



Chelsea FC Performance Vizathon

Project Impulse

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The Challenge

Create the most compelling physical performance interface for elite football players and their coaches.

Focus on one or more of the visualisation modules. (Load Demand, Injury, Physical Development, Biography, Recovery, External Factors)

Download our mock dataset or use your own.

Use a visualisation tool of your choosing!

Submit your work files along with a written description or short video walk-through highlighting key features and functionality.

Click to visit Modules



Exertion &
Load



Cardiovascular
Load



Training &
Capability



Recovery &
Fitness

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ABOUT ME

Hari Krishna K R



I am a data analytics and sustainability student who combines technical skills with sustainability awareness. My strength lies in taking complex data and turning it into clear visual stories that people can understand and act on. I believe in making information transparent and accessible using technology for positive impact, combining technical know-how with practical usefulness and understanding real-world contexts behind data through continuous learning and meaningful usage for development while using design to spread knowledge and awareness.

I aim to use data and technology to solve myriad problems. I want to be someone who can bridge the gap between technical analysis and practical environmental solutions. This combination of skills will become increasingly important as we face more complex environmental challenges.

Right now, I'm focusing on developing stronger analytical skills, learning more about problem-solving, improving my ability to communicate complex ideas simply and building practical experience in diverse projects. In the future, I want to work on projects that use data to create a substantial positive impact. I'm particularly interested in using data analysis to support better decision-making and awareness and how language is useful for information.

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Physical Exertion

Player

Player 1

12-02-2025

12-03-2025

Matches Played

5

Next Match in (Day(s))

1

Avg Mins per Match

58.97

Peak Speed (m/s)

31.49

Avg Distance

6,621

Training Sessions

17



ABOUT

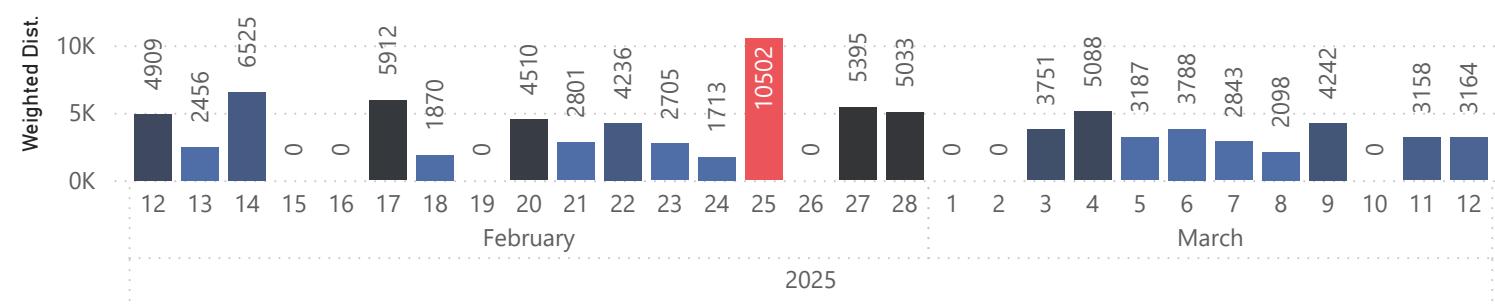
DETAILS

Matchups

Year	Month	Day	Opposition.Full.Name
2025	February	12	
2025	February	13	
2025	February	14	Brighton & Hove Albion
2025	February	15	
2025	February	16	
2025	February	17	
2025	February	18	
2025	February	19	
2025	February	20	
2025	February	21	
2025	February	22	Aston Villa
2025	February	23	
2025	February	24	
2025	February	25	Southampton

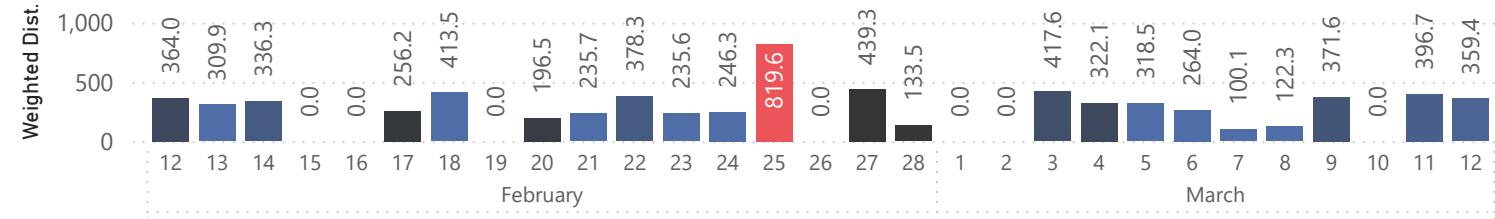
Distance Covered

Distance Weighted exponentially for Exertion Calculation



Weighted Acceleration

Acceleration weighted exponentially for Exertion Calculation





Cardiovascular Load



TRIMP quantifies cardiovascular load by multiplying exercise duration with an intensity factor derived from heart rate—reflecting oxygen uptake, lactate production, and overall strain. Our simplified model assigns incremental weights (1–5) to HR zones, offering an accessible, linear approximation.

Acute load sums these training impulses over 7 days to capture recent spikes, while chronic load averages them over 28 days to define baseline conditioning. The ACWR then compares the short-term and long-term loads to gauge training balance and injury risk.

ACWR

0.79

Days exceeding 1.5 ACWR

(Blank)



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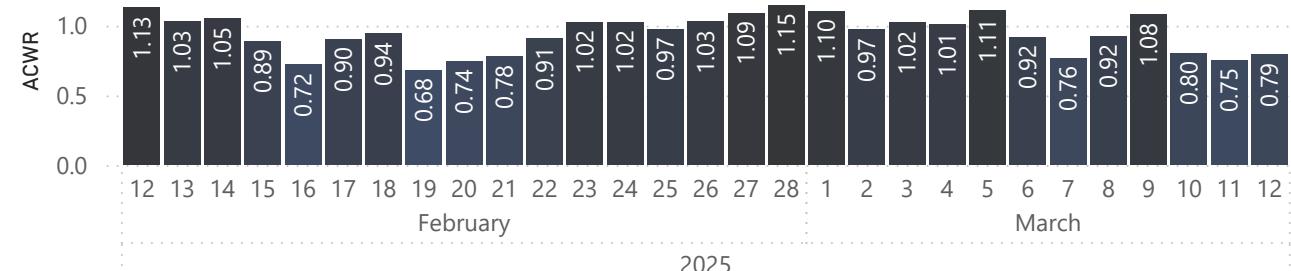
Player

Player 1

12-02-2025

12-03-2025

TRIMP Daily





Training and Capability

Player

Player 1

12-02-2025

12-03-2025



expression

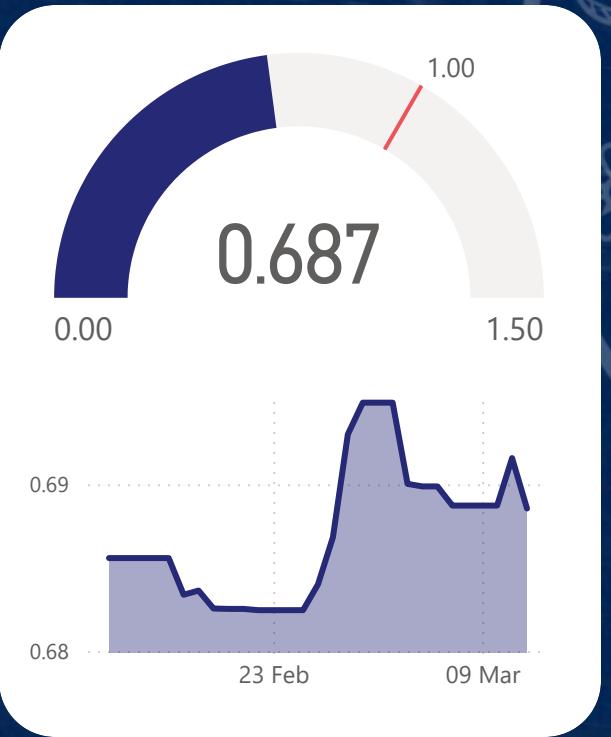
All

movement

All

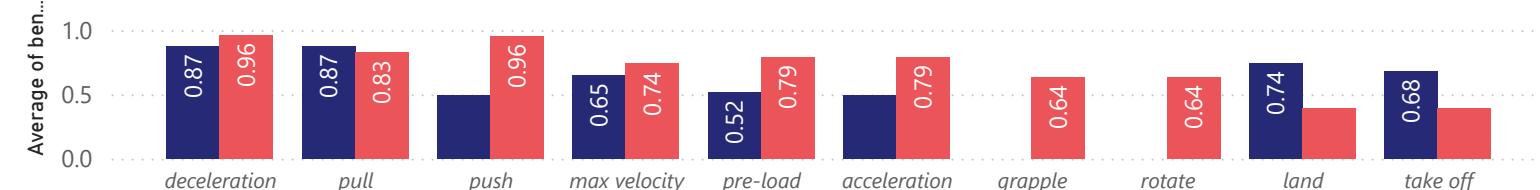
quality

All

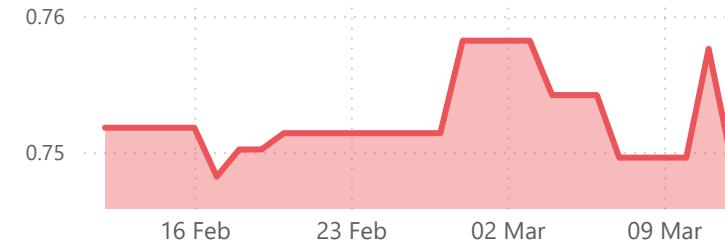


Benchmarks split by Quality and Type of Training

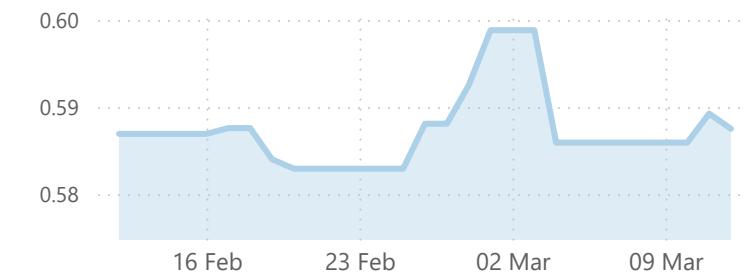
expression ● dynamic ● isometric



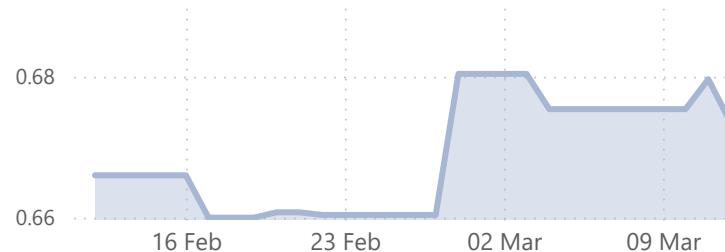
Agility Training



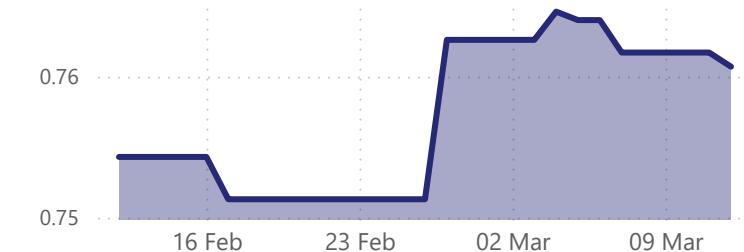
Jump Training



Sprint Training



Upper Body Training



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Recovery and Fitness

Player

Player 1

12-02-2025

12-03-2025

Bio Z-Score

Joint Z-Score

Load Z-Score

Sleep Z-Score

Soreness Z-Score

Subjectiveness Z-Score

(Blank) (Blank) (Blank) -0.02 -0.10 -0.01

Scores calculated w.r.t. Mean score accumulated over time. Scores display the last day of the data collected. For example, value of -0.50 (-50%) means that on that day, the player was 50% lower than their normative value in that category. Mean Reference is subject to change based on performance and duration of study.

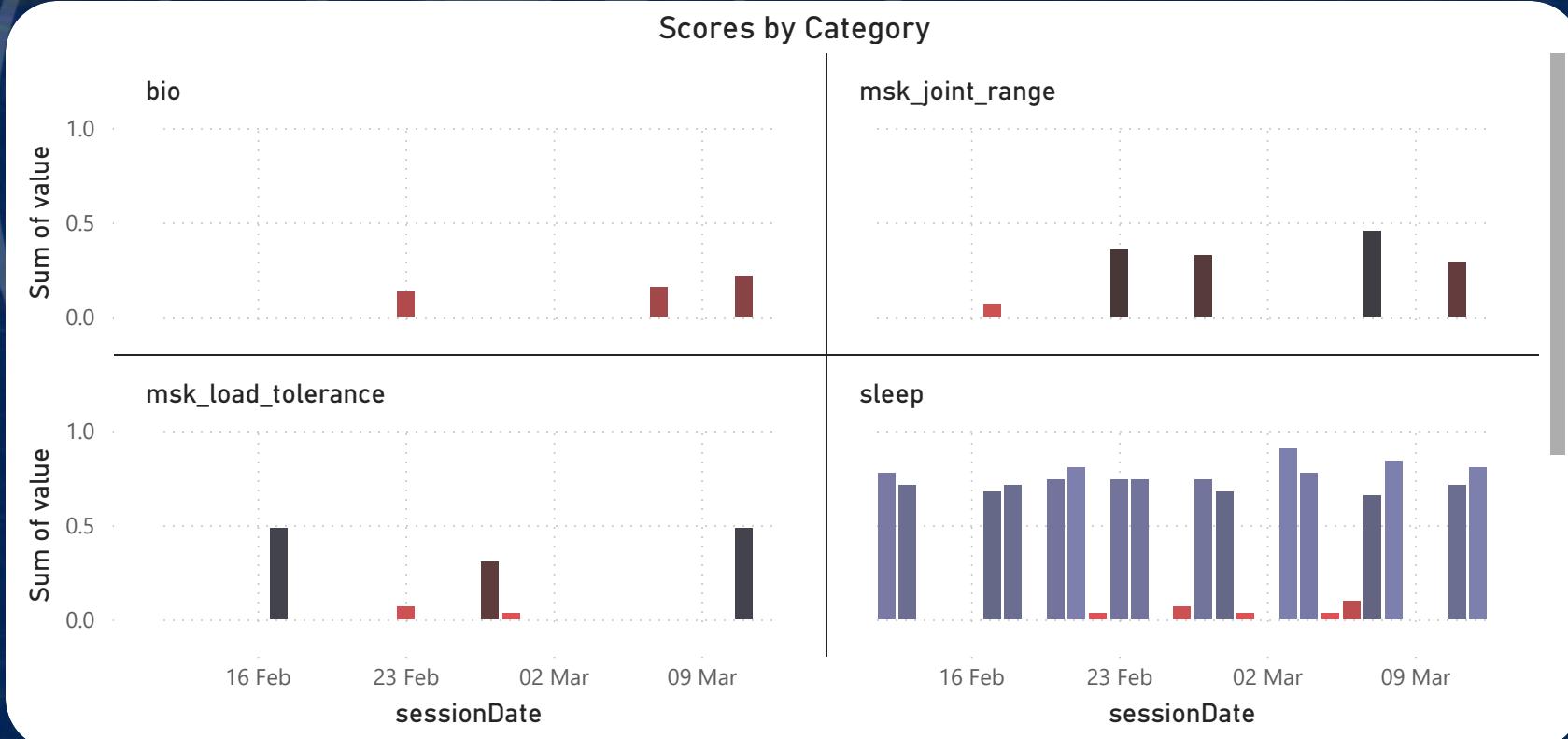
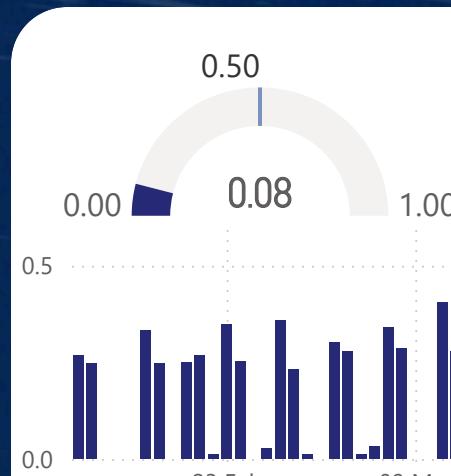


metric

All

category

All



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