

OPTIMIZING LOAD

A SMARTER APPROACH TO
TRAINING & DEVELOPMENT



HELIOS®

WHAT IS WORKLOAD?

Workload is the combination of **physical**, **physiological**, and **psychological stress** an athlete experiences.

Managing workload enables your players to **perform at their best** when it matters most.

External Load

*the measurable work done
(i.e. skating distance,
speed, shift length)*

Internal Load

*the body's response to that work
(i.e. heart rate,
heart rate variability)*

WHY LOAD DATA MATTERS

The hockey schedule is relentless and the physical toll is high – **but players can't perform their best when they are running on empty.**

Balanced Workload means:



Reduced Injury Risk



Sharper Focus and Decision-Making



Peak Performance

With proper load management, coaches maximize player potential – and give their team the **best chance to win.**

COMMON MYTHS VS MODERN THINKING FROM PRO SPORTS

MYTH

More is always better.

TRUTH

Only if recovery matches intensity.

MYTH

Rest is weakness.

TRUTH

Strategic rest is a sign of professionalism.

MYTH

Youth players don't need it.

TRUTH

Young bodies still break down; they just hide fatigue better

HOW COACHES CAN APPLY LOAD MANAGEMENT

Managing Load with *HELIOS*®



Avoid stacking too many hard practices

Use practice data to adjust recovery

Compare individual load vs performance

Distribute ice time based on work rate & recovery capacity

Monitor weekly skating loads

Track progress over time

SUCCESS STORIES

When coaches use load management wisely, even **small tweaks lead to big gains** — spotting fatigue sooner, knowing when to push or pull back, and matching practices to game demands.

The payoff: **healthier players, steady growth, and peak performance** when it matters most.

EXPLORE WHAT HELIOS CAN DO FOR YOUR TEAM

<https://helioshockey.com/teams>