

TEAM WELLNESS & TRAINING REPORT



Report Type: Weekly Report
Week Range: Mar 15, 2026 - Mar 21, 2026
Team: Team NGACSR
Coach: Nora Schmidt
Club: Club CIMBCX
Created by [Fractall.fit](#)

EXECUTIVE SUMMARY

7-day team recovery and load summary with critical/high-risk scenario flags.

OVERALL WELLNESS 18.9 / 25 Team average across the selected week	AVERAGE TRAINING LOAD 451 Daily load average	AVERAGE ACWR 0.80 Sweet spot: 0.8-1.3
MONOTONY 1.52 Higher values indicate lower day-to-day variation	TOTAL BODY PAIN REPORTS 108 All pain reports across the selected week	RISK ATHLETES 7 0 critical, 7 high

OBSERVATIONS

Summary: Critical: 0, High: 7

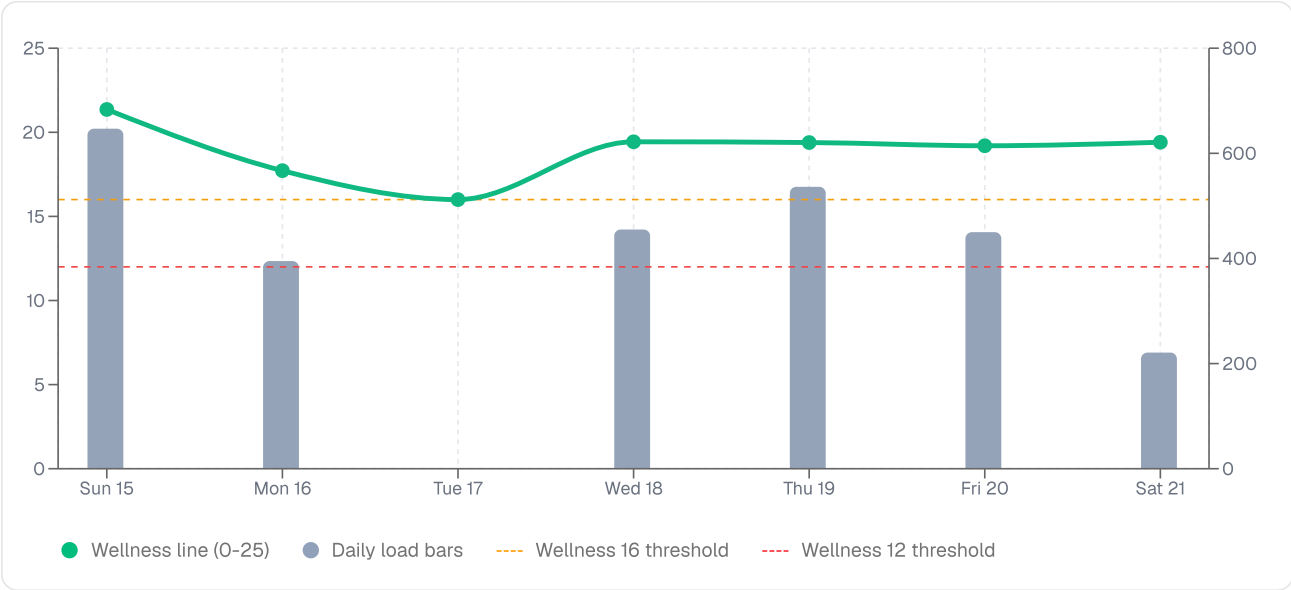
High

- Daniel Marvin** **Wellness** - Low wellness remained for multiple days. Wellness remained in the 12-16 range for 4 consecutive days (Wed 18 to Sat 21).
- Alejandro Franecki** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Sun 15 to Sat 21).
- Clayton Ruecker** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 5 consecutive days (Sun 15 to Thu 19).
- Darren Bednar** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 5 consecutive days (Sun 15 to Thu 19).
- Felipe Graham** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Sun 15 to Sat 21).
- Marco Rippin** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Sun 15 to Sat 21).
- Trevor Flatley** **Training Load** - ACWR undertraining pattern. ACWR stayed below 0.8 for 7 consecutive days (Sun 15 to Sat 21).

WELLNESS

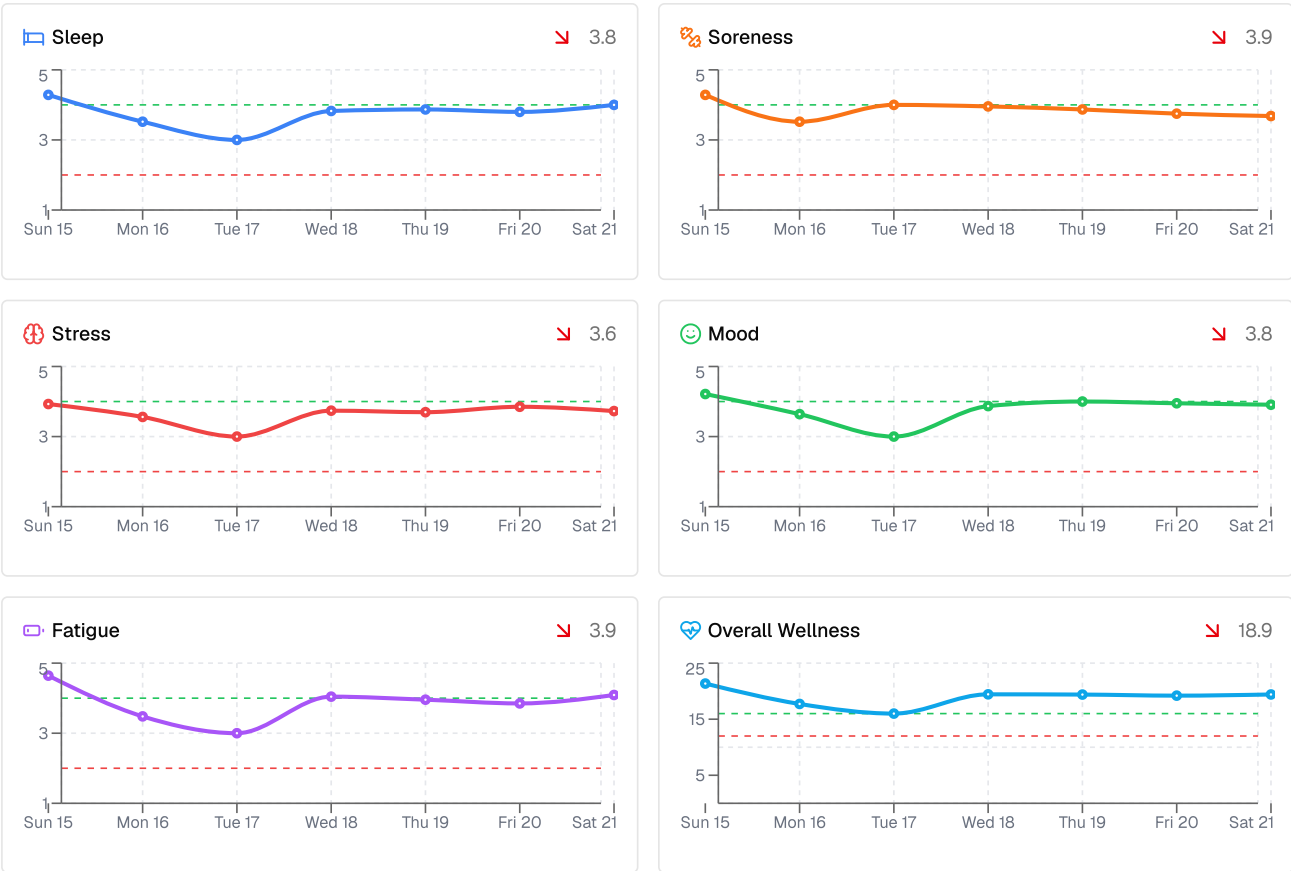
Overall Recovery vs Daily Load Trend

Dual-axis chart (load bars + wellness line with thresholds).



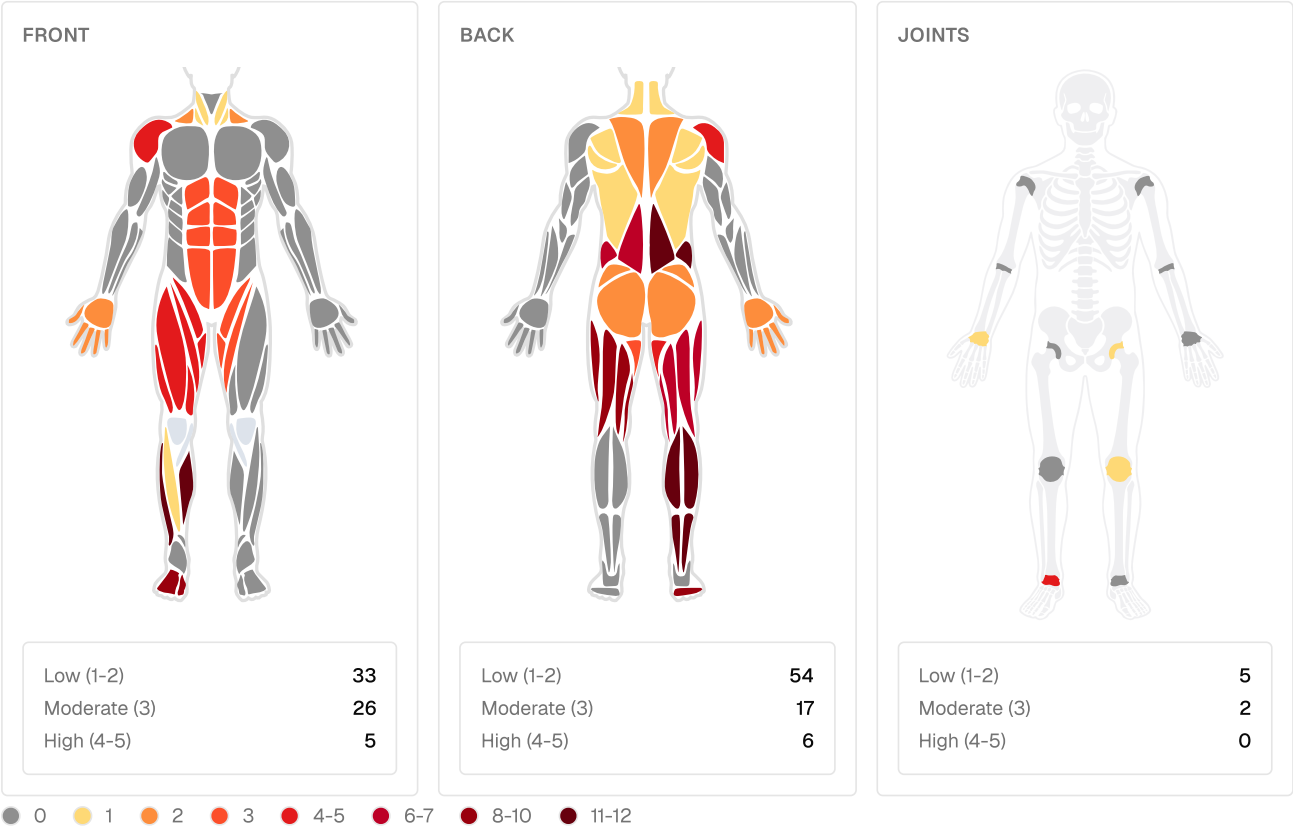
Wellness Metrics Evolution

Five mini trend charts arranged in a grid with shared scale for easier per-metric trend reading.

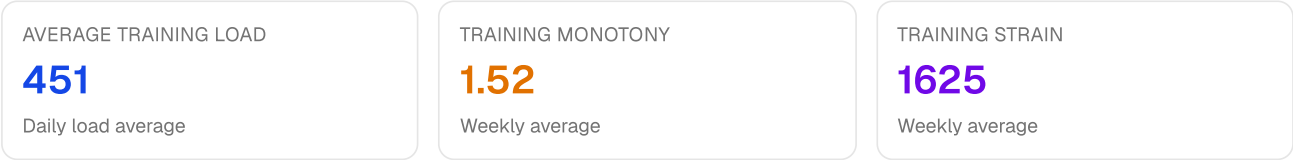


Body Pain Heatmap

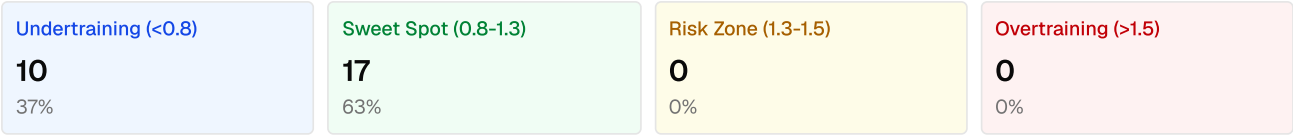
Weekly report volume by body area. Darker colors indicate more submissions; see legend for count ranges.



TRAINING LOAD

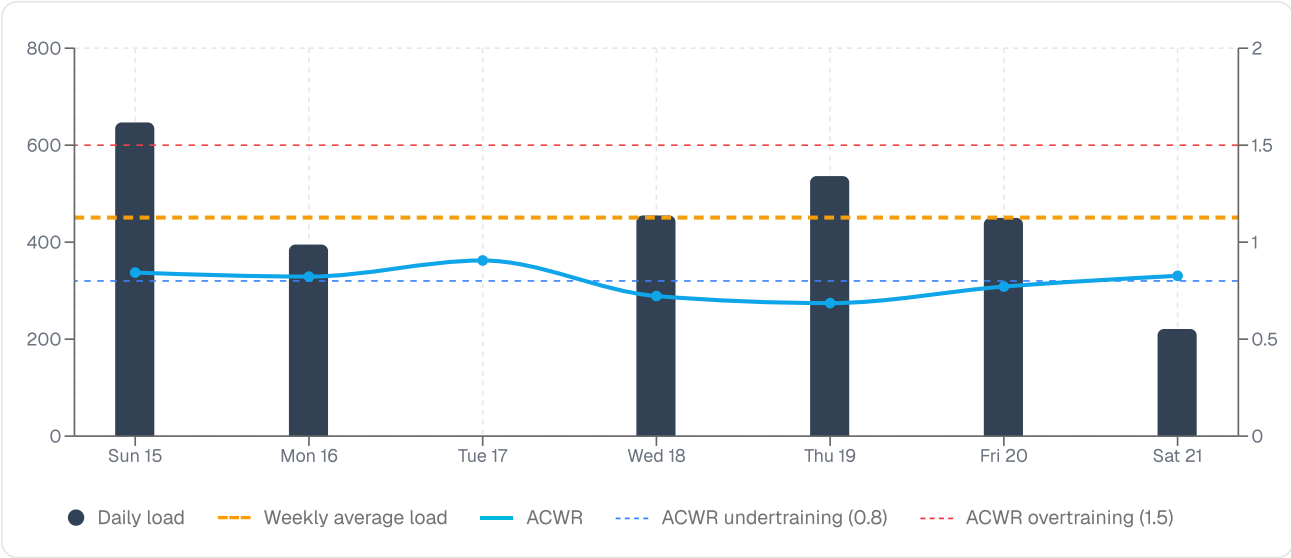


ACWR Distribution (Team)



Daily Training Load, Weekly Average & ACWR

Load bars with weekly average reference line and ACWR trend (0.8 and 1.5 thresholds).



Monotony & Strain Trends

Daily team averages with directional trend arrows.

