



GPSports Systems: XTD Reports

Dear Client,

Team AMS R1 2011 contains the first version of our new XTD report. XTD stands for 'X' 'To' 'Date'. The X can be session/day/week/month etc. An XTD report is illustrated below. The report is easy to generate and reveals the following information:

1. The activity load for the team's last recorded session (any metric can be selected)
2. The actual v intended distance traveled for the past 7 days as well as the intended distance for the next 3 days (distance can now be prescribed for future sessions)
3. The actual v intended distance traveled for the past 10 weeks

Session: NYJ 10 TC P17

Date: 11/08/2010

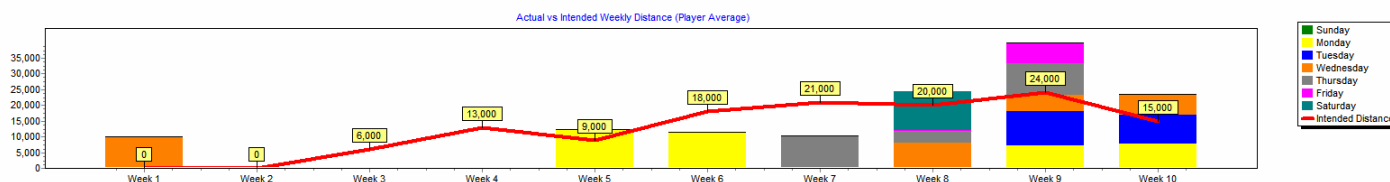
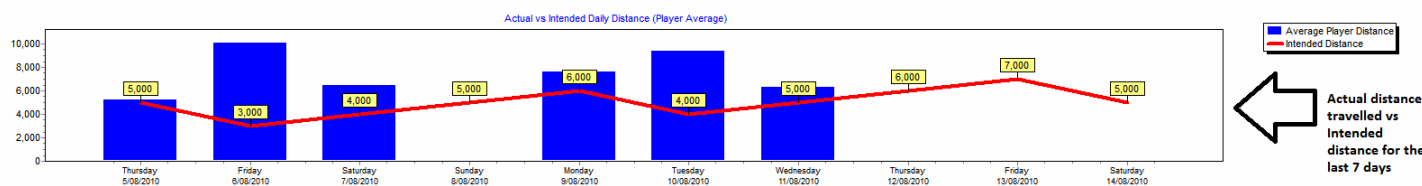
Template: Default

Print

	Accel Zone 1 Entries	BL/min (new)	Distance	Distance in speed zone 5	Distance in speed zone 6	Duration	Fastest Sprint	Impacts total	Max Heart Rate	Sprints
Session	58	0.3	9172.0	198.3	32.3	210.33	3.9 m/s/s	2	0	32
P17	58	0.4	7270.3	198.3	32.3	176.14	3.9 m/s/s	2	0	32



Group summary information on the entire session as well as splits. Users select metrics.



Actual distance travelled per week vs intended distance travelled per week for the past 10 weeks. Version 2 of XTD reports will include intensity variables such as meters/minute, average heart rate and bodyload.

The XTD template was built through the direction of our clients and will continue to do so.

We realise that the feature set of the XTD report template will require much more flexibility and we appreciate your patience whilst we continue to develop these feature sets.

We would love to hear your feedback regarding the XTD report and/or any constructive suggestions you may have.

Kind Regards

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