

# Technological tools



# Presentation

- Activity
- Quality to develop
- Tests / Tools
- Planification (2<sup>nd</sup> presentation)

# Subjective measurements

- POMS
- RPE
- Foster
- Hooper
- Wellness

2018 Coyne, J. O., Gregory Haff, G., Coutts, A. J., Newton, R. U., & Nimphius, S. The current state of subjective training load monitoring—a practical perspective and call to action. *Sports medicine-open*.