Wearable Tech

More than just measuring player movement

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Does the technology allow you to make better decisions? Stressors & Recovery

- Primary stressor(s)
 - Sport should be a primary stressor
 - May be difficult to quantify other stressors
- Recovery
 - Are being managed well?
 - Are there stressors you are not aware of?

Why wearables?

Allow us to quantify workloads and recovery in ways that are difficult or impossible to quantify otherwise.

Most bang for you buck

- Wearable systems can be quite an investment
- The amount of data generated can be difficult to manage and interpret
- Everyone is doing it but do they know what they are doing?
- What variables give you the most bang for your buck?

External workload metrics



Internal workload and recovery metrics



Time spent in heart rate zones

02

Heart rate recovery

03

Heart rate variability

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The process

- Short term goals and influence
- Medium term goals
- Long term goals and outcomes