



SOCCER FITNESS ATHLETE TRAINING SESSION RPE SCALE

YORK UNIVERSITY WOMEN'S VARSITY SOCCER TEAM

WEEK OF AUGUST 15, 2011 – AUGUST 21, 2011

NAME: _____

INITIAL _____

Use the RPE Scale sheet on Page 2 of this document to record your Rating of Perceived Exertion, or RPE (out of 20), for the training sessions you participate in each day. You should limit your answers to the physical fitness component(s) of the training sessions, rather than the entire practice sessions. Please read the RPE Scale carefully, and record the most honest score for each training session. Your score should reflect your **OVERALL** rating of the fitness training session. At the end of the week, you must initial and sign the document and return it to the coaching staff by emailing it to Coach Richard Bucciarelli at: richard@soccerfitness.ca.

DAY	RATING OF PERCEIVED EXERTION
Monday, August 15, 2011	/20
Tuesday, August 16, 2011	/20
Wednesday, August 17, 2011	/20
Thursday, August 18, 2011	/20
Friday, August 19, 2011	/20
Saturday, August 20, 2011	/20
Sunday, August 21, 2011	/20

TRAINING INTENSITY SCALE

