



Load Management – Train Smarter and Harder Workshop

1. Program purpose, knowledge, and competency

Physiotherapists, strength and conditioning coaches, medical practitioners, and athletic trainers are heavily involved in the early-stage rehabilitation of injured athletes and returning these athletes to peak performance. Effective load management is critical in achieving these aims.

This workshop will provide the latest scientific evidence on training load monitoring and safely progressing (and regressing) training loads to build robust and resilient athletes.

At the conclusion of the course, participants will have an advanced understanding of load management principles, training program design, and preparation for the most demanding passages of competition. Participants will also obtain an advanced understanding of the factors that contribute to load tolerance in athletes.

2. Expected Outcome

Participants will have an enhanced understanding of athlete monitoring and optimal loading for performers on the “athletic spectrum” (e.g. athletes in pain, injured athletes in rehabilitation, and athletes in peak fitness). Participants will also gain greater awareness of the different roles within the High-Performance team (e.g. medical, strength and conditioning, coaching) and how each of these professionals can work together effectively to achieve the best outcome for athletes.

3. Educational materials offered to enhance participant learning

This workshop uses a combination of lectures, focus groups, roundtable discussion, practical sessions, and informal question and answer sessions to enhance learning. Participants will gain a printed copy of all lecture notes and an exclusive Load Monitoring spreadsheet as part of their involvement in the workshop.