improving initial estimate

Andrew Glover

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We will make a couple of assumptions:

- 1. Athletic performance is completely determined by Banister's FF model
- 2. p_0 is exact and we don't have to estimate it
- 3. There is no noise in estimating the parameters or performance

The goal of this document is to try to get a good initial estimate for the parameters for our new algorithm and for RLS.

Generating Data