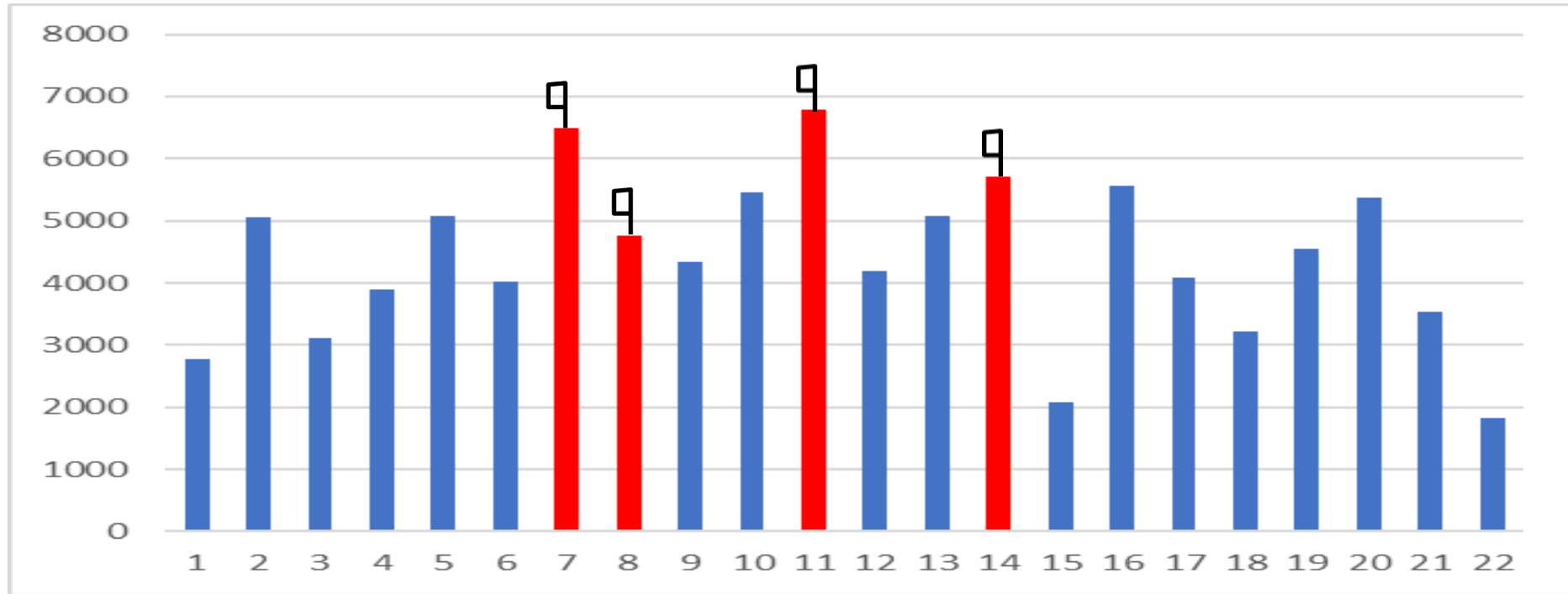


WEEKLY TRAINING LOAD (in red shock microcycles during training camps)



Wu Zedong		73	MALE	0	0
	2021-05-31	1270		970	
	2021-06-01	1320		1050	
	2021-06-02	1121		947	
	2021-06-03	1320		1027	
	2021-06-04	900		960	
	2021-06-05	550		497	
	2021-06-06	0		-	
WEEK LOAD	% DIF WK	AVG WL CAT			
6481	61,02%	5450			

Wu Zedong		73	MALE	0	0
	2021-06-21	660		623	
	2021-06-22	1100		1140	
	2021-06-23	930		763	
	2021-06-24	420		380	
	2021-06-25	1150		1100	
	2021-06-26	0		450	
	2021-06-27	1200		1125	
WEEK LOAD	% DIF WK	AVG WL CAT			
5460	25,81%	4540			

Wu Zedong		73	MALE	0	0
	2021-06-07	1150		917	
	2021-06-08	1130		1020	
	2021-06-09	520		663	
	2021-06-10	975		725	
	2021-06-11	980		867	
	2021-06-12	0		400	
	2021-06-13	0		-	
WEEK LOAD	% DIF WK	AVG WL CAT			
4755	-26,63%	4325			

Wu Zedong		73	MALE	0	0
	2021-06-28	1100		1110	
	2021-06-29	720		780	
	2021-06-30	1810		1105	
	2021-07-01	1020		730	
	2021-07-02	1640		1135	
	2021-07-03	500		450	
	2021-07-04	0		-	
WEEK LOAD	% DIF WK	AVG WL CAT			
6790	24,36%	3540			

Wu Zedong		73	MALE	0	0
	2021-07-19	1120		817	
	2021-07-20	1240		1045	
	2021-07-21	960		720	
	2021-07-22	840		740	
	2021-07-23	1120		960	
	2021-07-24	440		385	
	2021-07-25	0		-	
WEEK LOAD	% DIF WK	AVG WL CAT			
5720	12,71%	3383			

2-weeks Training Camp Shaanxi

9-days Training Camp Shandong

1-week Training Camp Inner Mongolia