Predicting Perceived Training Load in Professional Football
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Introduction
Sport injuries are most often caused by overstraining. Injuries not only have an impact on the quality of life of athletes but can also incur high costs to sports clubs, due to the players’ absence.

Research objective
The main goal is to have a tool, which can advise trainers to optimise training per individual athlete in order to reach peak performance and reduce injuries.

Discussion
In our research, machine learning models based on Support Vector Regression (SVR) with Ridge using Voting Regressor showed the most promise (Accuracy > 75%). Biggest challenge for improving the accuracy of the model is the sparsity of reported RPEs for more extreme scores (RPE<4, RPE>6).

Perspective
Future work should be based on improving the correct labelling of rare cases, like extreme over- or undertraining. Also more data and discovery of new relevant features have the potential to further improve the existing model.

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