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*IMAGE ONE: TAPE MEASURE ICON – 693*

*When deciding what you should measure first consider what athlete behaviours you can impact or help them control. As a coach you and the athlete have control over their training, therefore it makes sense to focus on measures of external load (what they are doing) and internal load (how they are responding). However, if you are a nutritionist the measures you focus on should be related to nutrition, or if you are a biomechanist the measures could be around the external loads impacting upon the internal load response and risk of injury.*