RPE scale (0–10)

How hard was the session?

0	Rest
1	Very, very easy
2	Easy
3	Moderate
4	Somewhat hard
5	Hard
6	Hard +
7	Very hard
8	Very hard +
9	Almost maximal
10	Maximal

Answer about 30 minutes after finishing, on your own. Think of the whole session, not the last drill.

RPE and load log

Date: _____ Session: _____

Player	Minutes	RPE (0–10)	Load (RPE × minutes)

Session load = RPE × that player's minutes, in arbitrary units (AU). If a player trained but did not answer, leave it blank: it is not a zero.