FitLoad for Colleges & High Schools

Athletic Director Overview — Budget-Friendly Athlete Workload Management

FitLoad helps athletic departments protect student-athletes from overuse injuries and burnout by tracking daily sRPE (session RPE = minutes × RPE) and the Acute:Chronic Workload Ratio (ACWR) across every team — without GPS hardware.

Key benefits

Zero hardware costs: Athletes log workouts in about 10 seconds on their smartphones via a link.

Multi-sport, multi-team: Football, Soccer, Track, Basketball and Cross-Country in one coach dashboard.

Student privacy friendly: Browser-based logging. No 24/7 location or biometric tracking.

Automated injury-risk flags: Early warnings when a student-athlete's ACWR exceeds 1.5 during congested weeks or preseason.

FitLoad vs. traditional GPS systems

	GPS Systems	FitLoad
Cost	$10,000–$30,000/year	Free / budget-friendly
Setup time	Weeks of calibration	5 minutes
Athlete compliance	Forgot pod / charging	Quick mobile link via QR/WhatsApp

ACWR zones

Below 0.8 under-training · 0.8–1.3 optimal · 1.3–1.5 caution · above 1.5 high risk. Based on Foster's sRPE method and Gabbett's ACWR research.

Get started

Start a free program trial at https://fitload.app/team — set up a team in 5 minutes and share the join link with athletes.