

Yes, rolling averages are a good way to assess training load for injury prevention. Is there a better way? Probably, but we have not seen the evidence

Drew MK, Blanch P, Purdam C, Gabbett TJ.
British journal of sports medicine
2016; 51(7):618-619

ARTICLE IDENTIFIERS

DOI: 10.1136/bjsports-2016-096609
PMID: 27647857
PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available
pISSN: 0306-3674
eISSN: 1473-0480
OCLC ID: 01021858
CONS ID: sc 76000389
US National Library of Medicine ID: 0432520

This article was identified from a query of the SafetyLit database.