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.