

FIRSTBEAT SPORTS

EXAMPLE REPORTS



Training Report

Person: Athlete (Example) John

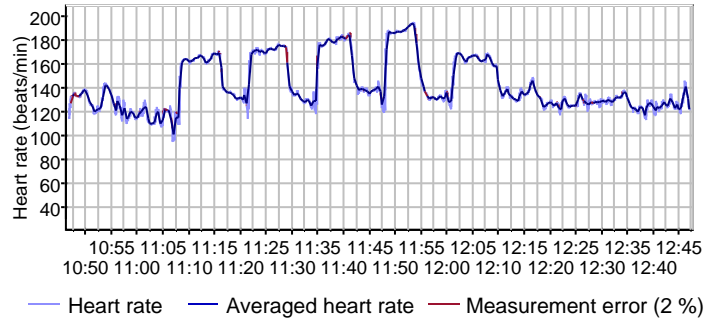
Date: 11.12.2012

Background information

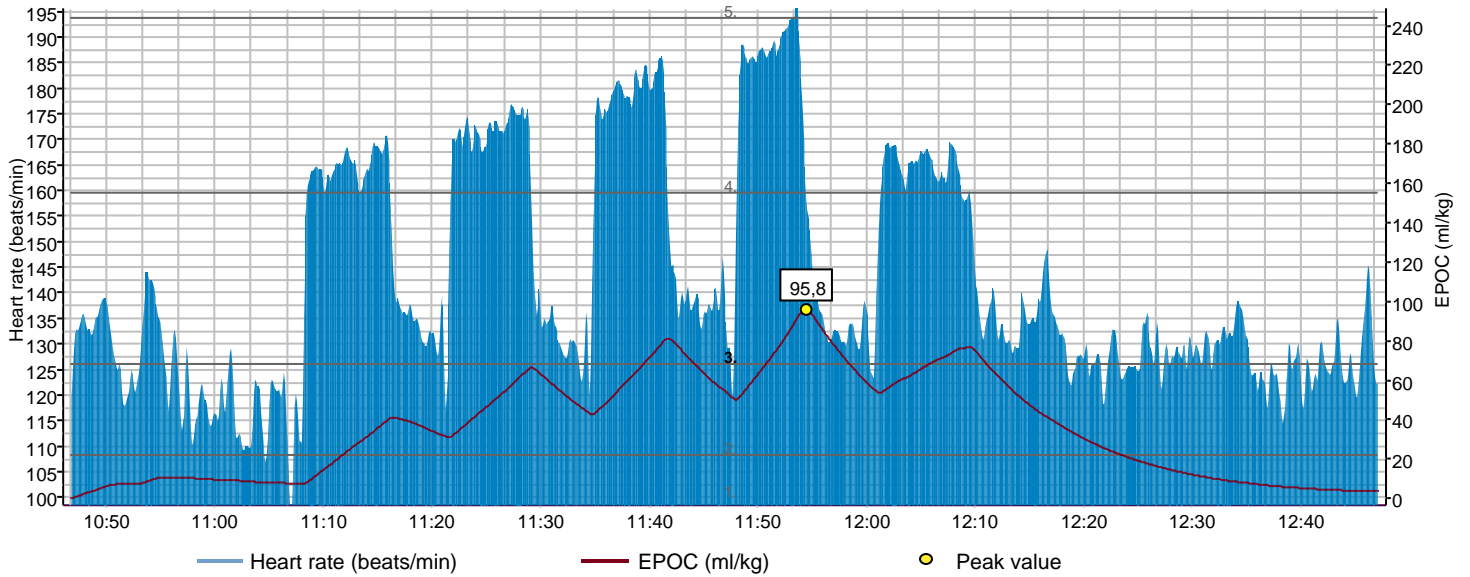
Age 24
 Height (cm) 184
 Weight (kg) 79
 Resting heart rate 34
 Maximum heart rate 200
 Activity class 8

Measurement information

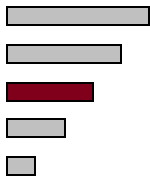
Measurement length 02:00:26
 Measurement time 10:46:42 - 12:47:08
 Lowest heart rate 100
 Highest heart rate 195
 Average heart rate 143



Training Chart



Training Effect



3.3

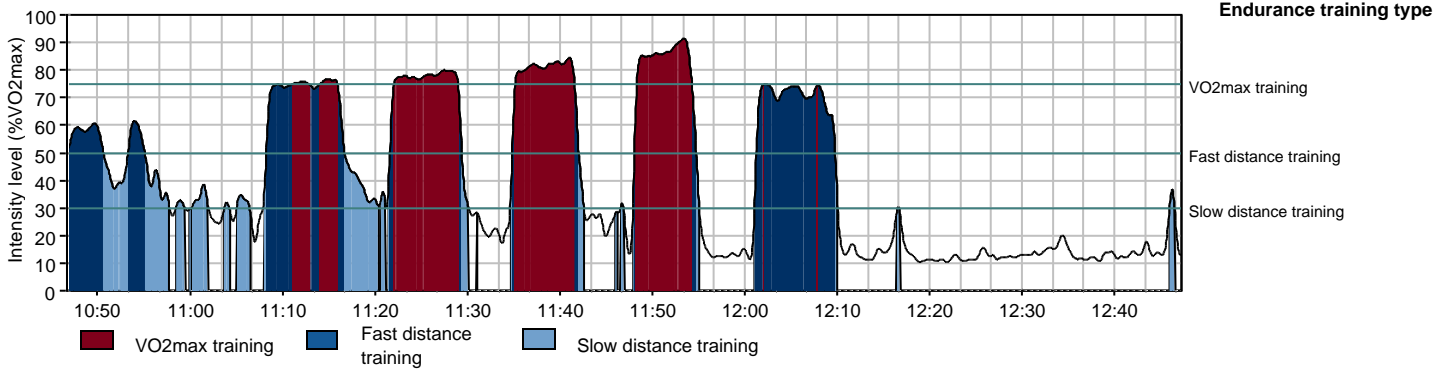
Improving training effect

This workout improves cardiorespiratory fitness and is the base of the training plan.

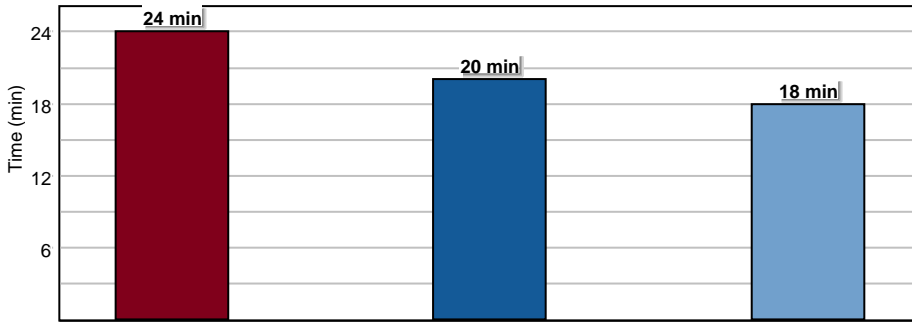
Notes

Interval training

Endurance Training Classification

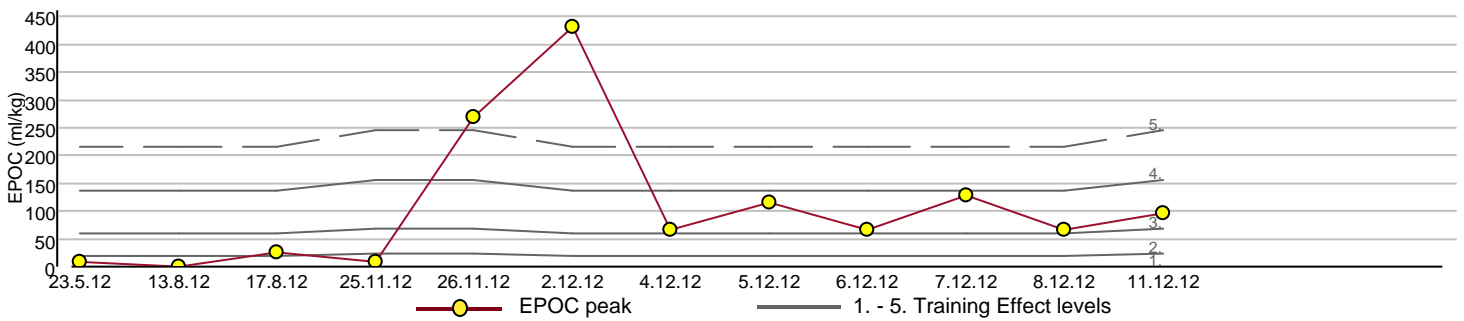


Classification of the measurement to different endurance training types.

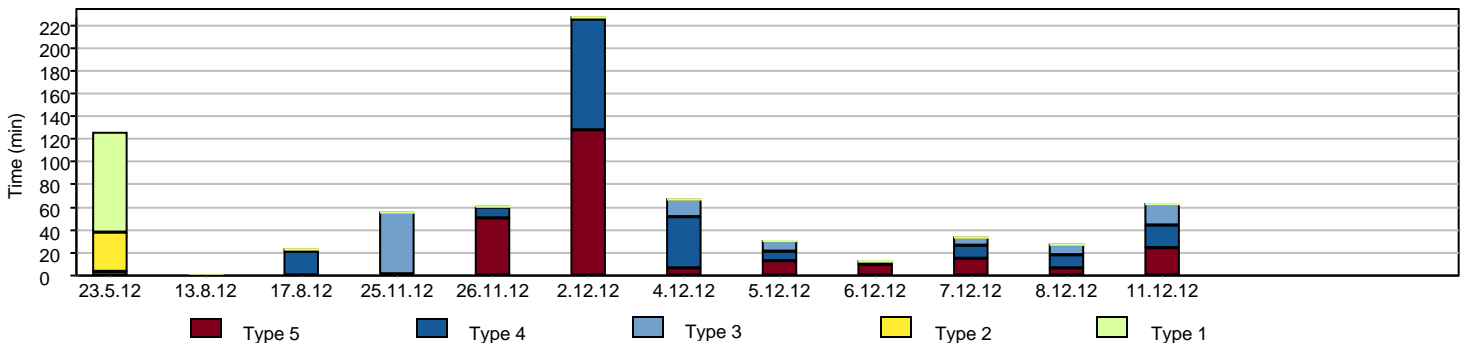


The total duration of exercise during the measurement was 1h 3min. Time at different types of endurance training during the measurement is illustrated in the graph.

Training Follow-Up



EPOC peak values during the follow-up period.



Training durations in different training types during the follow-up period.

Training Effect Group Report

Group name: Example Team 2

Group information

Group size 16 (f:0, m:16)
 Age average 22,4 (18 - 30)
 BMI average 22,9 (21,3 - 24,5)
 METmax average 16,5 (15,7 - 17,4)
 Activity class average 8,5 (8,5 - 8,5)

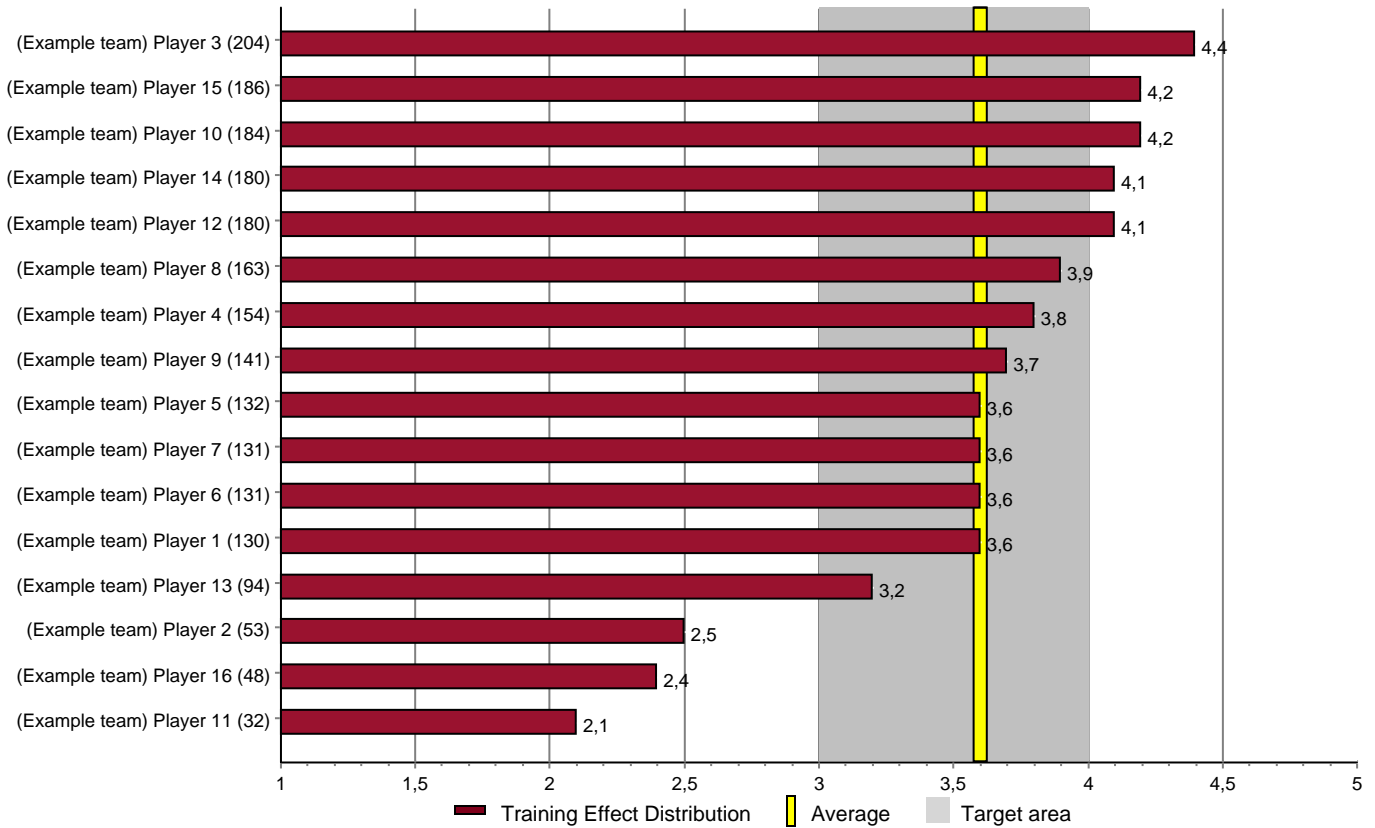
Measurement information

Measurement count 16
 Measurement length avg. 01:10:29
 Measurement lengths 00:09:11 - 01:15:16
 Measurement dates 8.4.2011

Notes



Training Effect Distribution



Distribution and average of %s. Darkened area displays the set exercise target area. The figure after the person's name indicates the achieved EPOC-level.



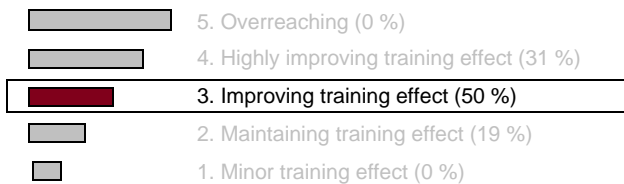
EPOC

EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. EPOC peak is the general disturbance to homeostasis brought on by exercise.

Training Effect Distribution

Training Effect is a measure of the fitness effects that the exercise is having to respiratoral and vascular organs.

Training Effect (1-5)



Training Effect's mode is highlighted. Figure after Training Effects description shows the groups proportional Training Effect distribution.

Statistics

Name	Measurement duration	Endurance Training Classification					Heart Rate		Oxygen Consumption ml/kg/min (%VO2max)	
		Type 1	Type 2	Type 3	Type 4	Type 5	Average	Range	Average	Maximum
(Example team) Player 3	1h 14min			23 min	23 min	25 min	160	103 - 184	37 (68%)	48 (88%)
(Example team) Player 15	1h 14min			29 min	18 min	23 min	150	94 - 180	37 (65%)	51 (89%)
(Example team) Player 10	1h 14min			30 min	28 min	13 min	166	110 - 193	37 (66%)	48 (85%)
(Example team) Player 14	1h 14min			25 min	24 min	22 min	159	109 - 189	36 (66%)	49 (89%)
(Example team) Player 12	1h 14min			29 min	26 min	18 min	159	113 - 190	37 (66%)	51 (91%)
(Example team) Player 8	1h 14min			26 min	22 min	14 min	149	87 - 186	34 (59%)	49 (86%)
(Example team) Player 4	1h 14min			31 min	36 min	3 min	161	109 - 191	34 (63%)	45 (85%)
(Example team) Player 9	1h 14min			28 min	34 min	7 min	159	109 - 189	34 (62%)	47 (85%)
(Example team) Player 5	1h 14min			38 min	36 min	0 min	152	121 - 176	34 (63%)	44 (81%)
(Example team) Player 7	1h 14min			35 min	34 min	3 min	159	113 - 190	33 (61%)	45 (84%)
(Example team) Player 6	1h 15min			36 min	22 min	12 min	158	107 - 194	35 (60%)	51 (88%)
(Example team) Player 1	1h 15min			32 min	34 min	3 min	157	106 - 186	34 (61%)	46 (83%)
(Example team) Player 13	1h 14min			37 min	30 min	2 min	140	94 - 172	30 (56%)	44 (84%)
(Example team) Player 2	1h 15min			44 min	13 min	0 min	140	94 - 180	25 (48%)	42 (81%)
(Example team) Player 16	1h 14min			50 min	14 min	0 min	135	102 - 174	25 (46%)	45 (81%)
(Example team) Player 11	9 min			1 min	6 min	0 min	163	118 - 187	36 (65%)	46 (81%)
Average		0 min	0 min	31 min	25 min	9 min	154	106 - 185	34 (61%)	47 (85%)

Endurance training classification types are measurement specific.

Set Training Effect target area

Fitness report

Person: Athlete (Example) John

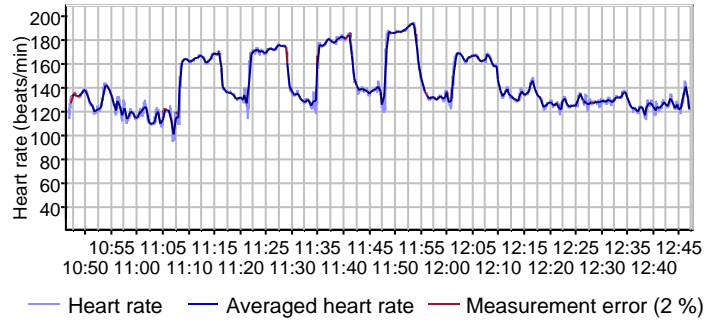
Date: 11.12.2012

Background information

Age 24
 Height (cm) 184
 Weight (kg) 79
 Resting heart rate 34
 Maximum heart rate 200

Measurement information

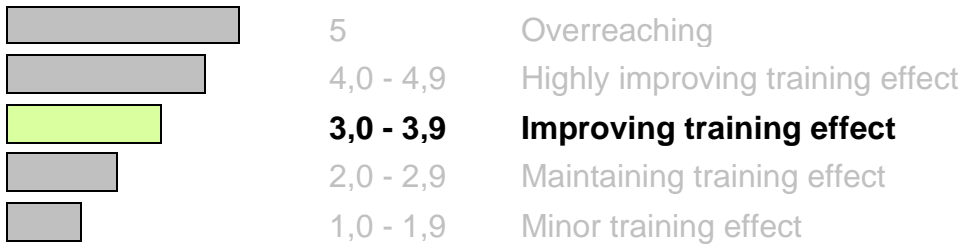
Measurement length 02:00:26
 Measurement time 10:46:42 - 12:47:08
 Lowest heart rate 100
 Highest heart rate 195
 Average heart rate 143



Notes

Interval training

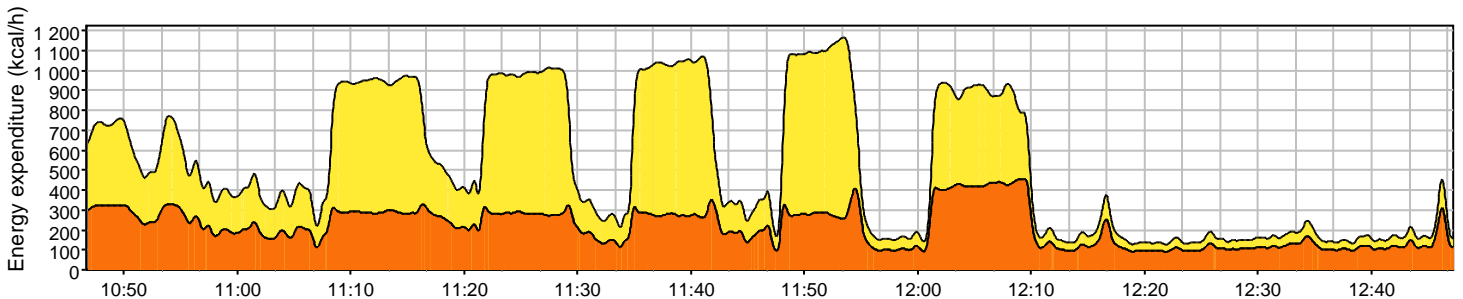
Training Effect



3,3

This workout improves cardiorespiratory fitness and is the base of the training plan.

Distribution of Energy Sources



Total consumption 1029 kcal/4310kJ

Consumed carbohydrates
599 kcal/2507kJ

Consumed fats
431 kcal/1803kJ

Optimizing Fat Expenditure

Absolute fat consumption was the most effective at the heart rate of 160 beats per minute. In your case, proportionally the most effective fat consumption is at heart rate level of 130 - 150 beats per minute.

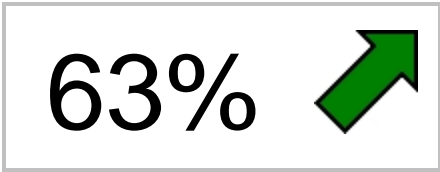
Quick Recovery Test Group Report

Group name: Example Team

Measurement information

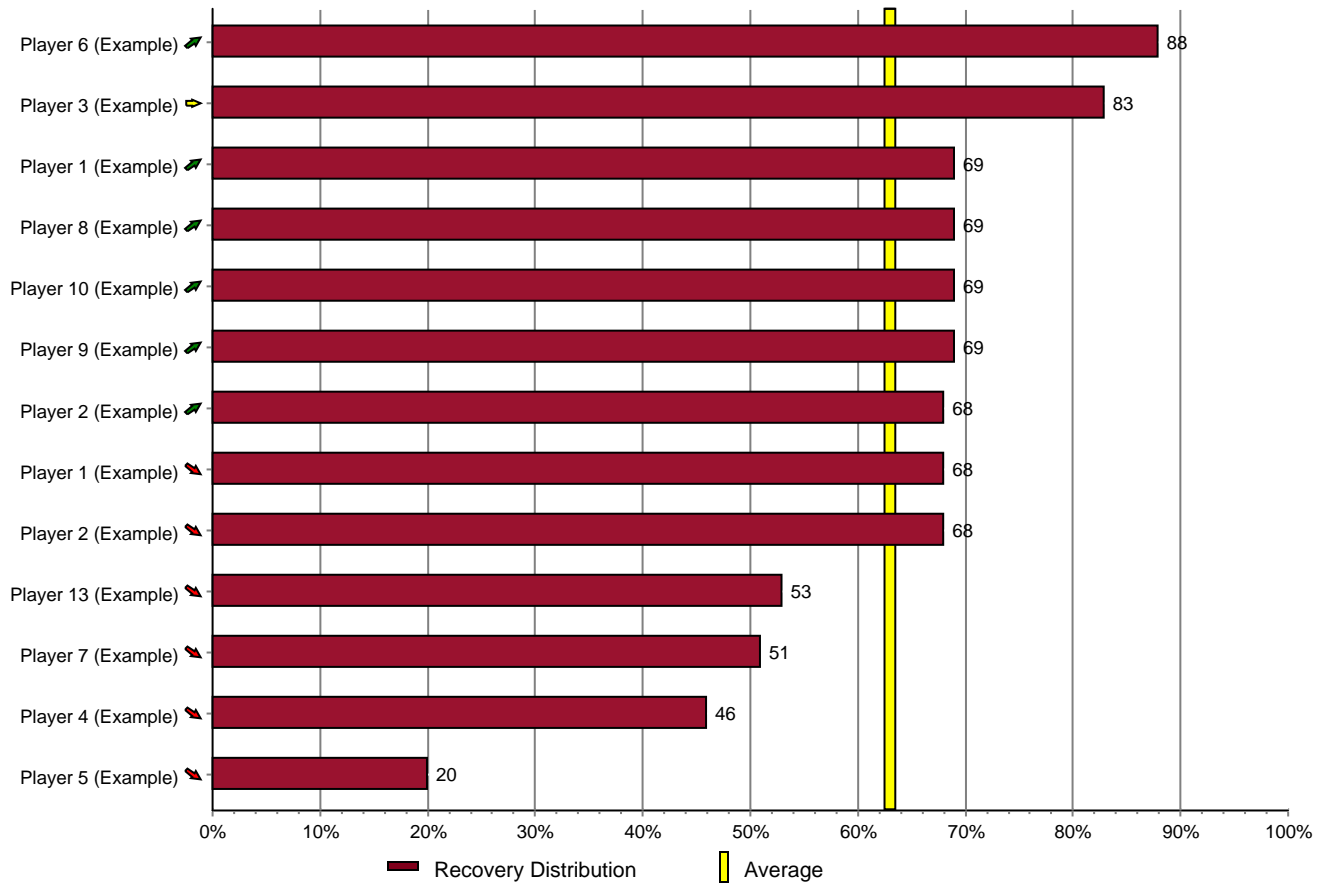
Date 23.1.2013
 Measurement count 13
 Measurement dates 1.8.2012 - 2.8.2012

Notes



Group average for recovery score and the direction where the recovery level is going compared to previous measurement.

Recovery Distribution



Recovery distribution. The values represent the %-value compared to persons's highest recovery score in record. The arrow after person's name indicates the direction where the recovery level is going.



Quick Recovery test

Quick recovery test is performed by laying down for 5-10 minutes. The test is based on heart rate and heart rate variability analysis and is designed for screening purposes to detect early signs of overtraining. To ensure reliable results testing preparations and testing conditions should be standardized. Overnight recovery test is suggested to be conducted for the persons with low recovery score to confirm the results.

Recovery Interpretation

- 70-100% The athlete is well recovered. Training can be continued as planned.
- 35-70% The recovery score of the athlete is moderate. Physical activity before the test or ability to relax during the test might have had effect on the result. The trend of the recovery score (arrow in the upper chart after athlete's name) is needed to be monitored. When going downwards, overnight recovery test is suggested to be performed to detect early signs of overtraining.
- 0-35% The recovery score was low increasing the risks of overtraining and injuries. Easy training or rest is recommended and the actual recovery level should be confirmed by performing overnight recovery test.

Statistics

Name	Recovery follow-up					Recovery level	
	Five days ago	Four days ago	Three days ago	Two days ago	One day ago	Current	Weekly average
Player 5 (Example)						20	20
Player 4 (Example)						46	46
Player 7 (Example)						51	51
Player 13 (Example)						53	53
Player 2 (Example)					68	68	68
Player 1 (Example)				68	69	68	68
Player 2 (Example)				68	68	68	68
Player 9 (Example)						69	69
Player 10 (Example)						69	69
Player 8 (Example)						69	69
Player 1 (Example)					68	69	68
Player 3 (Example)					83	83	83
Player 6 (Example)						88	88
						63	63

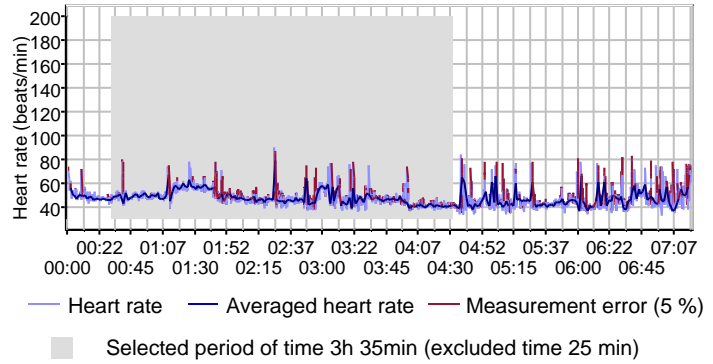
Group recovery follow-up from the previous 6 days.

Recovery Report

Person: Athlete (Example) John

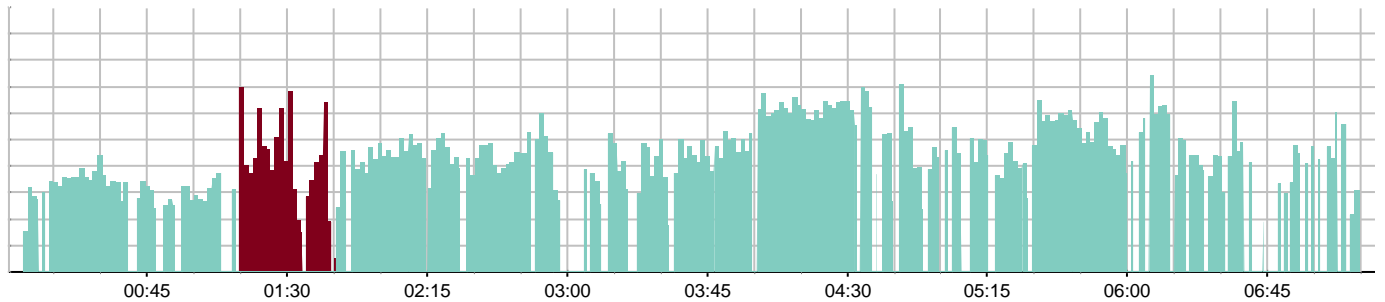
Date: 28.6.2013

Background information		Measurement information	
Age	25	Measurement length	07:18:23
Height (cm)	181	Measurement time	0:00:55 - 7:19:18
Weight (kg)	74	Lowest heart rate	38
Resting heart rate	34	Highest heart rate	83
Maximum heart rate	200	Average heart rate	48



Notes

Stress and recovery chart



	Duration	Proportion
Stress	31 min	8 %
Recovery	4h 52min	79 %



Stress

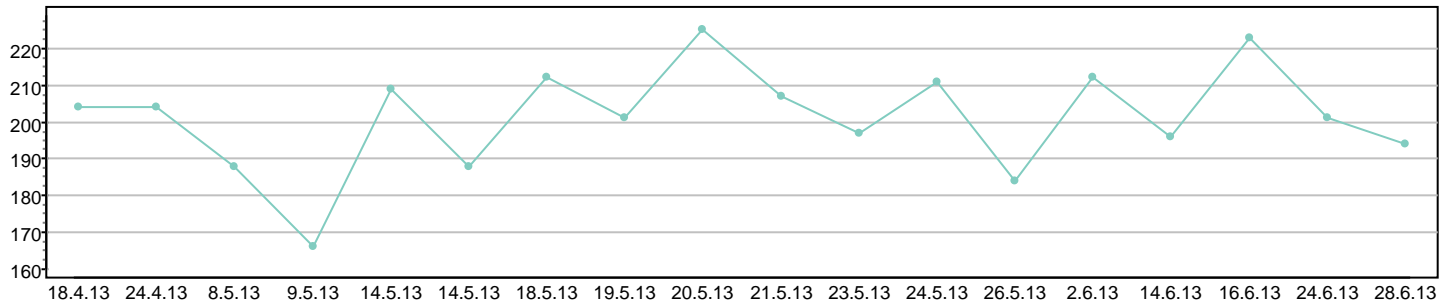
Increased level of physiological activation that may be caused by intensive physical training or other life stressors.

Recovery

Decreased level of physiological activation that may be caused by the absence of intensive physical training and absence of other stressors.

Recovery Index and Follow Up

Recovery Index: 194
71% of the maximum recovery value in record



Interpretation of results



Recovery index is scaled individually based on person's measurement history. It is recommended to measure the recovery status during both hard and easy training periods for detecting the individual range for the recovery index.

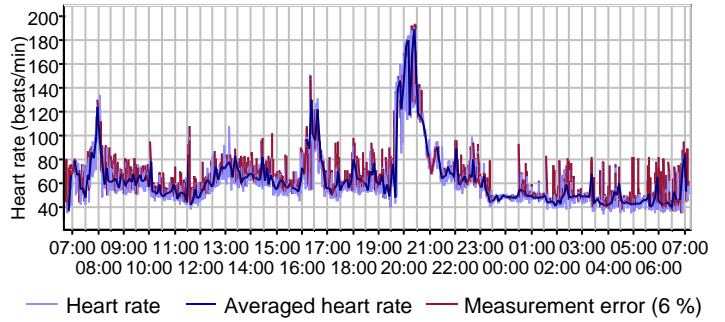
In the follow-up chart the index should vary according to the overall load of training: during hard training periods it should decrease and during recovery training periods it should increase close to the maximum before starting a new hard training period. Recovery index is calculated from the selected time period (as a default first four sleeping hours).

Daily Stress Report

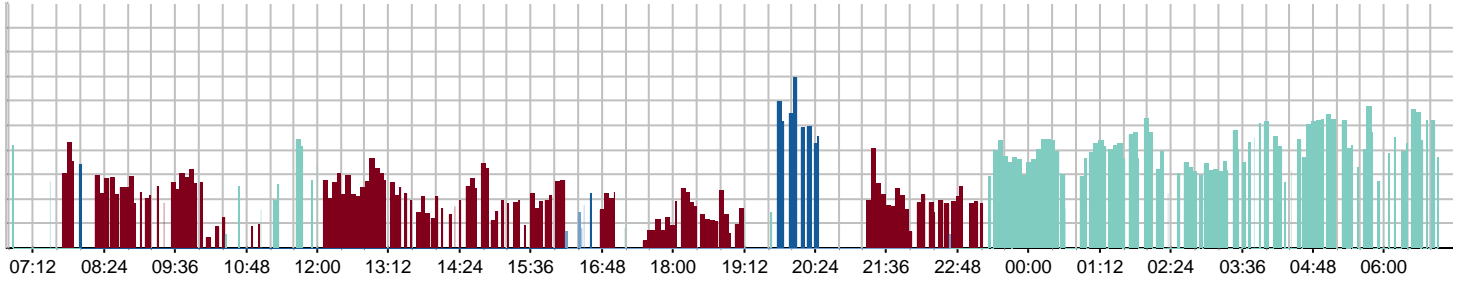
Person: Athlete (Example) John

Date: 12.9.2013

Background information		Measurement information	
Age	25	Measurement length	24:24:36
Height (cm)	181	Measurement time	6:45:00 - 7:09:36
Weight (kg)	75	Lowest heart rate	38
Resting heart rate	34	Highest heart rate	193
Maximum heart rate	205	Average heart rate	63

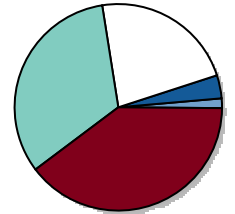


Stress and recovery chart



Journal markers

	Duration	Proportion
Stress reactions	9h 46min	(40%)
Recovery	7h 57min	(33%)
Physical activity	53 min	(4%)
Light physical activity	23 min	(2%)
Other events	5h 27min	(22%)



Stress reactions, recovery, physical activity and other events during the measurement.



Stress reactions (stress)

Increased level of activation caused by external or internal stressors.

Recovery

Decreased level of activation and calming down caused by an absence or reduction of external or internal stressors.

Physical activity

Physical activity with intensity >30% VO2max

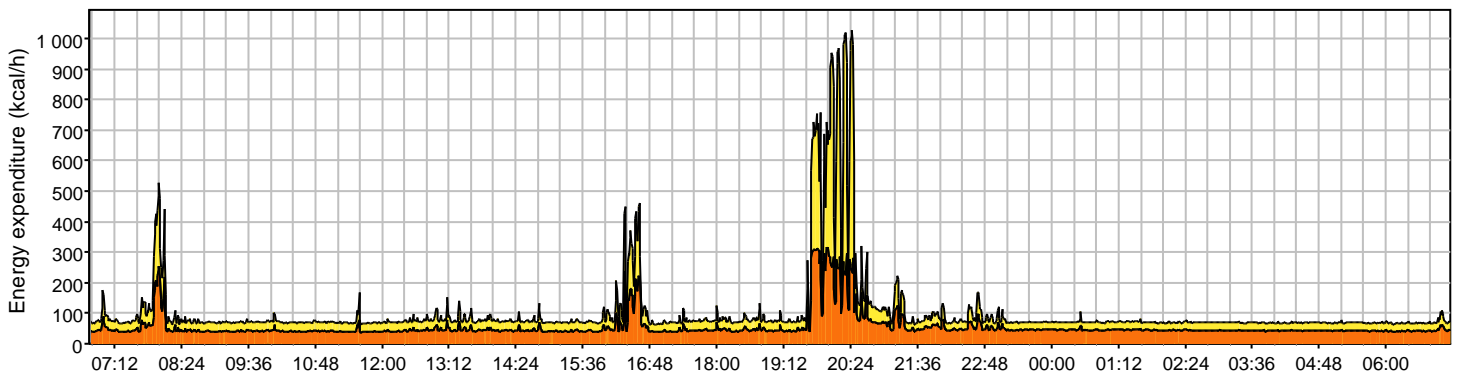
Light physical activity

Physical activity below the level of actual physical activity

Other events

States that do not refer to stress, recovery, physical activity or recovery from physical activity.

Distribution of Energy Sources



Total consumption 2498 kcal/10460kJ

Consumed carbohydrates
1155 kcal/4834kJ

Consumed fats
1344 kcal/5626kJ