

Team: Example Team

Session Date: 01/01/2007

Drill Name: Example Drill

Variable	Drill Mean (n = 6)
Summary	
Total Time (min)	14.49
Average Speed (km/hr)	4.83
Max Speed (km/hr)	27.62
Distance (km)	1.18
Work Rest Ratio	1:1.1:3.1
Exertion Index	11.67
Exertion per Minute	0.82

Variable	Drill Mean (n = 6)
Longest Continuous Times (LCT)	
LCT < 5k (min)	3.13
LCT > 13k (sec)	17.67
LCT > 15k (sec)	13.83
LCT > 17k (sec)	12.17
LCT > 20k (sec)	9.83
Accelerations	
Stationary Time (min)	2.08
Acceleration > 4k	24.5
Acceleration > 10k	1.33
Deceleration < 4k	19.83
Deceleration < 10k	1.33
Steady State Time > 8k (min)	2.24

Variable	Drill Mean (n = 6)
Surges	
Nbr Surges < 5k	23
Nbr Surges > 14k	10
Nbr Surges > 16k	7
Nbr Surges > 18k	10
Total Time < 6k (min)	8.63
Total Time < 8k (min)	11.22
Time 8 - 10k (min)	0.52
Time 10 - 12k (min)	0.58
Time 12 - 14k (min)	0.51
Time 14 - 16k (min)	0.52
Time 16 - 18k (min)	0.31
Time > 18k (min)	0.83
Time > 25k (sec)	6.50

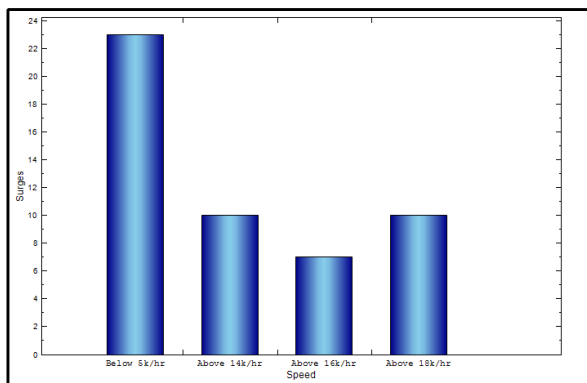


Figure 3: Number of Surges

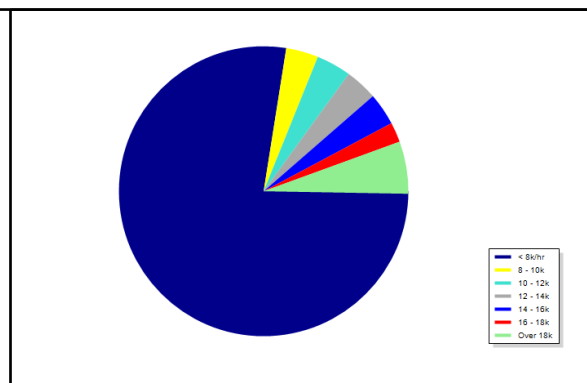


Figure 4: Time in Speed Zones

Comment:

- long drill of low intensity
- large period of stationary time
- moderate number of accelerations and decelerations for this time period
- low amount of steady state running and time at moderate speeds
- large volume of time at walking to slow jogging speeds
- relatively high maximum speeds for a training drill