 km/h

01 WEEK VERDICT

VERDICT

To adjust

Check	Load departs from recent weeks: explain the change without inferring 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).

27.6 km	—	4	20.8 kJ/kg	6
WEEKLY DISTANCE	TRAINING HIGH SPEED	>95% MSS	MECHANICAL WORK	SESSIONS
training + match	ratio omitted: no match	MD-2	open model	1 day off

READING

The microcycle contains 5 training sessions, 1 day off, and 24.7 training km.

No usable match: match-equivalent ratios are omitted.

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

At 60% of the match 1-min peak, the week accumulates 33.0 min for power and 47.8 min for distance per minute.

Priority for next week: load departs from recent weeks: explain the change without inferring injury risk.

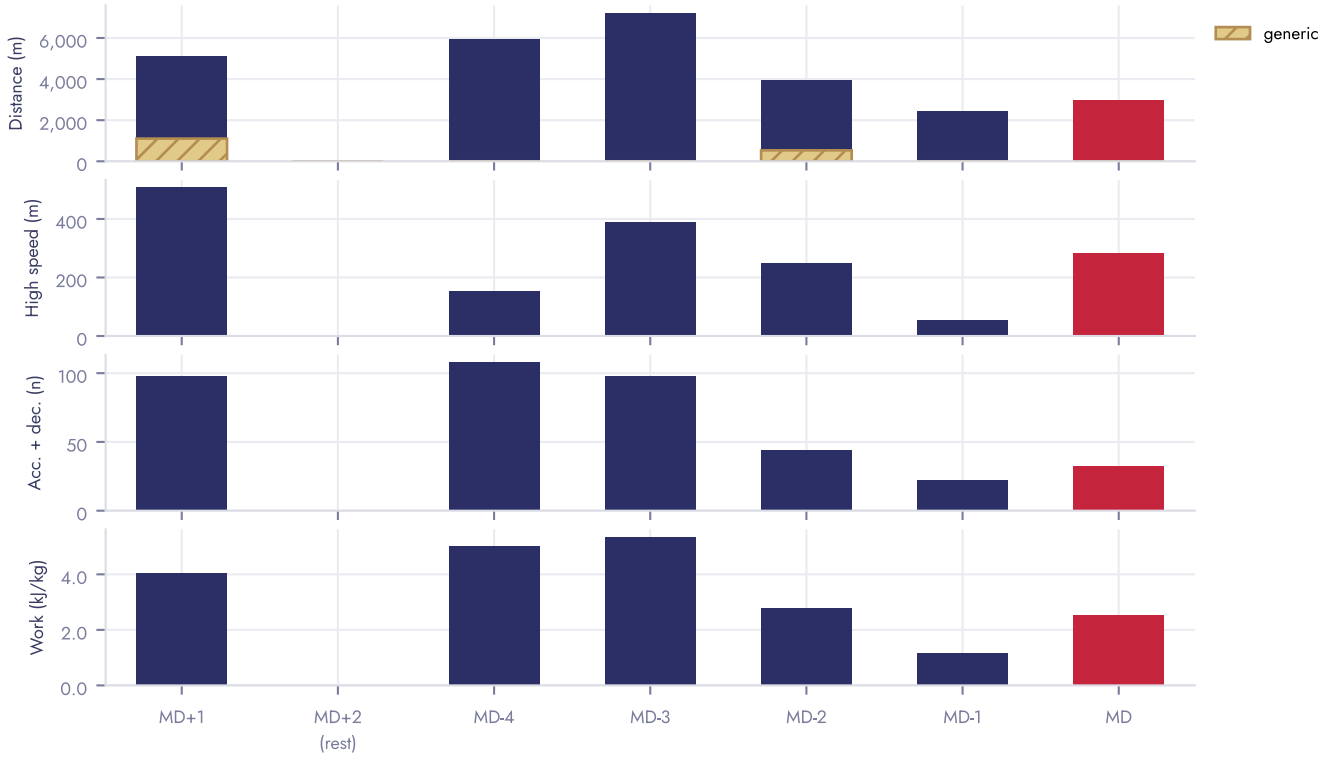
1.1 Checks and decisions

STATUS	MEASURED / BAND	WHAT IT SUGGESTS	SOURCE
Info	1,353 m · no usable match reference	1,353 m · no usable match reference	Buchheit et al. 2024
Info	284 m · no usable match reference	Training provides 284 m of sprinting; the match reference is not usable with 30 minutes played.	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 1.15 kJ/kg	Load tapers before the match: MD-1 is the lightest day (1.2 kJ/kg).	Buchheit et al. 2024
OK	789 m · ≥ 422 m	Low playing time (30 min) was compensated: match + MD+1 provide 789 m at high speed (benchmark ≥422 m). HSR reference scaled to 90 min: 845 m.	Moreno-Pérez et al. 2024; Buchheit et al. 2024
Check	by metric · band 0.8–1.3	Load departs from recent weeks: explain the change without inferring injury risk.	Impellizzeri et al. 2020; Buchheit 2017
OK	1.63 · ≤ 2.0	Mechanical-work monotony: 1.63, 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.

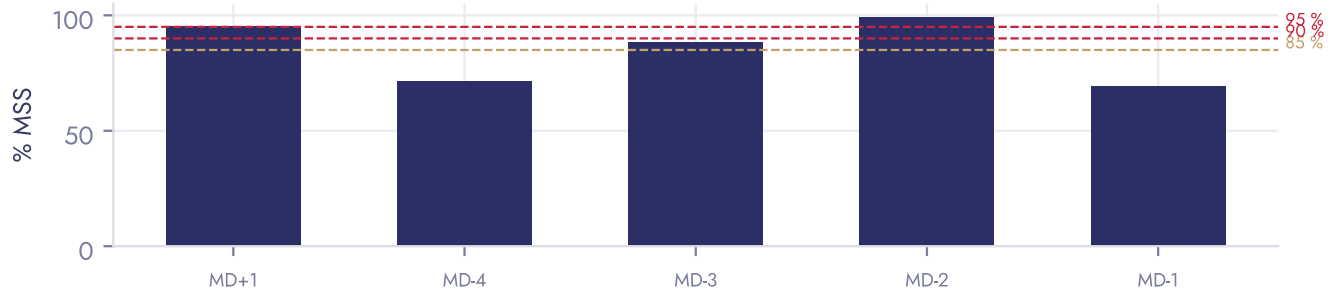
DAY / CONTENT	MIN	M	M/MIN	HSR M	SPRINT M	ACC+DÉC	KM/H % MSS	KJ/KG	DIRECTION %
MD+1 compensation	60	5,120	85	508	84	98	30.2 95 %	4.03	57
MD+2 rest	—								
MD-4 strength	75	5,920	79	153	0	108	22.7 72 %	5.00	66
MD-3 endurance	80	7,227	90	389	94	98	28.0 88 %	5.35	67
MD-2 speed	55	3,950	72	249	107	44	31.4 99 %	2.80	73
MD-1 activation	40	2,443	61	55	0	22	21.9 69 %	1.15	57
MD	30	2,979	99	282	34	32	27.4 87 %	2.52	20
Training week		**24,659**		**1,353**	**284**	**370**		**18.33**	

Origin of training metres : **23,021 m football-derived** · **1,638 m generic** (GPS 3.0).

03 THE WEEK AGAINST THE MATCH

No usable match: week-to-match ratios and their benchmark bands are omitted.

04 MAXIMAL SPEED

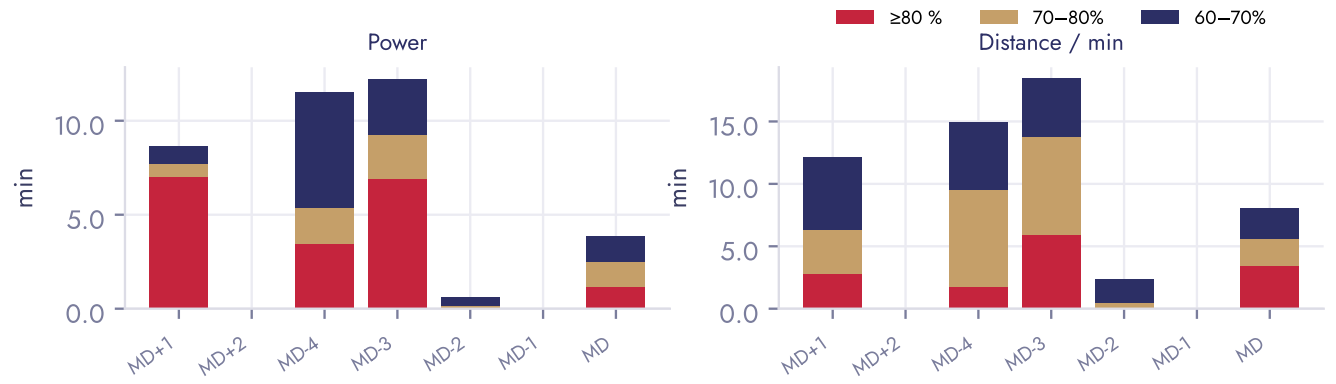


Daily peak as % MSS; lines: 85%, 90% and 95% thresholds.

THRESHOLD	TRAINING RUNS	WEEKLY BENCHMARK	MATCH RUNS
≥ 80 %	9	6–8	1
≥ 85 %	9	3	1
≥ 90 %	6	1–2	0
≥ 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	8.7	7.7	7.0
MD-4	11.5	5.4	3.4
MD-3	12.2	9.3	6.9
MD-2	0.6	0.2	0.0
MD-1	0.0	0.0	0.0
WIET	**33.0**	**22.5**	**17.4**
Match	**3.8**	**2.5**	**1.2**

Power : l'exposition vient de MD+1, MD-4, MD-3, MD-2 ; entraînement / match = 33.0 / 3.8 min à ≥ 60 %, 22.5 / 2.5 min à ≥ 70 %, 17.4 / 1.2 min à ≥ 80 %.

Distance / min

MINUTES	≥60 %	≥70 %	≥80 %
MD+1	12.1	6.3	2.8
MD-4	14.9	9.5	1.8
MD-3	18.4	13.8	6.0
MD-2	2.3	0.4	0.0
MD-1	0.0	0.0	0.0
WIET	**47.8**	**30.0**	**10.5**
Match	**8.1**	**5.7**	**3.5**

Distance / min : l'exposition vient de MD+1, MD-4, MD-3, MD-2 ; entraînement / match = 47.8 / 8.1 min à ≥ 60 %, 30.0 / 5.7 min à ≥ 70 %, 10.5 / 3.5 min à ≥ 80 %.

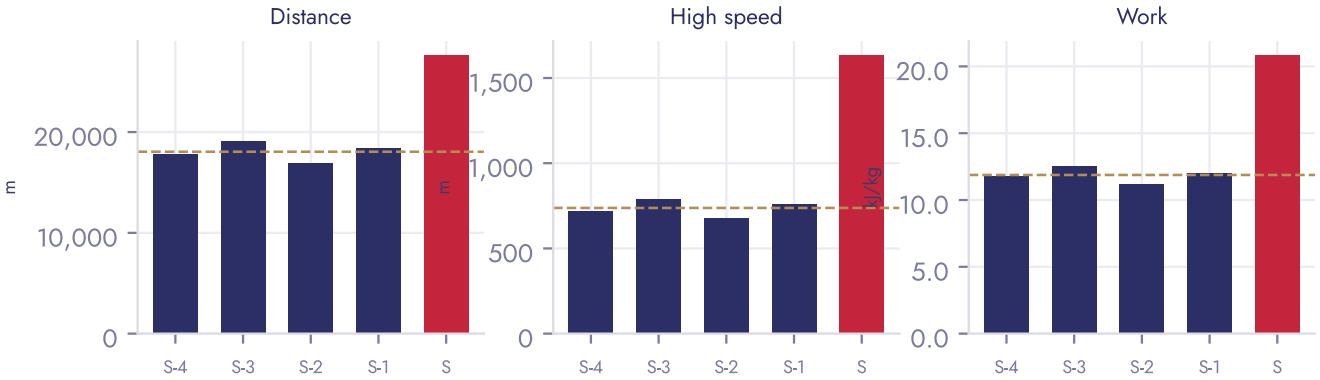
Capacity anchor: the highest speed he could hold for 1 min in a straight line (Estimated Maximal S1min, Buchheit et al. 2026). Play constrains linear running, hence the low percentages.

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	1.63	≤ 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	1,634	738	+115 %	2.22	m
Work	20.8	11.9	+74 %	1.76	kJ/kg
Distance	27,638	18,050	+50 %	1.53	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. Moreno-Pérez V., Del Coso J., López-Del Campo R., Resta R., Romero-Sangüesa J., Courel-Ibáñez J., Méndez-Villanueva A. (2024). Reduced match exposure in the previous 2 matches accounts for hamstring muscle injury incidence in professional football players. Sports Health 16(1), 109–114.
9. 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.
10. 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.