

OPTIMISING ATHLETE READINESS TO TRAIN

Assessing external stressors:

Variables that affect performance in the gym include nutrition, hydration, sleep quality, fatigue, motivation, mental health, stress and many more. Each can have a significant impact on performance.



What is readiness?

Readiness to train refers to an athlete's physical and mental state prior to engaging in a training session. This process involves evaluating both subjective and objective markers to determine an athlete's preparedness for training. Various measurements utilized for this purpose include:



Nutrition



Hydration



Sleep quality



Fatigue



Motivation



Mental health



Stress

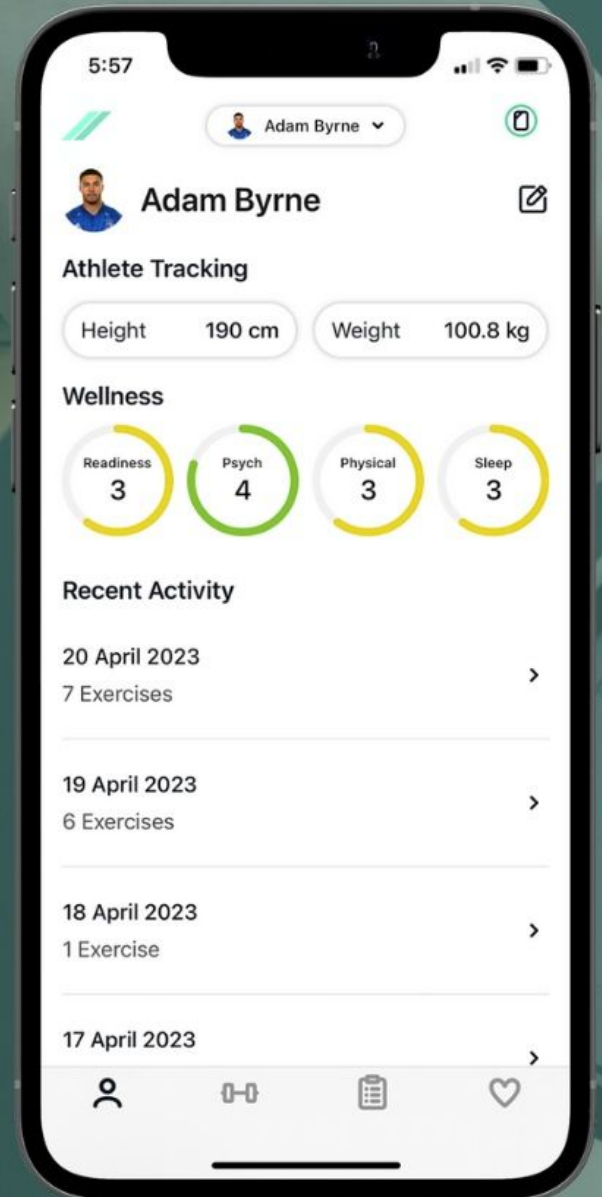
Why do we track this?

These measurements aid in **gauging** an athlete's **response** to training and their level of **fatigue**. By consistently monitoring these markers, coaches can make **informed decisions** about adjusting training volume or intensity to optimize training adaptations and prevent negative outcomes like overtraining.

How Output helps:

The Output Capture App has an **automated subjective wellness assessment** that athletes can complete before they train.

This can help coaches and athletes identify whether they should be **closely monitoring readiness** during warm-ups. When readiness is low, we must **autoregulate training** in order to prevent overreaching on sessions where peak performance is simply not on the cards.



Check out our Guide to Athlete-Readiness!

