



# Corrigendum: Increases in RPE Rating Predict Fatigue Accumulation Without Changes in Heart Rate Zone Distribution After 4-Week Low-Intensity High-Volume Training Period in High-Level Rowers

Rasmus Pind<sup>1\*</sup>, Peter Hofmann<sup>2</sup>, Evelin Mäestu<sup>1</sup>, Eno Vahtra<sup>1</sup>, Priit Purge<sup>1</sup> and Jarek Mäestu<sup>1</sup>

<sup>1</sup> Institute of Sport Sciences and Physiotherapy, University of Tartu, Tartu, Estonia, <sup>2</sup> Institute of Human Movement Science, Sport and Health, University of Graz, Graz, Austria

## OPEN ACCESS

### Edited and reviewed by:

Giuseppe D'Antona,  
University of Pavia, Italy

### \*Correspondence:

Rasmus Pind  
rasmus.pind@ut.ee

### Specialty section:

This article was submitted to  
Exercise Physiology,  
a section of the journal  
Frontiers in Physiology

**Received:** 13 December 2021

**Accepted:** 10 January 2022

**Published:** 31 January 2022

### Citation:

Pind R, Hofmann P, Mäestu E,  
Vahtra E, Purge P and Mäestu J  
(2022) Corrigendum: Increases in RPE  
Rating Predict Fatigue Accumulation  
Without Changes in Heart Rate Zone  
Distribution After 4-Week  
Low-Intensity High-Volume Training  
Period in High-Level Rowers.  
*Front. Physiol.* 13:834667.  
doi: 10.3389/fphys.2022.834667

**Keywords:** training monitoring, intensity, duration, internal load, external load, exercise prescription, session RPE

## A Corrigendum on

**Increases in RPE Rating Predict Fatigue Accumulation Without Changes in Heart Rate Zone Distribution After 4-Week Low-Intensity High-Volume Training Period in High-Level Rowers** by Pind, R., Hofmann, P., Mäestu, E., Vahtra, E., Purge, P., and Mäestu, J. (2021). *Front. Physiol.* 12:735565. doi: 10.3389/fphys.2021.735565

In the original article, there was a mistake in **Table 1** as published. Some average values in Week 4 column (those with no significant change) have been lost and only standard deviations appear. The corrected **Table 1** appears below.

The authors apologize for this error and state that this does not change the scientific conclusions of the article in any way. The original article has been updated.

**Publisher's Note:** All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers. Any product that may be evaluated in this article, or claim that may be made by its manufacturer, is not guaranteed or endorsed by the publisher.

Copyright © 2022 Pind, Hofmann, Mäestu, Vahtra, Purge and Mäestu. This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY). The use, distribution or reproduction in other forums is permitted, provided the original author(s) and the copyright owner(s) are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms.

**TABLE 1** | Average scores (mean  $\pm$  SD) of the Recovery-Stress Questionnaire for Athletes (RESTQ-Sport) scales during the 4-week training period.

Scale	Baseline week	Week 2	Week 3	Week 4	P-value
<b>General stress</b>					
1. General stress	1.01 $\pm$ 0.93	1.03 $\pm$ 1.08	1.25 $\pm$ 1.03	1.97 $\pm$ 1.68	ns
2. Emotional stress	1.21 $\pm$ 0.90	1.13 $\pm$ 1.10	1.28 $\pm$ 0.88	2.09 $\pm$ 1.58	ns
3. Social stress	1.29 $\pm$ 0.82	1.11 $\pm$ 0.94	1.33 $\pm$ 0.91	<b>2.25 <math>\pm</math> 1.38<sup>b</sup></b>	$p < 0.05$
4. Conflicts/pressure	1.65 $\pm$ 0.90	1.61 $\pm$ 0.87	1.93 $\pm$ 0.71	<b>2.59 <math>\pm</math> 1.19<sup>b</sup></b>	$p < 0.05$
5. Fatigue	1.74 $\pm$ 1.19	1.61 $\pm$ 1.11	<b>2.07 <math>\pm</math> 1.23<sup>b</sup></b>	<b>2.69 <math>\pm</math> 1.50<sup>b</sup></b>	$p < 0.05$
6. Lack of energy	1.81 $\pm$ 0.82	1.53 $\pm$ 0.69	1.70 $\pm$ 0.73	1.75 $\pm$ 0.53	ns
7. Physical complaints	1.44 $\pm$ 0.75	1.52 $\pm$ 0.83	1.68 $\pm$ 0.64	<b>1.91 <math>\pm</math> 0.58<sup>a</sup></b>	$p < 0.05$
<b>General recovery</b>					
8. Success	3.11 $\pm$ 0.79	2.75 $\pm$ 1.25	2.55 $\pm$ 0.92	2.75 $\pm$ 0.88	ns
9. Social recovery	3.57 $\pm$ 1.36	3.42 $\pm$ 1.35	3.47 $\pm$ 1.31	2.50 $\pm$ 1.20	ns
10. Physical recovery	3.18 $\pm$ 1.18	3.08 $\pm$ 1.08	2.83 $\pm$ 1.07	2.34 $\pm$ 1.18	ns
11. General well-being	3.96 $\pm$ 1.32	3.94 $\pm$ 1.31	3.93 $\pm$ 1.27	<b>2.69 <math>\pm</math> 1.27<sup>a</sup></b>	$p < 0.05$
12. Sleep quality	4.00 $\pm$ 1.08	<b>4.53 <math>\pm</math> 0.90<sup>a</sup></b>	4.15 $\pm$ 1.13	3.31 $\pm$ 1.46	$p < 0.05$
<b>Sport stress</b>					
13. Disturbed breaks	1.47 $\pm$ 0.82	1.09 $\pm$ 0.50	<b>1.63 <math>\pm</math> 0.93<sup>b</sup></b>	<b>1.94 <math>\pm</math> 0.94<sup>b</sup></b>	$p < 0.05$
14. Emotional exhaustion	1.07 $\pm$ 1.36	1.03 $\pm$ 1.14	1.30 $\pm$ 1.31	1.69 $\pm$ 1.93	ns
15. Injury	2.13 $\pm$ 0.98	2.19 $\pm$ 1.03	<b>2.03 <math>\pm</math> 0.92<sup>b</sup></b>	1.63 $\pm$ 0.82	$p < 0.05$
<b>Sport recovery</b>					
16. Being in shape	3.51 $\pm$ 1.11	3.39 $\pm$ 1.24	3.00 $\pm$ 1.09	2.84 $\pm$ 0.88	ns
17. Personal accomplishments	3.19 $\pm$ 0.99	2.88 $\pm$ 1.14	<b>2.50 <math>\pm</math> 1.29<sup>a</sup></b>	<b>2.22 <math>\pm</math> 1.48<sup>a</sup></b>	$p < 0.05$
18. Self-efficacy	3.44 $\pm$ 0.76	3.41 $\pm$ 0.98	3.03 $\pm$ 1.00	3.25 $\pm$ 0.96	ns
19. Self-regulation	2.31 $\pm$ 0.83	2.47 $\pm$ 0.88	2.37 $\pm$ 0.94	<b>3.44 <math>\pm</math> 1.24<sup>b</sup></b>	$p < 0.05$

<sup>a</sup> $p < 0.05$  is significantly different from baseline week. <sup>b</sup> $p < 0.05$  is significantly different from week 2. ns, non-significant. The statistical differences ( $p < 0.05$ ) are shown in bold.