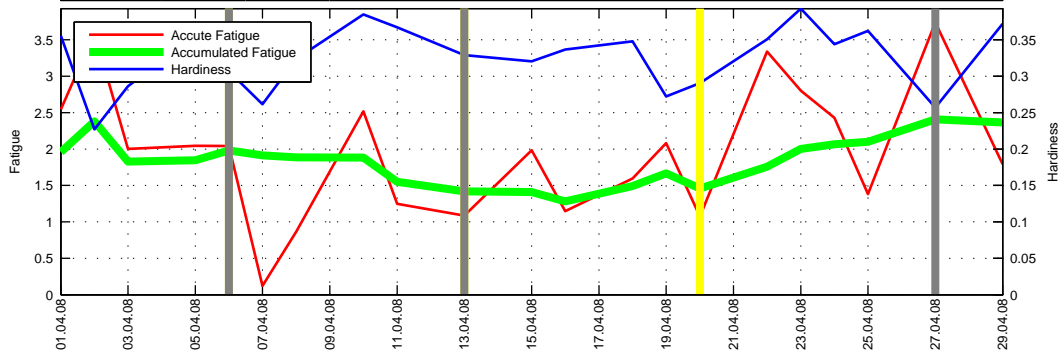




Athlete A – HRV Summary – 29 April 2008

Fatigue	20.04.08	21.04.08	22.04.08	23.04.08	24.04.08	25.04.08	26.04.08	27.04.08	28.04.08	29.04.08
Short Term	1.07	0.00	3.34	2.80	2.43	1.38	0.00	3.74	0.00	1.79
Individualized	0.77	0.00	-0.74	-0.38	-0.13	0.57	0.00	-1.00	0.00	0.30
Accumulated	1.46	1.61	1.76	2.00	2.07	2.10	2.25	2.41	2.39	2.36
Individ. Acc.	0.91	0.72	0.54	0.23	0.15	0.11	-0.08	-0.27	-0.24	-0.22



– Athlete A handled training well last week and was very fresh through to the 22nd. High levels of acute fatigue on the Sunday leading into the competition were evident. This resulted in his accumulated fatigue being at moderate levels for the competition. However, there were no signs of substantial post-competition fatigue and Athlete A appears to be handling things well at the moment. A full training load is recommended for this week.