

## Group Meeting Summary – April 11<sup>th</sup>, 2020

### **1. We went through the client's requests, and match with the articles contain related knowledge. The following is what we have now.**

- 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?);

Article: [Workload Management Basics](#)

Article: [Joe Friel's Quick Guide](#)

Article: [Can we think about training load differently?](#)

- predict/anticipate athlete risk fatigue levels (to avoid injuries)

Article: [Can we think about training load differently?](#)

Article: <https://coachmeplus.com/academy/athlete-fatigue-monitoring/>

By taking an exponentially weighted average of that stress from the past 7 days we are able to calculate Fatigue

- 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?)

[How To Plan A Season Using The Performance Management Chart](#)

[Ironmate Swim Time Predictor](#)

- Look are race performance data to compare predict abilities.

### **2. We went through all the tables and resources given by the client, and gathered the questions about these stuff for the client.**

- 1) Get a confirmation on TSS metric being part of PMS
- 2) Morbius excel, how detailed should we know about it? Uber understanding enough?
  - a) Zone different for different people?
  - b) Andy Coggan (HR not power)
  - c) Short summary of files
- 3) LogrunSource?
- 4) Daniel's table:
  - a) Explanation
  - b) File as an input to other source? or just for our understanding
- 5) PMC Planner

- 6) Michelle Allan athlete data?
  - 7) Ironmate-Swim-Prediction replicated for other activities?
  - 8) Riegel predictors:
    - a) Estimations for different distances?
    - b) Women, men track records, is it per person or set of people?
    - c) Daniels, McMillan etc different models for same predictors?
  - 9) Diet(supplement) data?
  - 10) Sleep data
  - 11) Garmin API:
    - a) Should we connect with team to fetch data? or will be given to us directly
- Data file:
- 12) Can we remove columns that have same values or everything as zero? eg surface interval, Favorite
  - 13) Title: Is this the competition they are preparing for?
  - 14) Aerobic TE: Is this the training rate?
  - 15) Average Speed: unit?
  - 16) Source of the data files Ollie and Eddy