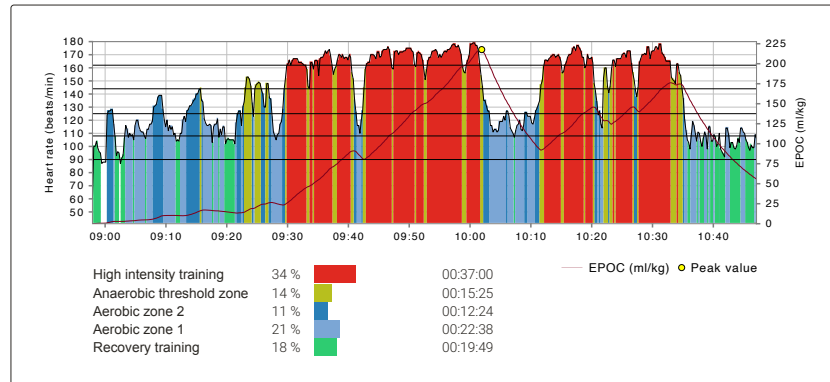


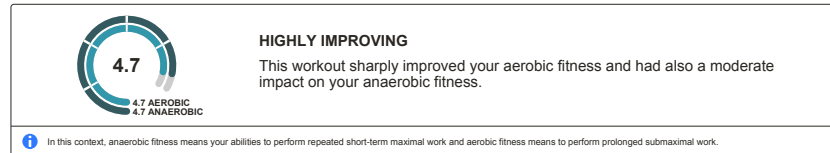
# Example: Individual Training Report

LESTER BROWNE			
Age	27	Exercise summary:	
Height (cm)	173	TRAINING TYPE	Training
Weight (kg)	76	TRAINING EFFECT	4.7/4.7
Resting HR	41	TRIMP	219
Maximum HR	180	DURATION	01:49:25 (hh:mm:ss)
Activity Class	8.0	HR low/avg./high	69/138/179 bpm
		CALORIES	992 kcal
		carbs / fats	625/367 kcal

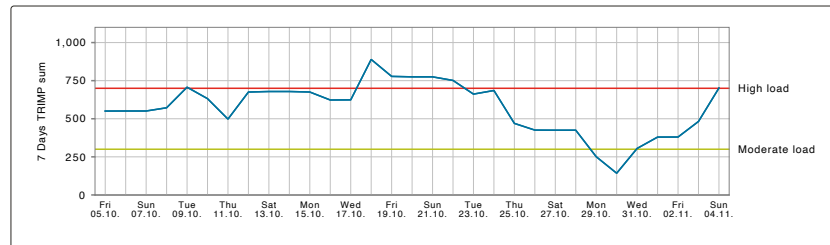
## TRAINING CHART



## TRAINING EFFECT



## TRAINING LOAD

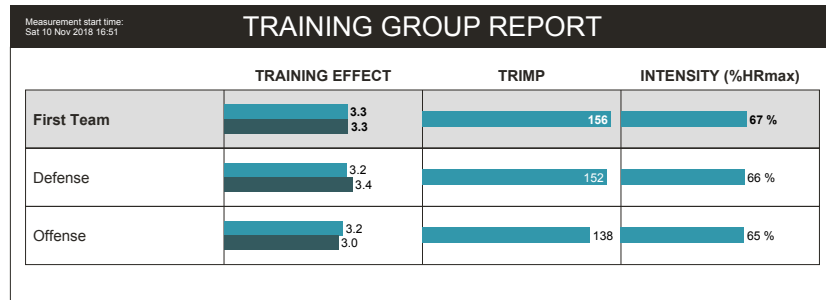


The **individual training report** provides information about:

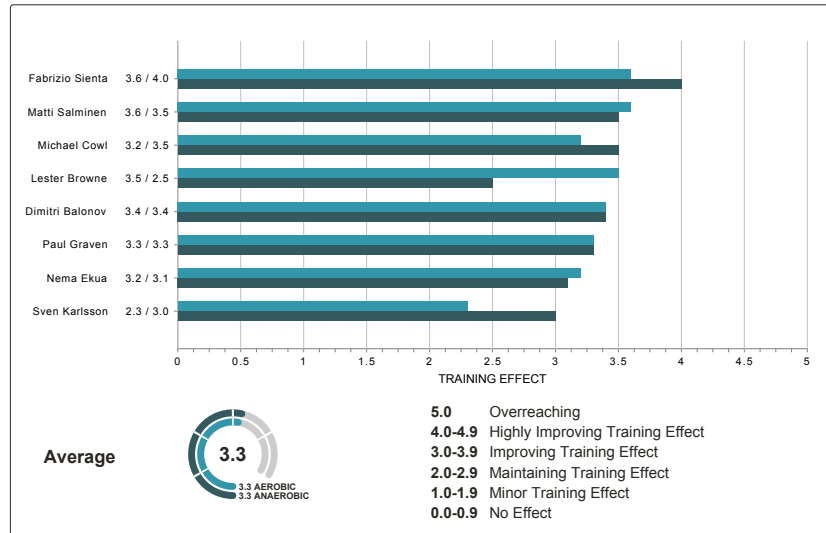
- The training session in the form of a **Training Chart** displaying the amount of time the athlete spent in each training zone,
- the **Training Effect** of the training session, indicating the impact of the workout on aerobic and anaerobic fitness, and
- the **Training Load**, tracking the total impact of physical activity over the most recent 7-day period.

The individual training report aims to support coaching decisions on optimizing and individualizing training plans, help communicate decisions to staff and players, and track individual player trends.

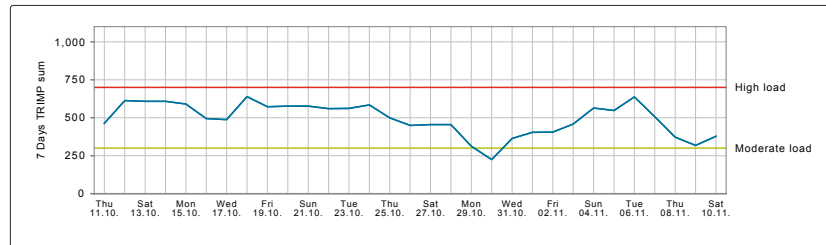
# Example: Group Training Report



### TRAINING EFFECT DISTRIBUTION



### TRAINING LOAD



### TRAINING DETAILS

Name	Duration	Time in training zones	Intensity (%HRmax)		Training Load		
			Avg.	Max.	EPOC	TRIMP	TRIMP (7 days)
First Team	02:05:59	9% 17% 13% 20% 26%	67 %	96 %	102	156	378
Fabrizio Sienta	02:05:55	23% 20% 11% 19% 22%	73 %	98 %	124	214	550
Matti Salminen	02:05:55	3% 27% 12% 17% 31%	67 %	94 %	131	152	453
Michael Cowl	02:05:55	9% 15% 12% 15% 20%	63 %	96 %	91	142	290
Lester Browne	02:05:55	7% 11% 12% 11% 28%	62 %	97 %	118	123	461
Dimitri Balonov	02:05:55	14% 16% 15% 22% 33%	68 %	97 %	109	174	446
Paul Graven	02:05:55	14% 8% 14% 31% 29%	68 %	99 %	103	162	540
Nema Ekua	02:06:30	1% 23% 9% 22% 21% 29%	69 %	93 %	96	156	540
Sven Karlsson	02:05:55	2% 15% 14% 23% 34%	63 %	94 %	46	122	362

The **group training report** provides a summary of the team. It includes a summary of Training Effect, TRIMP and Intensity (%HRmax) for each respective position group. More detailed aspects are displayed in:

- **The Training Effect Distribution**, displaying each athlete's Training Effect results,
- the **Training Load**, tracking the total impact of physical activity for the whole team over the most recent 7-day period, and
- the **Training Details**, including a team overview and each athlete's recorded data including Intensity (%HRmax Average and %HRmax Max) and Training Load (EPOC, TRIMP, 7-day-TRIMP).

The group training report aims to support coaching decisions by providing a comprehensive overview of the team's current situation whilst allowing you to compare the results of individual athletes and positional groups. This helps identify areas to focus on any outlier players.