

## Answers to readiness-to-train (RTQ) question

The questionnaire consists of seven questions with responses made from bipolar scales ranging from 1 to 4, 1 to 5 and 1 to 10.

**1** can be described as not at all/extremely low and **4, 5, 10** (depending on lower/upper end of the scale) can be described as extreme amount/extremely high.

Q1: Do you feel physically strong today? (1-5)	1	2	3	4	5
Q2: Do you feel mentally strong today? (1-5)	1	2	3	4	5
Q3: How would you describe your health today? (1-4)	1	2	3	4	
Q4: How would you describe your appetite over the past 24h? (1-5)	1	2	3	4	5
Q5: How would you describe your sleep quality over the past 24h? (1-4)	1	2	3	4	

Q6: Do you have any muscle soreness today? (1-10)	1	2	3	4	5	6	7	8	9	10
Q7: Rate your motivation to train today (1-10)	1	2	3	4	5	6	7	8	9	10