

Variable	Value	Player Mean (n = 2)
Summary		
Total Time (min)	123.20	130.95
Average Speed (km/hr)	6.2	6.35
Max Speed (km/hr)	28.70	29.65
Distance (km)	12.67	13.88
Work Rest Ratio	1:0.7:3.4	
Exertion Index	122.0	135.5
Exertion per Minute	1.0	1.05
Accelerations		
Stationary Time (min)	2.17	
Acceleration > 4k	248.0	278.0
Acceleration > 10k	15.0	12.0
Deceleration < 4k	231.0	264.0
Deceleration < 10k	18.0	19.5
Steady State Time > 8k (min)	21.32	25.40

Variable	Value	Player Mean (n = 2)
Longest Continuous Times (LCT)		
LCT < 5k (min)	2.42	3.54
LCT > 13k (sec)	29.00	24.00
LCT > 15k (sec)	22.00	19.50
LCT > 17k (sec)	18.00	16.00
LCT > 20k (sec)	18.0	14.5
Surges		
Nbr Surges < 5k	370	380
Nbr Surges > 14k	89	119
Nbr Surges > 16k	81	84
Nbr Surges > 18k	110	114
Total Time < 6k (min)	80.43	80.35
Total Time < 8k (min)	91.07	93.08
Time 8 - 10k (min)	7.65	7.80
Time 10 - 12k (min)	5.73	8.08
Time 12 - 14k (min)	4.47	6.86
Time 14 - 16k (min)	3.68	4.90
Time 16 - 18k (min)	3.03	3.06
Time > 18k (min)	7.57	7.15
Time > 25k (sec)	33.00	32.50

Comment:

- Game profile represents a lower intensity than what we have seen from the player previously, as there is a relatively high rest to work ratio
- It appears as though this was a moderate intensity game made up of a greater volume of steady state/ continuous running than normal
- There was not a lot of accelerations or decelerations. This is supported by the low standard deviation of speed; indicating the game was not intermittent
- High work periods occurred during the 2nd and 4th quarters
- This is a different profile to what we have seen from the player previously, with a less intermittent game, and only moderate overall intensity.

Name: FitSense Player

Session Date: 01/01/2006

Ground Played: Canberra

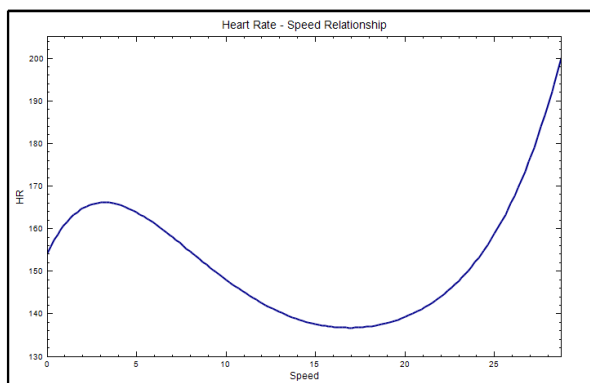


Figure 1: Heart Rate - Speed Relationship

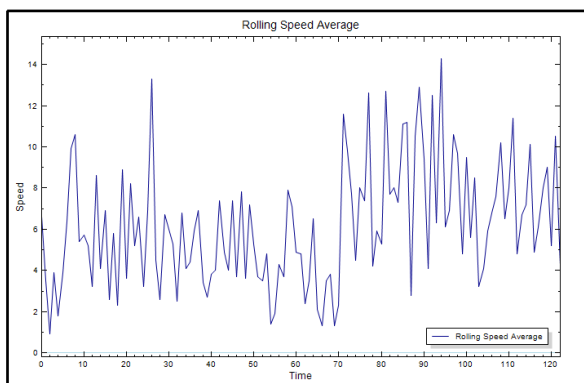


Figure 2: Rolling Speed Average

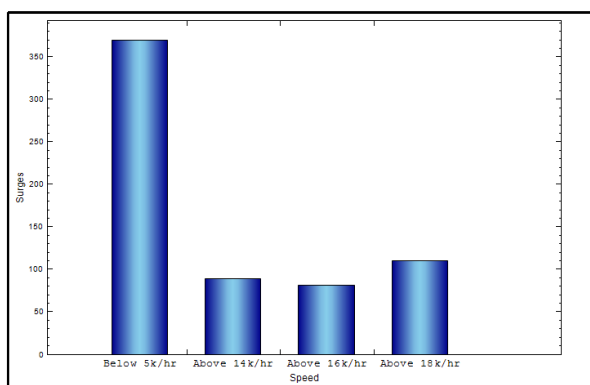


Figure 3: Number of Surges

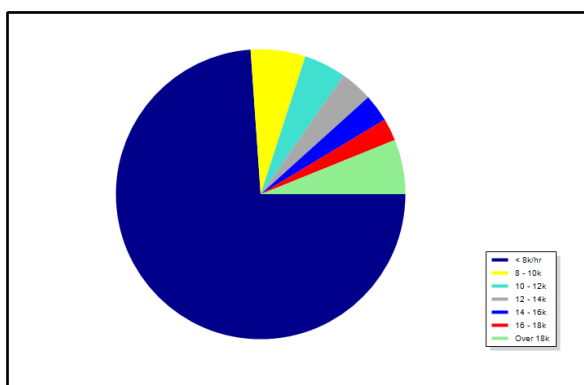


Figure 4: Time in Speed Zones

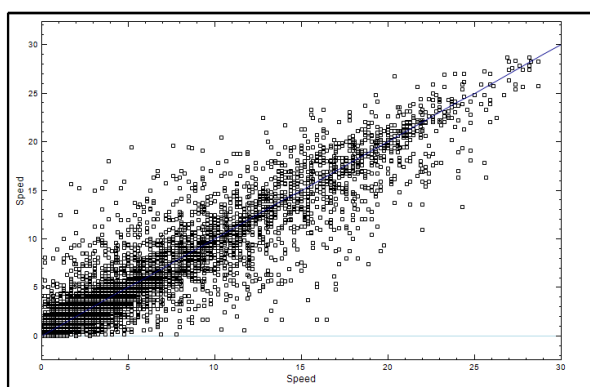


Figure 5: Speed Distribution Scattergram