THE REGULATION OF MULTI-SEMESTER ATHLETES

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THANK YOU

- LON RECORD and HAMMER STRENGTH
- Shaun Huls, Josh Hingst, Keith Gray, Ben Wagner, Mike Minnis, and the Philadelphia Eagles Performance Staff
- Princeton University Performance Staff
  - Jason Gallucci, Angie Brambley-Moyer, Terry Joria, Mike Tufo, Matt Fleekop and Jeromey Johnson
- All of our Presenters
- Crystal, Maddie and Brendan

THE REGULATION OF MULTI-SEMESTER ATHLETES

- WHAT THIS PRESENTATION IS:
  - A LOOK INTO THE COMPLEXITIES OF TRAINING THE MULTI-SEMESTER ATHLETE
  - A VIEW INTO HOW WE USE AUTOREGULATION AT PRINCETON TO MAXIMIZE ATHLETIC POTENTIAL
  - A COMPLIMENT TO TECHNICAL MASTERY
  - A REWARD FOR MAXIMAL EFFORT
  - GIVES US A BETTER INSIGHT INTO WHAT OUR ATHLETES ARE DOING WHEN THEY AREN'T WITH US
  - HOW EFFECTIVE IS OUR PROGRAMMING FROM A HOLISTIC VIEW

WHY

- Majority of strength and conditioning coaches work with teams whose seasons span multiple semesters
  - Principles are not unique to "single semester" sports or multi-sport athletes
- Limited opportunities to assess if our athletes are getting stronger.
  - Assess the needs of the sport, and how the strength program can compliment the season
- Maximize the potential of each day.
- Over-Training can happen at a higher rate if the "whole athlete" is not assessed.

PRINCETON UNIVERSITY

37 Varsity Sports

5 Strength Coaches

WHO I WORK WITH:

- Men's Basketball
- Baseball
- Wrestling
- Men's Swimming
- Men's and Women's Diving
- Men's and Women's Water Polo

ISSUES FACED:

- High Academic Demand
- Frequent Training Interruptions
- Under-Staffed
- Coach and Athlete Communication
- Athlete Self-Regulation

HOW DO WE ATTACK OUR ISSUES EFFECTIVELY?

ISSUES FACED:

- **High Academic Demand**
- **Frequent Training Interruptions**
- ~~Under-Staffed~~
- Coaches' and Athlete Communication
- Athlete Self-Regulation

TEMPLATE

	SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY			JUNE			JULY			AUGUST			

SPORT: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52

DATE (months): SEPTEMBER · OCTOBER · NOVEMBER · DECEMBER · JANUARY · FEBRUARY · MARCH · APRIL · MAY · JUNE · JULY · AUGUST

SUN-SAT: 27 3 10 17 24 1 8 15 22 29 5 12 19 26 3 10 17 24 31 7 14 21 28 4 11 18 25 4 11 18 25 1 8 15 22 29 6 13 20 27 3 10 17 24 8 15 22 29 5 12 19 26

COMPETITION:
FALL SEASON START · TCNJ · ST. JOES · IS & ST. JOES · IS · AT UNC-WILMINGTON · AT SOUTH CAROLINA · AT GEORGETOWN/RICHMOND/ODU/HARVARD · AT RUTGERS/CORNELL · MONMOUTH/AT BROWN · SETON HALL/PENN · RIDER/AT COLUMBIA · AT VILLANOVA/YALE · AT MONMOUTH/DARTMOUTH · POST-SEASON? · SUMMER

IMPORTANT DATES:
MIDTERMS · FALL BREAK · THANKSGIVING · WINTER BREAK · READING PERIOD · FINALS · FINALS · INTERCESSION · SPRIN BREAK · READING PERIOD · FINALS · FINALS

RUNNING PROGRAM EMPHASIS

STRENGTH PROGRAM EMPHASIS

PRIORITY: ST-STRENGTH
SA- SPEED/AGILITY
P-POWER   C- CONDITIONING

AUTOREGULATION

WHAT IS IT?

"A Structured approach for embedding a respect for individual variation within a program."- Eric Helms

AUTOREGULATION- MAXIMIZING THE POTENTIAL OF EACH TRAINING SESSION!

Autoregulation 1:

- Subjective:
  - RPE?
  - RIR- Gas in the tank
  - QUESTIONAIRE/SURVEY

Autoregulation 2:

- Objective:
  - FAILURE SETS
    - HIT
    - 5/3/1
    - APRE
  - PERCENTAGE MANIPULATION
  - JUMP TESTING- ME/RE
  - VBT
  - HEART RATE

AUTOREGULATION- SUBJECTIVE

- RPE
  - WHAT IS IT?
- RIR
  - WHAT IS IT?
  - HOW?
- SURVEY

Borg's Rating of Perceived Exertion (RPE) Scale

Perceived Exertion Rating	Description of Exertion
6	No exertion. Sitting & resting
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

RPE Scale Based On Repetitions In Reserve

10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

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AUTOREGULATION- SUBJECTIVE SURVEYS

- ALLOWS COMMUNICATION BETWEEN ATHLETE AND COACH

- *IF ADMINISTERED CONSISTENTLY, SUBJECTIVE MEASURES HAVE BEEN FOUND TO BE MORE EFFECTIVE THAN OBJECTIVE MEASUREMENTS IN RESPONSE TO BOTH ACUTE AND CHRONIC TRAINING LOADS**

  - IF ADMINISTERED CONSISTENTLY WITH OBJECTIVE DATA, CAN POINT US FURTHER IN THE RIGHT DIRECTION!

Princeton Men's Basketball
All Players
BROWSE

- 👤 Overview
- 👥 Roster
- 💬 SMS Reminders
- 🔳 Groups & Positions
- ☰ Edit Training Loads
- 📱 Kiosk
- 📊 Charts ‹
- 🔲 Historical Data

READINESS BREAKDOWN

75

Decrease of 1
17/17 submitted

Fatigue	+0.6
Soreness	-0.1
Mood	+0.9
Stress	+0.5
Sleep Quality	+0.7

G 77   F 73   C 79

TRAINING LOADS

Cumulative ▼

11-08: Cumulative

# of Players: **12**
Training Load Avg: **703**
RPE Avg: **5.6**
Duration Avg: **126 min**
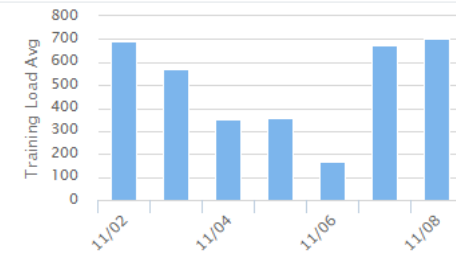
[Overview] [Readiness] [Training Loads]

		READINESS			SLEEP	TRAINING LOAD		RECOVERY	SITE	HYDRATION	WEIGHT	
⌃ PLAYER	POS	SCORE	+/-	TREND	HOURS	11/8	11/7	POINTS	SORENESS	SCORE	VALUE	✉
● **Brennan**, Alec	F	50	↓20		7.0	960 (1)	840 (1)	7	Critical			
● **Morales**, Jose	G	63	--		5.0	600 (1)		9	Mod-High	3	160.0	
● **Reynoso-Avila**, Vittorio	G	65	--		4.0	600 (1)		13	Critical	2	203.0	
● **Barnes**, Elijah	F	67	↓5		6.5			0	Low			
● **Schwieger**, Ryan	G	68	--		8.0		600 (1)	10	Low-Mod	2	202.0	
● **Young**, Aaron		70	↓5		7.0	360 (1)	540 (2)	12	Critical	3	178.0	
● **Gladson**, Will	C	71	0		8.0			0	Critical			
● **Bramalge**, Noah	F	72	↓14		7.5			0	Low-Mod	1	220.0	
● **Berbari**, Elias	G	73	0		7.0	1020 (2)		9	Mod	2	183.0	
● **Desrosiers**, Jerome	F	73	0		8.0	840 (1)	900 (2)	12	Critical	1	226.0	
● **Stephens**, Myles	F	80	--		8.0	600 (1)		9	Low-Mod	3	207.0	
● **Bagin**, Charlie	G	84	↑12		7.0	360 (1)		7			162.0	
● **Much**, Sebastian	F	85	--		7.0			0		3	225.0	
● **Bell**, Amir	G	87	↓10		8.0	600 (1)	600 (1)	11		2	194.0	
● **Aririguzoh**, Richmond	C	87	↑2		7.0	900 (2)	700 (1)	0	Low		230.8	
	F	87	↑39		8.0	720 (1)	600 (1)	11	Low-Mod	2	200.0	

Last Name

Your answer

How much sleep did you get last night?

- ○ <5
- ○ 5-6 Hours
- ○ 6-7 Hours
- ○ 7-8 Hours
- ○ 8-9 Hours
- ○ 9-10 Hours
- ○ 10+ Hours

How many times did you wake up last night?

- ○ 1 Time
- ○ 2 Times
- ○ 3 Times
- ○ 4 Times
- ○ 5+ Times

Did you turn all electronics off/blue-light reduced?

- ○ Yes
- ○ No

Approx. how much water did you drink today? (1 cup= 8oz., 1 Water Bottle= 16oz., 1 Gallon= 128oz.)

RECOMMENDED WATER INTAKE	
BODY WT	**OUNCES**
160-179	80-90
180-199	90-100
200-219	100-110
220-239	110-120
240-259	120-130
260-279	130-140
280-300	140-150

- ○ <80oz.
- ○ 80-100oz.
- ○ 100-120oz.
- ○ 120-140oz.
- ○ 140-160oz.
- ○ 160+ oz.

Current stress level? 1- Not Stressed 5- Extremely Stressed

- ○ 1
- ○ 2
- ○ 3
- ○ 4
- ○ 5

Soreness Level: 1- Not Sore 5- Extremely Sore

AUTOREGULATION- OBJECTIVE

- FAILURE SETS:
  - HIT
  - 5/3/1 OR JUGGERNAUT
  - APRE

- WHY?
  - Easy to implement
  - Emphasizes basic/multi-joint movements
  - Slow-burn progression
  - Praises **EFFORT** not result

- Has a high carry-over with RIR subjectivity
  - In-Season
  - Off-Season

AUTROREGULATION- OBJECTIVE

- PERCENTAGE MANIPULATION
  - 1 RM IS HIGHLY VARIABLE
    - ***In a given day your 1RM can fluctuate ±18%****
  - Can be higher with weight cutting sports
  - The "FLOAT" or "CUT"

WRESTLING CLEAN CHART

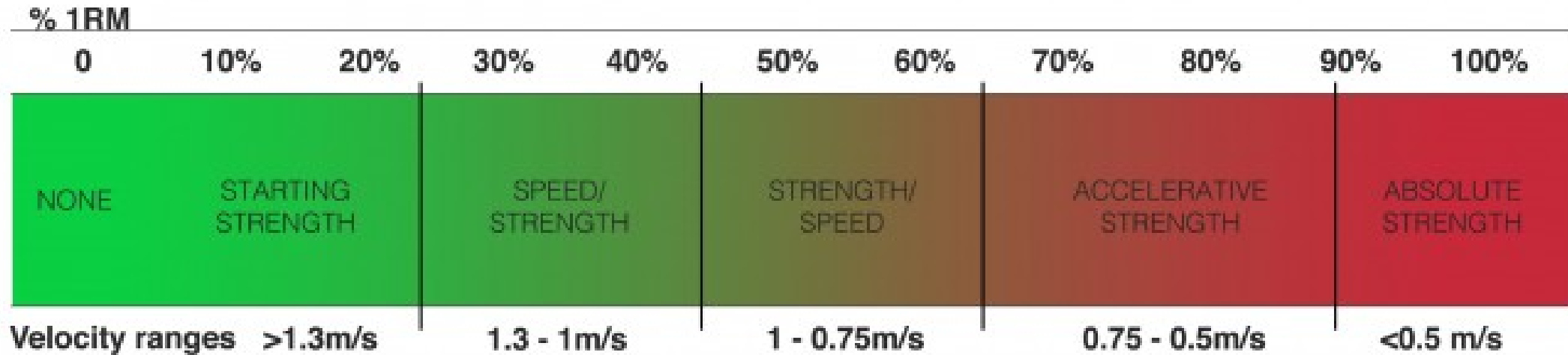| 1RM	3	3	3x2		
			CUT 1	WORK	BIG 1
165	100	120	120	135	150
225	135	150	160	160	205
205	125	135	145	145	185
240	145	160	170	170	220
205	135	135	145	145	185
210	135	140	150	150	190
225	135	150	160	160	205
210	135	140	150	150	190
205	125	135	145	145	185
205	135	135	145	145	185
240	145	160	170	170	220
240	145	160	170	170	220
185	115	125	130	130	170
265	160	175	190	190	240
185	135	125	130	130	170
205	135	135	145	145	185
175	105	115	125	125	160
245	150	160	175	175	225
230	140	150	165	165	210

VELOCITY-BASED TRAINING
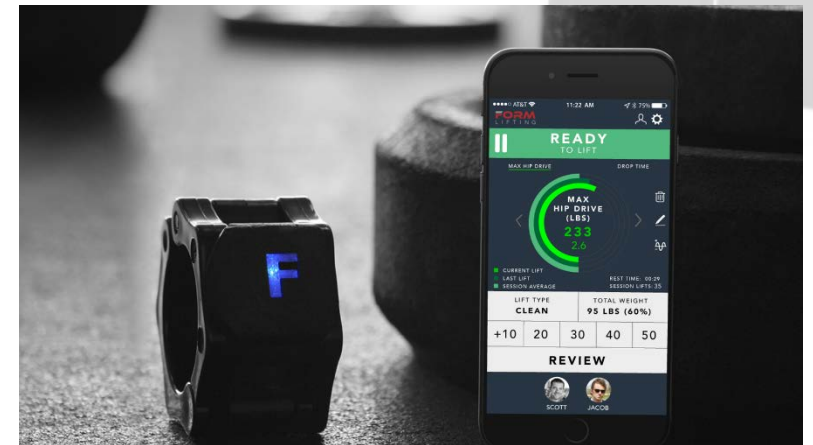
VELOCITY-BASED TRAINING (VBT) WHY AND WHAT?

- VBT- WHAT IT'S USED FOR
- USES ESTABLISHED VELOCITY ZONES AT SUBMAXIMAL WEIGHTS TO COORELATE WITH 1RM
- ALLOWS FOR A MORE IN-DEPTH LOOK AT *DAILY* INTENSITIES
  - ALLOWS FOR INTRAWORKOUT ADJUSTMENTS VIA FEEDBACK
  - ALLOWS FOR LONGITUDINAL PROGRESSION
- PROVIDES INSTANT FEEDBACK
- PROMOTES COMPETITION AND EFFORT
- PROMOTES ATLHETE AUTONOMY

- VBT- WHAT ITS *NOT* USED FOR
  - TIP OF THE ICEBERG
  - COACH COACHES- MONITOR MONITORS
    - All device measures is speed, YOU have to manage the integrity of the movement
    - NOT an extension of ego

AUTOREGULATION- OBJECTIVE VBT

VELOCITY ZONES

% 1RM										
0	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

NONE	STARTING STRENGTH	SPEED/ STRENGTH	STRENGTH/ SPEED	ACCELERATIVE STRENGTH	ABSOLUTE STRENGTH

Velocity ranges	>1.3m/s	1.3 - 1m/s	1 - 0.75m/s	0.75 - 0.5m/s	<0.5 m/s

VBT- HOW DO WE USE IT?

PRINCETON TIGER STRENGTH

PHASE: ROAD TO OMAHA
SPORT: BASEBALL
DAY 2
DATE

NAME _____

EXERCISE	REST	SOUTH CAROLINA				GEORGETOWN				RUTGERS/CORNELL				BROWN			
		%	SPEED .7-.8	WT	REPS	%	SPEED .7-.8	WT	REPS	%	SPEED .7-.8	WT	REPS	%	SPEED .7-.8	WT	REPS
SC/GEORGETOWN		55%			3	60%			3	50%			3	55%			3
SQUAT		55%			3	60%			3	50%			3	55%			3
RUTGERS/CORNELL/BROWN		55%			3	60%			3	50%			3	55%			3
WIDE-STANCE SSB BOX SQUAT		55%			3	60%			3	50%			3	55%			3
USE TENDO'S		55%			3	60%			3	50%			3	55%			3
SEE WEEK:		DB ALT. BENCH PRESS				BB INCLINE (TENDO'S) SPEED .7-.8				DB ALT. BENCH PRESS				BB INCLINE (TENDO'S) SPEED .7-.8			
					4ea				4				4ea				4
					4ea				4				4ea				4
					4ea				4				4ea				4
									4								4
DB/KB SL RDL					4ea				4ea				3ea				3ea
					4ea				4ea				3ea				3ea
					4ea				4ea				3ea				3ea
DB SINGLE-ARM ROW					6ea				6ea				6ea				5ea
					6ea				6ea				6ea				5ea
					6ea				6ea				6ea				5ea
KB LATERAL LUNGE					3ea				3ea				3ea				3ea
					3ea				3ea				3ea				3ea
					3ea				3ea				3ea				3ea
DEADBUG VARIATION		FOAM ROLL ISO SQUEEZE x8ea				HOLLOW ROCs x20				BAND UPPER BODY x8ea				HOLLOW ROCs x20			
WEEKS 1/3: GHR					8				4+4				6				4+4
WEEKS 2/4: SB STRAIGHT-LEG BRIDGE					8				4+4				6				4+4
+LEG CURL w/:03 ECCENTRIC					8				4+4				6				4+4
DB SHRUGS					12				12				12				12
NO-$ BAND SPREADERS					12				12				12				12
PLATE PINCH					2x				2x				2x				2x
RACK PINCH					1x:10				1x:10				1x:10				1x:10
PLATE/DB PLANK PASS					2x6ea				2x6ea				2x6ea				2x6ea

HEART RATE

- POLAR TEAM PRO 2
  - MONITOR TRAINING LOAD SCORES
    - TRAINING LOAD BLOCKS LEVEL 1-5
  - GPS
    - IN-SEASON
    - OFF-SEASON

POLAR®

LISTEN TO YOUR BODY

Player name	HR max [bpm]	HR max [%]	Recovery time [h]	Time in HR zone 1 (50 - 59 %)	Time in HR zone 2 (60 - 69 %)	Time in HR zone 3 (70 - 79 %)	Time in HR zone 4 (80 - 89 %)	Time in HR zone 5 (90 - 100 %)	Total distance [yd]	Calories [kcal]	TOTAL TIME	TOTAL TIME SPENT IN ZONES 4 NAD 5	PERCENTAGE OF PRACTICE SPENT
	194	92	41.0	0:29:30	0:12:21	0:14:11	0:32:51	0:03:51	5355	1484	1:45:52	0:36:42	0.35
	187	94	6.4	0:47:24	0:20:44	0:07:17	0:08:34	0:02:17	1582	840	1:45:52	0:10:51	0.10
	198	97	101.5	0:12:11	0:21:14	0:23:30	0:38:40	0:18:31	5971	1741	1:45:52	0:57:11	0.54
	166	83	2.8	0:12:22	0:06:23	0:09:24	0:01:58	0:00:00	2138	524	1:45:52	0:01:58	0.02
	165	83	2.4	0:09:24	0:06:38	0:08:23	0:02:12	0:00:00	2563	592	1:45:52	0:02:12	0.02
	180	90	42.0	0:22:53	0:28:50	0:25:31	0:30:50	0:00:05	4904	1661	1:45:52	0:30:55	0.29
	196	96	69.0	0:15:19	0:17:12	0:13:32	0:29:46	0:21:03	5446	1392	1:45:52	0:50:49	0.48
	181	91	20.0	0:20:27	0:22:57	0:34:11	0:23:30	0:00:51	6524	1492	1:45:52	0:24:21	0.23
	148	74	0.1	0:02:15	0:00:03	0:00:04	0:00:00	0:00:00	438	387	1:45:52	0:00:00	0.00
	191	97	60.7	0:22:21	0:18:35	0:23:37	0:33:43	0:09:15	6986	1604	1:45:52	0:42:58	0.41
	192	96	48.3	0:22:41	0:21:19	0:24:26	0:22:02	0:15:21	6752	1244	1:45:52	0:37:23	0.35
	178	89	11.1	0:28:27	0:15:33	0:20:39	0:17:51	0:00:00	5277	1199	1:45:52	0:17:51	0.17
	188	94	17.9	0:37:33	0:11:50	0:12:07	0:14:05	0:04:21	3474	1052	1:45:52	0:18:26	0.17
	186	93	27.2	0:15:03	0:32:18	0:32:23	0:30:49	0:02:00	5760	1576	1:45:52	0:32:49	0.31
	189	95	45.5	0:25:51	0:25:42	0:21:28	0:28:48	0:06:13	5143	1500	1:45:52	0:35:01	0.33
	189	95	48.7	0:22:51	0:21:09	0:19:22	0:35:19	0:07:11	6307	1335	1:45:52	0:42:30	0.40

HOW DO WE MOVE FORWARD AT PRINCETON

- THIS SPRING:
  - USING VBT TO TRACK PITCHING VELOCITY

- FUTURE:
  - USING VBT TO CHART MAX E LIFTS
  - USING VBT TO REGULATE FAILURE SETS INSTEAD OF BAR LOAD
  - BUILDING QUESTIONAIRE DATA AND LOOKING AT INJURY RATE DURING EXAM TIMES FOR WRESTLING
  - USING HEART RATE DATA TO ESTABLISH TRAINING ZONES FOR SUMMER TRAINING FOR MEN'S BASKETBALL
  - USING DAILY VERTICAL JUMP TESTING TO ESTABLISH OFF-SEASON AVERAGES AND THEN UTILIZING A DROP-OFF PERCENTAGE TO DICTATE VOLUME IN-SEASON

QUESTIONS?

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THANK YOU!

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SOCIAL MEDIA: @putigerstrength

PRINCETON TIGER STRENGTH

PHASE: IVY SEASON		MAXES				PHASE: IVY SEASON		MAXES			
SPORT: MBBALL		BENCH	SQUAT	DL	FS	SPORT: MBBALL		BENCH	SQUAT	DL	FS
DAY 1						DAY 2					
DATE						DATE					

EXERCISE	REST	%	WT	REPS	EXERCISE	REST	%	WT	REPS
CLEAN				3	HIP CLEAN				3
				3					3
				3					3
				3					3
				3	BB BENCH PRESS				
ME- LOWER BODY VARIATION		*RIR 9- LEAVE 1 IN THE TANK!*					*RIR 7.5- LEAVE 2 IN THE TANK!*		
TB RACK PULL							65%		5
		60%		5			75%		3
		70%		3			85%		4-8
		80%		4-8	KB BAND ASSISTED LATERAL				3ea
PULL-UPS				5	LUNGE				3ea
				5					3ea
pair w/				5	*pair w/*				
DB/KB RACK REVERSE LUNGES				3ea	WTD. SIT-UPS				8
				3ea					8
pair w/				3ea	*pair w/*				8
SUPINE PALOFF PRESS HOLD				:20+ 6ea	DB SA ROW				5ea
+ PRESS				:20+ 6ea					5ea
				:20+ 6ea					5ea
DIPS				8	BB LANDMINE JAMMER				4
				8					4
				8	*pair w/*				4
HIP VARIATION		SLIDE LEG CURL			SL REVERSE HYPERS				6ea
				8					6ea
				8					
				8	TRX FACE-PULLS				2x12
MOD-SIDE PLANK TOP-LEG				3x w/:06ECC.	BAND TKE		1" OB		2x8ea
ABDUCTION				3x w/:06ECC.	WTD. PLANK				2x:30
				3x w/:06ECC.					

RPE Scale Based On Repetitions In Reserve	
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

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PRINCETON TIGER STRENGTH

DAY 1

PHASE: GET BIG SEASON		MAXES			
SPORT: MSWIMMING		BENCH	SQUAT	DL	FS
DAY 1					
DATE					

EXERCISE	REST	%	WT	REPS
SQUAT		50%		3
pair first 3 sets w/		55%		1
BAND ANKLE MOBILITY x8ea		65%		5
INCLINE Y-TO-W'S x5ea		75%		5
		85%		5+
PULL-UPS				5
				5
pair w/				5
DB/KB RACK REVERSE LUNGES				3ea
				3ea
pair w/				3ea
SUPINE PALOFF PRESS HOLD				:20+ 6ea
+ PRESS				:20+ 6ea
				:20+ 6ea
DIPS				8
				8
				8
HIP VARIATION			SLIDE LEG CURL	
				8
				8
				8
MOD-SIDE PLANK TOP-LEG				3x w/:06ECC.
ABDUCTION				3x w/:06ECC.
				3x w/:06ECC.
BANDED SHOULDER WALL SLIDES				6
				6
pair w/				6
BAND RDL+ROW				8
				8
				8

DAY 2

PHASE: GET BIG SEASON		MAXES			
SPORT: MSWIMMING		BENCH	SQUAT	DL	FS
DAY 2					
DATE					

EXERCISE	REST	%	WT	REPS
BB BENCH PRESS		55%		3
pair first 3 sets w/		65%		5
PEC TIE-IN FOAM ROLL x10-20		75%		5
CAT+CAMEL+4-pt. SUPERMAN x 3ea		85%		5+
BB RDL				6
				6
pair w/				
WTD. SIT-UPS				8
				8
pair w/				8
NARROW-GRIP PUSH-UPS				6
				6
				6
DB SA ROW				8ea
				8ea
pair w/				8ea
BW SL SQUAT-TO-BENCH				6ea
				6ea
TRX FACE-PULLS				2x12
BAND TKE			1" OB	2x8ea
BENT-KNEE V-UPS				2x25

DAY 3

PHASE: GET BIG SEASON		MAXES			
SPORT: MSWIMMING		BENCH	SQUAT	DL	FS
DAY 3					
DATE					

EXERCISE	REST	%	WT	REPS
TB DEADLIFT		50%		3
pair first 3 sets w/		55%		1
		65%		5
		75%		5
		85%		5+
DB/KB NG ALT. BENCH PRESS				6ea
				6ea
pair w/				6ea
WTD. PLANKS				:30
				:30
pair w/				:30
PIGEON HOLD				:15ea
				:15ea
				:15ea
BB SPLIT SQUAT				3ea
				3ea
pair w/				3ea
DB INCLINE ROW				6
				6
pair w/				6
TOWEL KARATE-KID				6ea
				6ea
				6ea
SEATED PLATE FRONT RAISE				8
				8
pair w/				
REVERSE HYPERS				12
				12
ARM FARM			BB CURLS 2x8	
			BAND TRICEP 2x12	
			EXTENSIONS	

RPE Scale Based On Repetitions In Reserve

10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, chance at 2
8	Could do 2 more repetitions
7.5	Could definitely do 2 more repetitions, chance at 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

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