

AUTOREGULATION

HEART RATE & VELOCITY BASED TRAINING

GOAL OF TRAINING	WORKOUT	TRAINING EFFECT
MAXIMAL AEROBIC FITNESS	CONSTANT PACE / INTERVAL 2:1	TE 3.5 - 5.0 AEROBIC 70% / ANAEROBIC 30%
AEROBIC RECOVERY	LOW INTENSITY / LONG DURATION	TE 1.5 - 2.5 AEROBIC 100% / ANAEROBIC 0%
SPEED, STRENGTH, POWER	SHORT SPRINT / LONG RECOVERY 1:4	TE 1.5 - 2.5 AEROBIC 30% / ANAEROBIC 70%
AEROBIC POWER	SHORT/MEDIUM DURATION INTERVALS 1:2	TE 3.5 - 5.0 AEROBIC 50% / ANAEROBIC 50%

The graph plots Force (N) on the y-axis against Velocity (m/s) on the x-axis. It shows several curves representing different training zones:

- MAX STRENGTH:** (0-0.25m/s)
- CIRCA MAX STRENGTH:** (0.25-0.75m/s)
- STRENGTH-SPEED:** (0.75-1.0m/s)
- SPEED-STRENGTH:** (1.0-1.5m/s)
- STARTING STRENGTH/MAX SPEED:** (>1.5m/s)

IDENTIFY THE PROBLEM

THEN ASK ADDITIONAL QUESTIONS BEFORE YOU BEGIN

1. CAN WE GET CLEAN DATA?
2. CAN WE GET CONSISTENT DATA?
3. WHAT RESOURCES DO WE HAVE?
4. WHAT ARE THE LOGISTICS?

THIS CREATES A PROCESS...

THE PROCESS

COLLECT

REVIEW

REPORT


RECALIBRATE

STEP 1


COLLECT




WHAT TYPE OF DATA?



OBJECTIVE DATA



SUBJECTIVE DATA


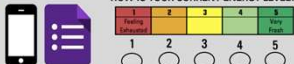


WELLNESS QUESTIONNAIRE

SUBJECTIVE RECOVERY DATA


1. SLEEP QUANTITY
2. SLEEP QUALITY
3. NUTRITION QUANTITY
4. NUTRITION QUALITY
5. HYDRATION
6. MOOD
7. STRESS
8. FATIGUE
9. MUSCLE SORENESS
10. PAIN IDENTIFICATION

HOW IS YOUR CURRENT ENERGY LEVEL?




HEART RATE VARIABILITY

OBJECTIVE
READINESS DATA




1. QUICK RECOVERY TEST
2. QRT 7 DAY AVERAGE
3. RESTING HR
4. RMSSD

71% GOOD
71% TODAY
57% 7D AVERAGE



LIFESTYLE ASSESSMENT


OBJECTIVE
RECOVERY DATA



1. 24 HOUR STRESS RECOVERY BALANCE
2. OVERNIGHT RECOVERY

100% EXCELLENT
Stress: 27% of time
Recovery: 39% of time

50% MODERATE
Recovery Index: 188
Stress: 4.5, HR: 110



COUNTERMOVEMENT JUMP

OBJECTIVE
READINESS DATA



1. COUNTERMOVEMENT JUMP
2. NON-COUNTERMOVEMENT JUMP
3. DROP JUMP



SESSION R-RPE



SUBJECTIVE
TRAINING LOAD DATA

1. ATHLETE-sRPE
2. COACH-sRPE

HOW DIFFICULT WAS PRACTICE TODAY?

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

TRAINING LOAD



OBJECTIVE
TRAINING LOAD DATA

1. TRAINING EFFECT
2. TRIMP
3. CALORIES
4. HR ZONES


TRAINING EFFECT

3.7

TRIMP
153

KCAL
1095

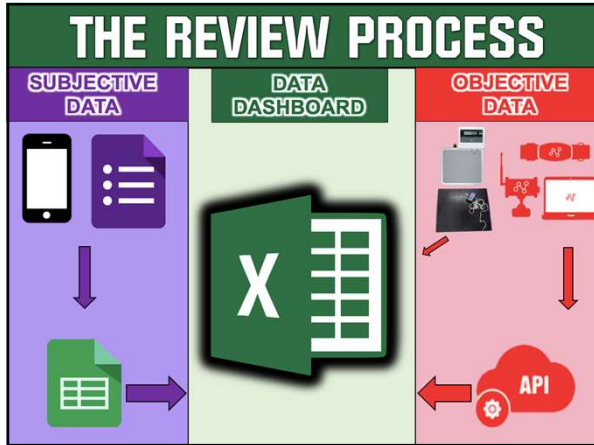
TRAINING LOAD EXTERNAL vs. INTERNAL



EXTERNAL TRAINING LOAD
QUANTIFIES THE WORK DONE

INTERNAL TRAINING LOAD
QUANTIFIES THE RESPONSE TO THE WORK





EXCEL DASHBOARD

TIPS TO GET STARTED

1. CREATE SEPARATE SHEET FOR EACH DATA SET
2. ATHLETE NAMES FORMATTED THE SAME ON ALL
3. CONVERT TIME STAMP TO DATE (CTRL + F) + REPLACE ALL (SPACE + '')
4. =WEEKDAY FUNCTION
5. VLOOKUP FUNCTION
6. INDEX & MATCH FUNCTION (THREE WAY LOOK UP)
7. TABLES & FILTERS

A screenshot of an Excel spreadsheet showing a table of data. The table has columns for athlete names, dates, and various performance metrics. The text "EXCEL DASHBOARD" is written in large white letters on a dark green background at the top. Below it, a black box contains the heading "TIPS TO GET STARTED" and a numbered list of seven tips.

REVIEW THE DATA

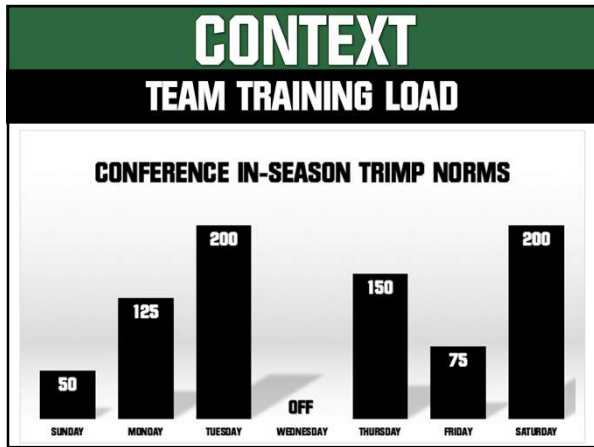
DATA SETS (EXAMPLES)

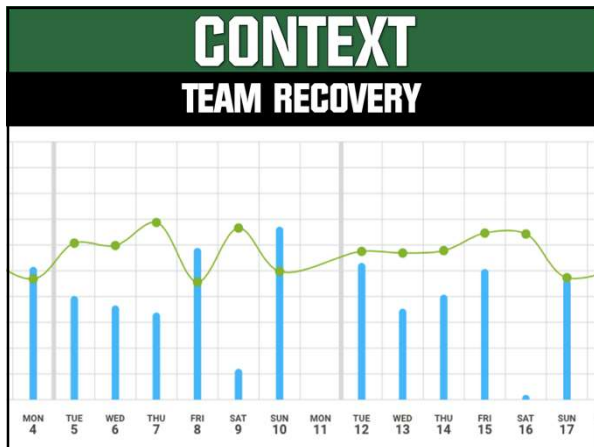
1. CONTEXT

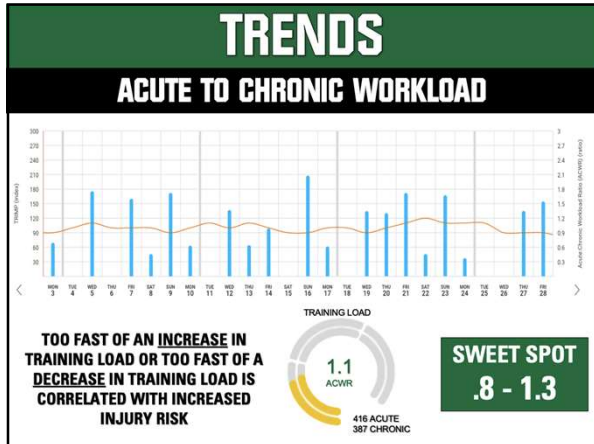
- TEAM
- GROUP
- INDIVIDUAL

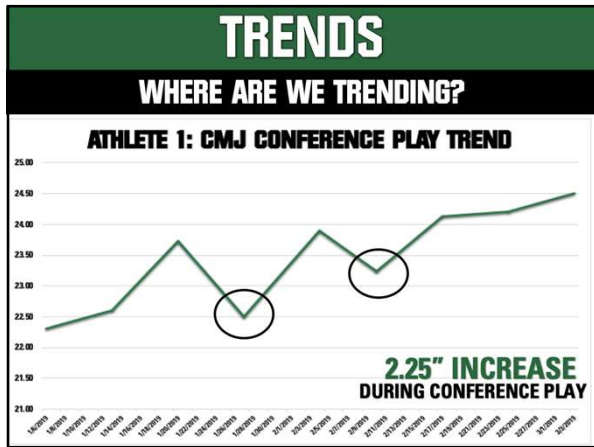
2. TRENDS

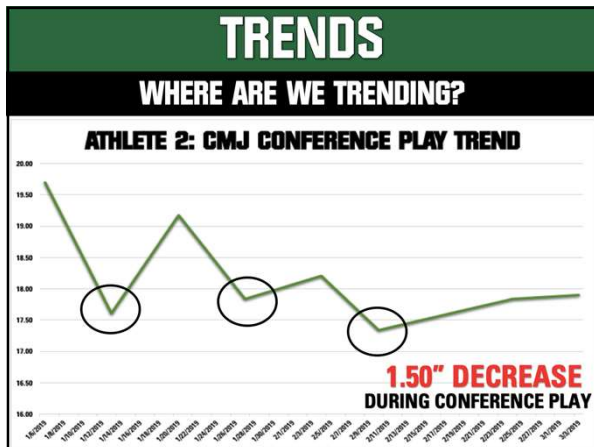
- ACUTE vs. CHRONIC
- SUBJECTIVE vs. OBJECTIVE
- PHYSIOLOGICAL vs. GAME DATA

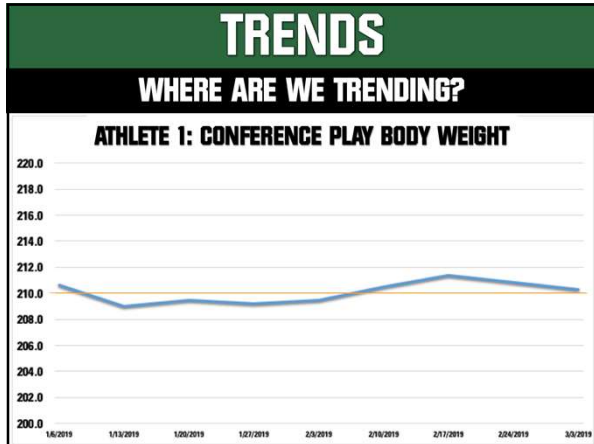


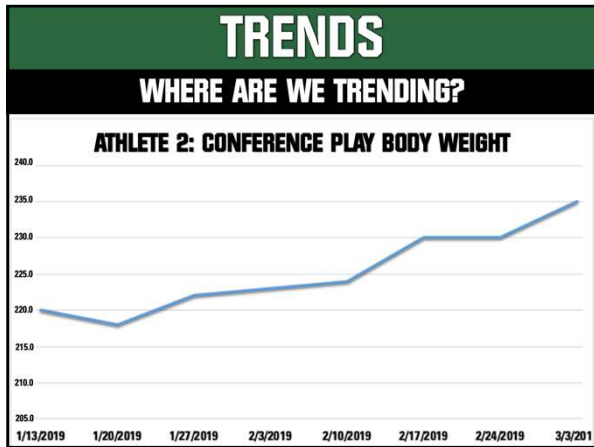


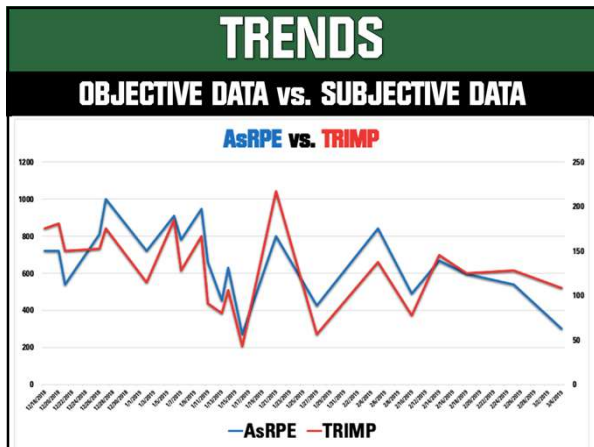


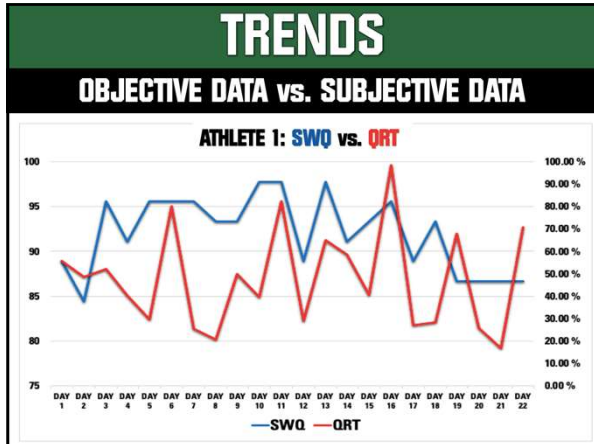


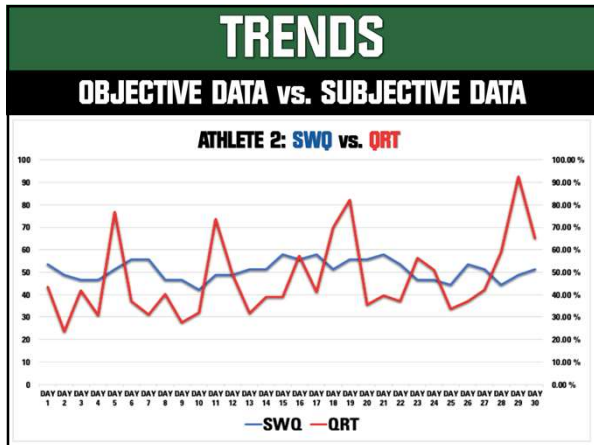


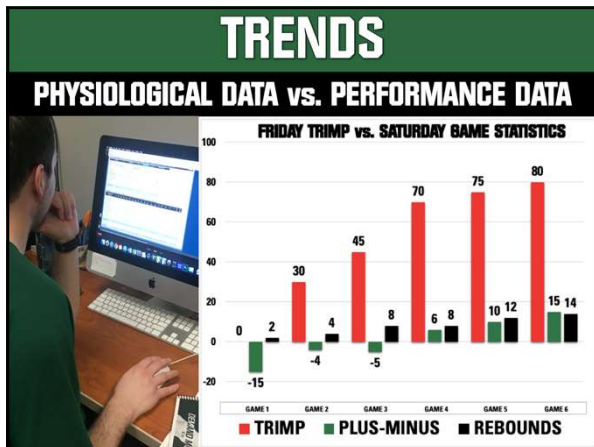












STEP 3

REPORT



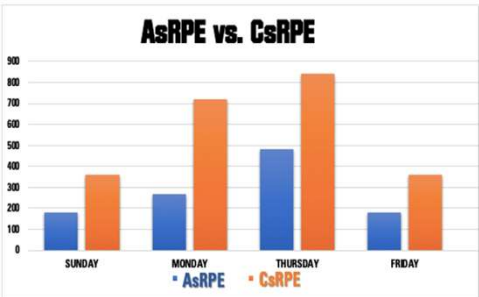
REPORT

COACHING STAFF	SPORTS MEDICINE	ATHLETES
		

COACHING STAFF

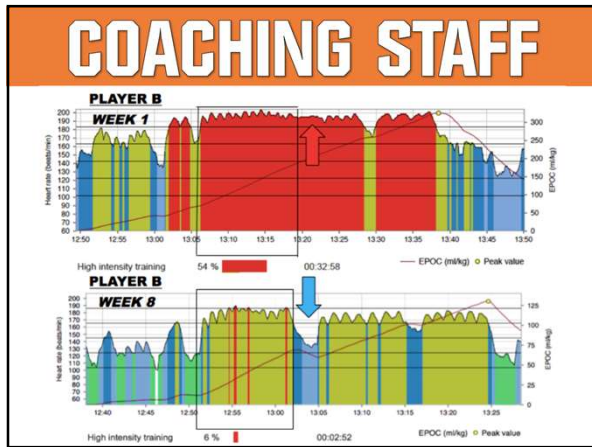
ARE WE GETTING THE RESULTS WE EXPECTED?

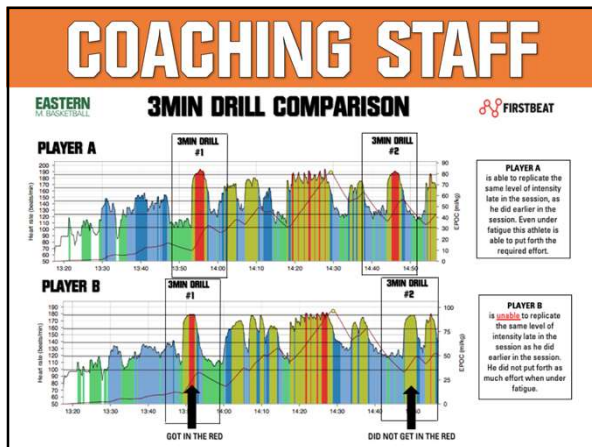
AsRPE vs. CsRPE



Day	AsRPE	CsRPE
SUNDAY	180	350
MONDAY	250	700
THURSDAY	480	820
FRIDAY	180	350







SPORTS MEDICINE

FIRSTBEAT REPORT **PAIN IDENTIFICATION** **DAILY INTERACTIONS**

Player	Team	Position	Age	Height	Weight	Experience	Notes
John Doe	Team A	Forward	28	6'5"	220	5	Good
Jane Smith	Team B	Defender	25	5'8"	160	3	Needs work
Mike Johnson	Team C	Goalkeeper	32	6'2"	200	10	Excellent
Sarah Lee	Team D	Midfielder	22	5'6"	140	1	Promising
David Kim	Team E	Striker	27	6'0"	180	4	Key player
Emily White	Team F	Defender	24	5'9"	155	2	Steady
Chris Brown	Team G	Goalkeeper	30	6'3"	210	8	Reliable
Alex Green	Team H	Midfielder	26	5'7"	150	3	Consistent
Olivia Black	Team I	Striker	23	5'5"	135	1	Fast
Benjamin Gray	Team J	Defender	29	6'1"	190	6	Strong
Mia Pink	Team K	Goalkeeper	21	6'4"	205	0	New
Ethan Blue	Team L	Midfielder	25	5'8"	165	2	Hardworking
Ava Yellow	Team M	Striker	27	5'9"	170	4	Goal scorer
Noah Purple	Team N	Defender	24	5'7"	150	2	Agile
Isabella Orange	Team O	Goalkeeper	31	6'2"	200	9	Veteran
Liam Red	Team P	Midfielder	26	5'8"	160	3	Playmaker
Sophia Green	Team Q	Striker	23	5'6"	140	1	Quick
Mason Blue	Team R	Defender	28	6'0"	185	5	Sturdy
Evelyn Yellow	Team S	Goalkeeper	22	6'5"	215	0	Young
Lucas Purple	Team T	Midfielder	25	5'7"	155	2	Control
Chloe Orange	Team U	Striker	27	5'8"	165	4	Efficient
Robert Red	Team V	Defender	24	5'9"	160	2	Blocker
Victoria Green	Team W	Goalkeeper	30	6'3"	205	8	Shot stopper
William Blue	Team X	Midfielder	26	5'8"	160	3	Engine
Olivia Yellow	Team Y	Striker	23	5'6"	140	1	Finisher
Benjamin Purple	Team Z	Defender	28	6'1"	185	5	Anchor

ATHLETES

DATA SHOULD LEAD TO MORE CONVERSATIONS AND PERSONAL INTERACTIONS

RECOVERY **TRAINING LOAD**

STEP 4

RECALIBRATE

RECALIBRATE

CONVERSATIONS

sRPE / TRIMP

QRT

CMJ

SWQ

RECALIBRATION

WHAT DO WE CONTROL?



DEMAND MORE



WEIGHT-ROOM INTERVENTION

ATHLETE OWNERSHIP	1. VOLUME & INTENSITY	2. MODALITY														
	<p style="font-weight: bold; font-size: 0.8em;">REDUCE VOLUME OR INTENSITY?</p> <p style="font-weight: bold; font-size: 0.8em;">CONVERSATION DRIVES THE DECISION</p>															
COACHING IS TEACHING	GREEN		NORMAL PROGRAM													
	YELLOW	REDUCE INTENSITY														
	RED	REDUCE VOLUME & INTENSITY														
	3. RECOVERY LIFT	4. RECOVERY DAY														
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="font-size: 0.7em;">CATEGORY</th> <th style="font-size: 0.7em;">EXAMPLE</th> <th style="font-size: 0.7em;">SETS x REPS</th> </tr> </thead> <tbody> <tr> <td style="font-size: 0.7em;">BREATHING</td> <td style="font-size: 0.7em;">QUADRUPED BREATHING</td> <td style="font-size: 0.7em;">3x 5 BREATHS</td> </tr> <tr> <td style="font-size: 0.7em;">CIRCULATORY</td> <td style="font-size: 0.7em;">JUMP ROPE / BIKE</td> <td style="font-size: 0.7em;">x10-15min (75-85% HRmax)</td> </tr> <tr> <td style="font-size: 0.7em;">STRENGTH</td> <td style="font-size: 0.7em;">RACK PULL</td> <td style="font-size: 0.7em;">3x 3-5</td> </tr> <tr> <td style="font-size: 0.7em;">RECOVERY</td> <td style="font-size: 0.7em;">FOAM ROLL / MOBILITY</td> <td style="font-size: 0.7em;">x5-10min</td> </tr> </tbody> </table>	CATEGORY	EXAMPLE	SETS x REPS	BREATHING	QUADRUPED BREATHING	3x 5 BREATHS	CIRCULATORY	JUMP ROPE / BIKE	x10-15min (75-85% HRmax)	STRENGTH	RACK PULL	3x 3-5	RECOVERY	FOAM ROLL / MOBILITY	x5-10min
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