VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA

Training Monitoring for Resistance Exercise: Theory and Applications

Subjective Strategies

Objective Strategies

RPE Load

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

Questionnaires

Wellness

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

Volume Load

Velocity Monitoring

Advantages:
- *Easily collected and calculated*
- *Can be integrated with other types of training*

Disadvantages:
- *Responses should be recorded alone to limit bias*
- *There is a potential for dishonesty if athletes are not educated*
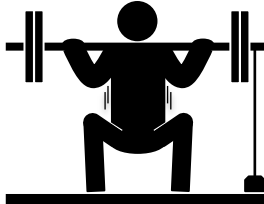
Suitable for:
- *All athletes*

Monitoring timing:
- *sRPE: following each training session*
- *Brief questionnaires: prior to each training day*

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*