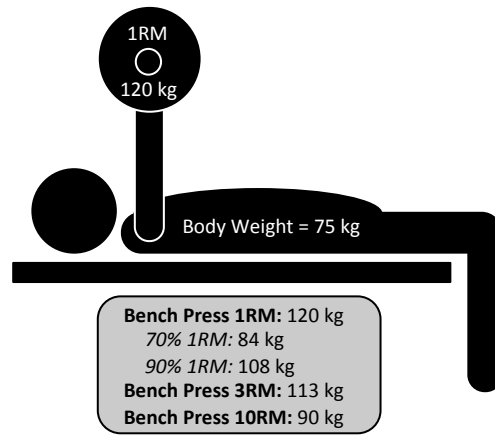
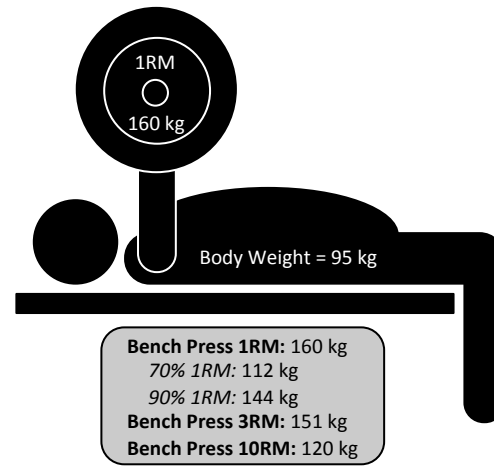
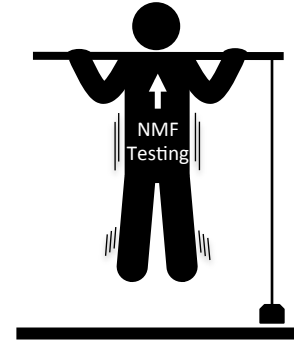
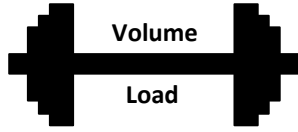


Athlete A

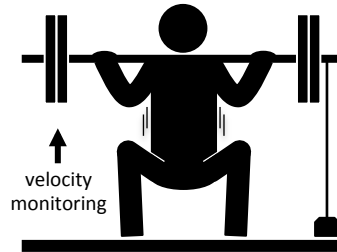


Athlete B





Questionnaires					
	5	4	3	2	1
Fatigue		✓			
Sleep	✓				
Soreness				✓	
Stress			✓	✓	
Mood		✓			



RPE

0	Rest
1	
2	
3	Moderate
4	
5	Hard
6	
7	Very Hard
8	
9	
10	Maximal