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- 1500 1000 500 0 9/19/2017 9/28/2017 10/7/2017 10/18/2017 10/25/2017 11/3/2017 11/12/2017 11/21/2017 11/30/2017 12/9/2017 –500 –1000 Fitness Fatigue Performance Competitions Start of overload period Start of taper period Dots show competitions Dotted lines are predictive, the white dot shows the British championships Figure 11.12 Training load data taken from the ‘athlete analyser’ software showing the overload phase through to the taper.
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