

Summary of the client meeting(31-03-20)

- Our discussion will be around individual performance metrics to help athletes understand prescription vs outcome.
- A CoachingMate analytical module to generate and deliver personalised feedback to coaches and athletes. Training sessions' descriptions could be merged with Garmin data to:
 - Assess if athletes are training as they should (is the athlete training as suggested?).
 - Assess if athletes are training more or less than what they should (is the athlete over-training?).
 - Predict/anticipate athlete risk fatigue levels (to avoid injuries)
 - Predict performance (if the athlete keep training in a particular way, how his/her fitness and form levels will increase?)
 - Can this athlete make a podium in a particular event in 6 months time, for example?)
 - Look at race performance data to compare predicted abilities.
- The main goal of the project is to access and analyse the data for providing the feedback to athletes which keeps them motivated .
- Goals are different for athletes and we have Garmin data from the past 12 months and have a detailed information about their workouts
- You will be providing access to the athletes profile so that we can download the data in the format we are flexible with .
- The team will be connected to two other people who worked on this and they will provide us with resources
- 5% error rate is acceptable
- Garmin devices track sleep and also track the diet but they should enter it manually, Athletes wear these devices all the time and charging last up to 10 days this device also displays the body battery.
- Athletes use different supplements based on their goals and we have the information regarding their supplements usage as well.
- Meetings will be scheduled frequently to track the progress ,depending on availability of the client and the team.