### Subjective Strategies

- **RPE Load**
  - | Value | Description |
  - | 0 | Rest |
  - | 1 | Very Light |
  - | 2 | Light |
  - | 3 | Moderate |
  - | 4 | Hard |
  - | 5 | Very Hard |
  - | 6 | Maximal |

- **Questionnaires**
  - Wellness
    - Fatigue
    - Sleep
    - Soreness
    - Stress
    - Mood

### Objective Strategies

- **Volume Load**
  - Advantages:
    - Can quantify the actual performance of exercises
    - Can motivate athletes to achieve optimum performance (particularly for velocity monitoring)
  - Disadvantages:
    - Can be extremely time consuming to collect and analyze
    - Not practical for some sporting contexts (e.g. large groups)
  - Suitable for:
    - Volume loads: all key strength training exercises
    - Velocity: athletes training for maximum strength or muscular power
  - Monitoring timing:
    - Volume loads: calculated during/following training
    - Velocity: during sets of key strength/power exercises

- **Velocity Monitoring**
  - Advantages:
    - Can quantify the actual performance of exercises
    - Can motivate athletes to achieve optimum performance (particularly for velocity monitoring)
  - Disadvantages:
    - Can be extremely time consuming to collect and analyze
    - Not practical for some sporting contexts (e.g. large groups)
  - Suitable for:
    - Volume loads: all key strength training exercises
    - Velocity: athletes training for maximum strength or muscular power
  - Monitoring timing:
    - Volume loads: calculated during/following training
    - Velocity: during sets of key strength/power exercises