

# LOAD MONITORING & MANAGEMENT

REFERENCE VALUES FOR BLOOD MARKERS

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COACH TO COACH  
EDUCATIONAL COURSES

Table 10.3 / Normal ranges of various blood markers

	TOTAL TESTOSTERONE	FREE TESTOSTERONE	CORTISOL	SERUM IRON	SERUM FERRITIN	TRANSFERRIN (TOTAL IRON BINDING CAPACITY)
NORMAL RANGE	2.5 – 8.5 ng/dL	3.5 – 24 pg/dL	60 – 184 ng/mL	40 – 160 µg/dL	20 – 300 ng/dL	110 – 350 µg/dL

SOURCE: ESSENTIALS OF PHYSICAL PERFORMANCE IN ELITE BASKETBALL