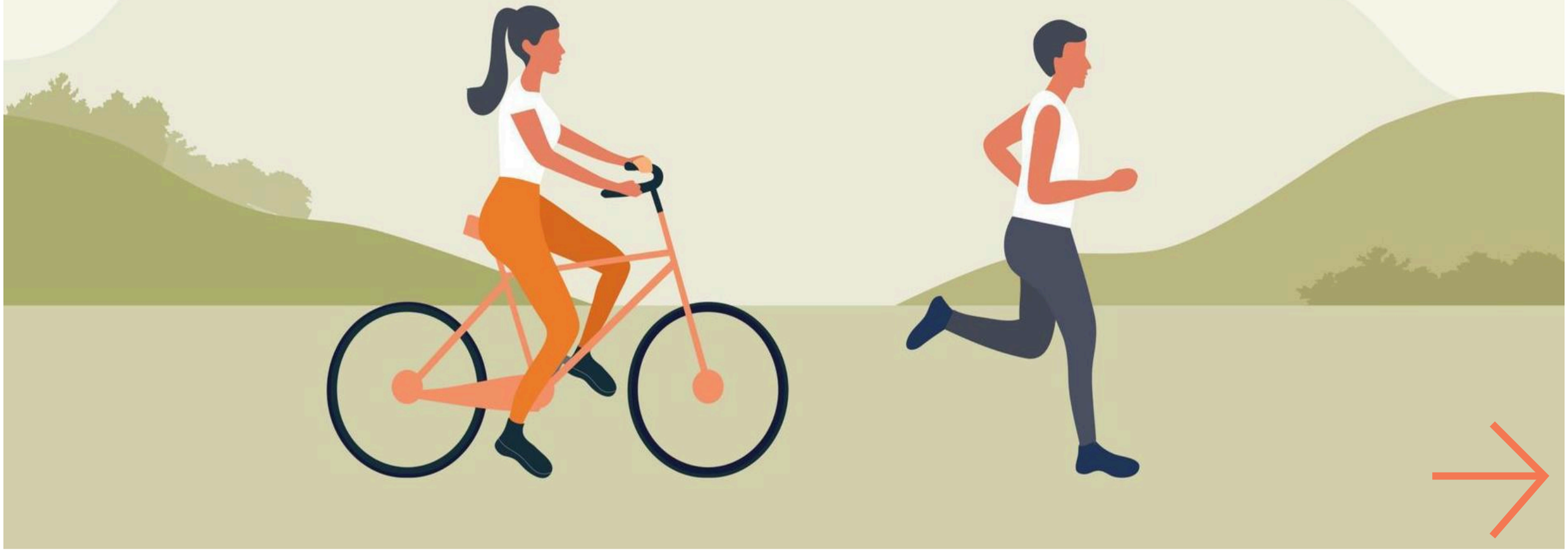
Athlete Performance

Exploratory Data Analysis Dashboard

Redback Operations



Running Dashboard

Year
All

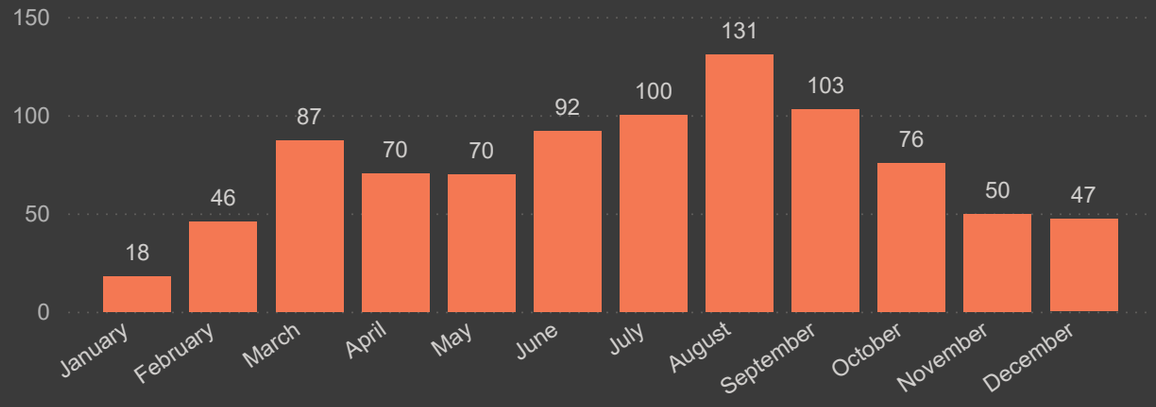
Total Distance (km)
888.96

Average Pace (min/km)
344.75K

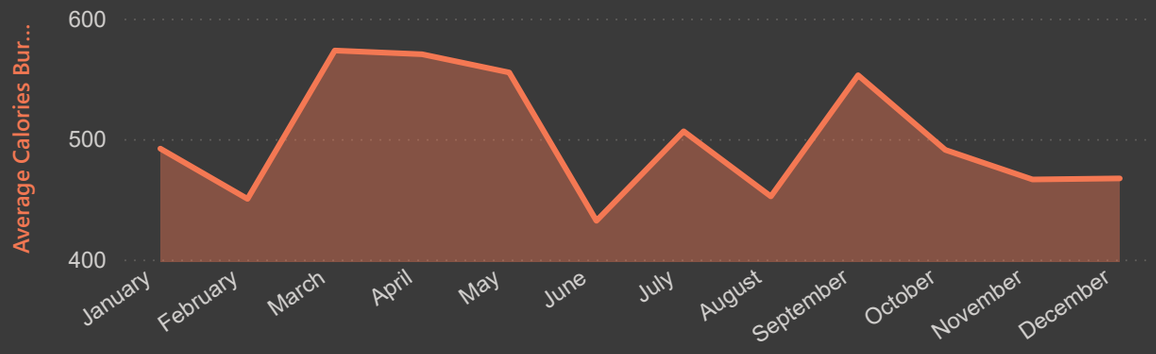
Average VO2MAX (ml/kg/min)
37.95

Injury Risk Events (%)
2.86%

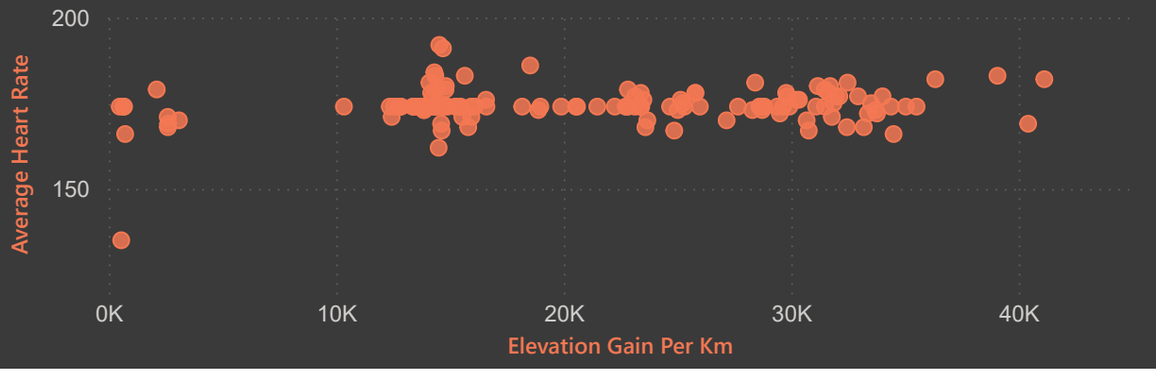
Monthly Distance Totals



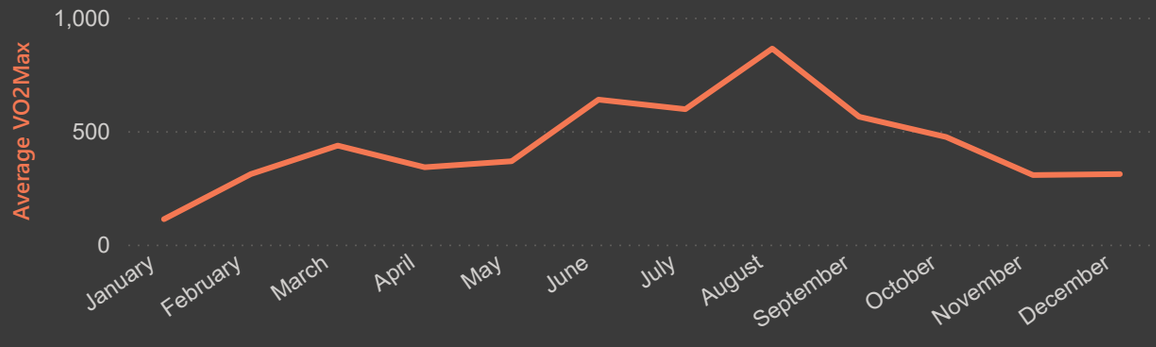
Calories Burned Distribution



Elevation Gain vs Heart Rate



VO2Max Average per Month



Cycling Dashboard

Year

All

Total Distance (km)

9.85K

Average Pace (min/km)

138.25K

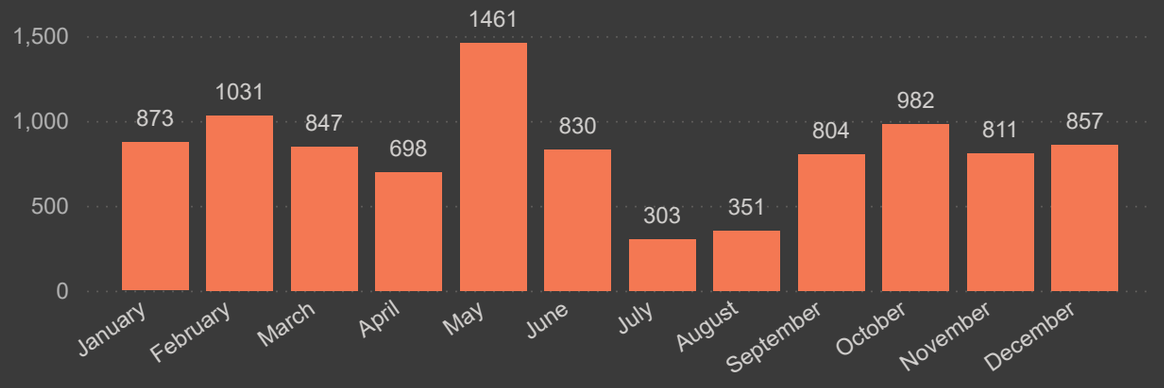
Average VO2MAX (ml/kg/min)

39.00

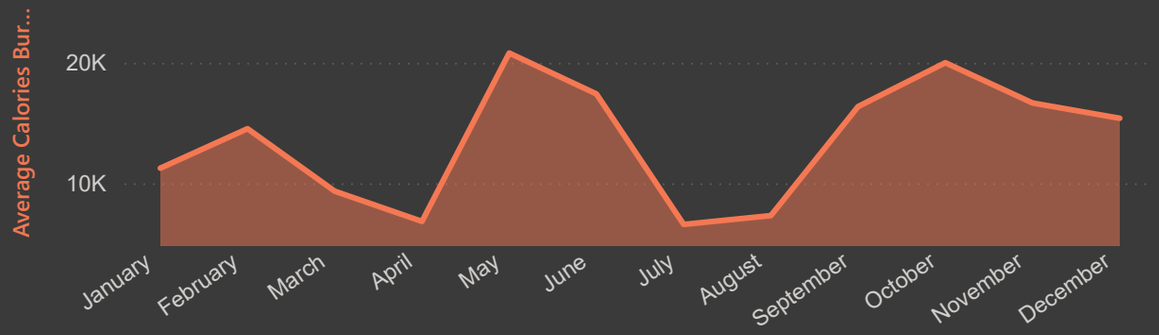
Injury Risk Events (%)

2%

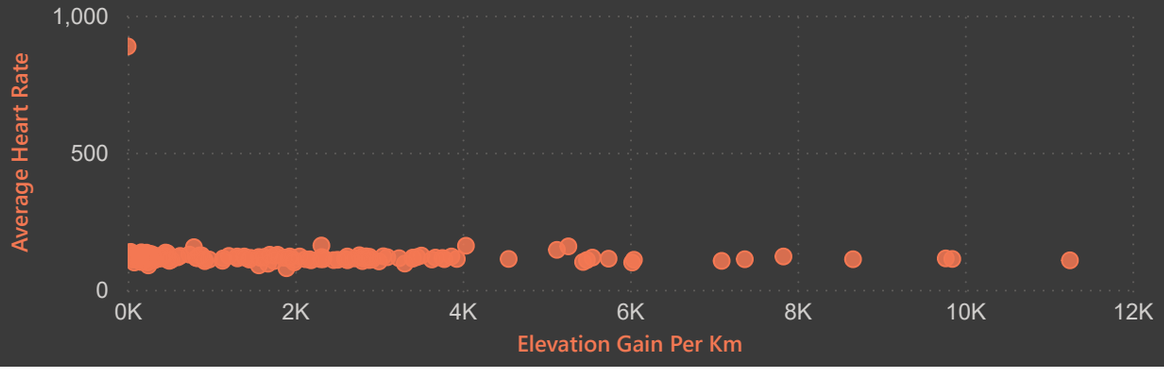
Monthly Distance Totals



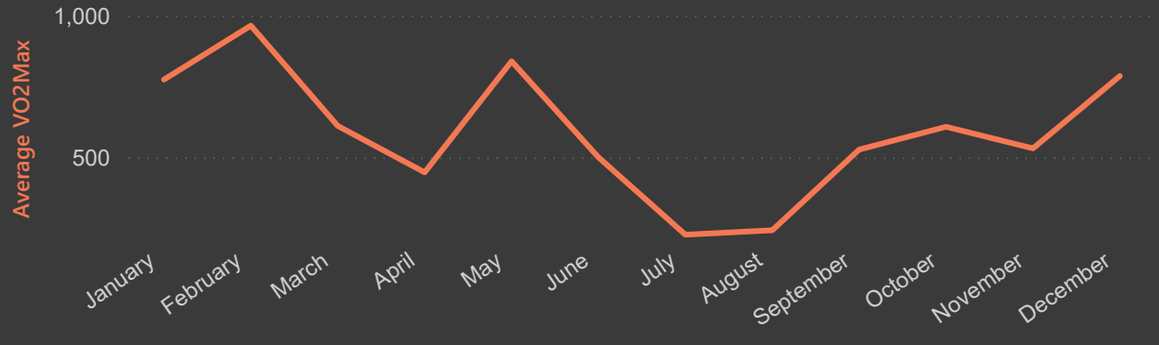
Calories Burned Distribution



Elevation Gain vs Heart Rate



VO2Max Average per Month

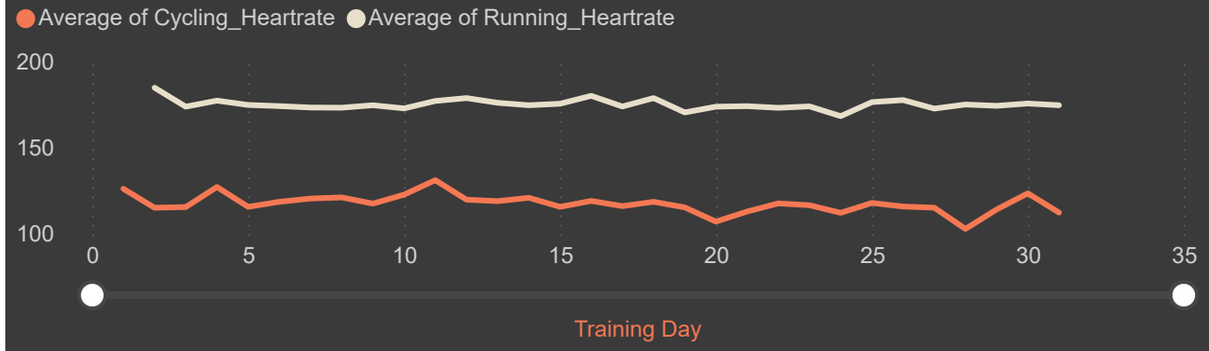


Comparison Dashboard

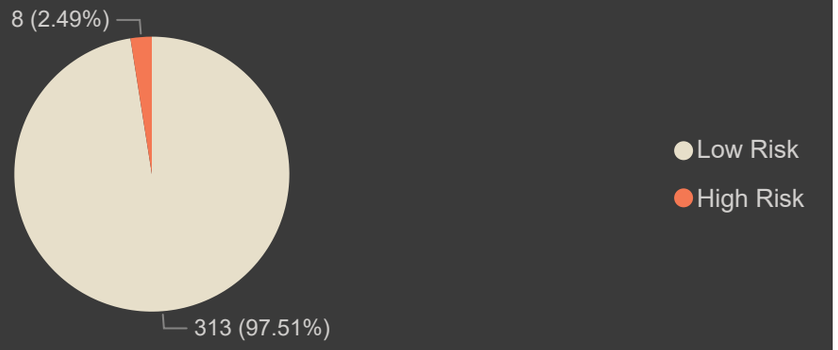
Activity Type

Cycling | Running

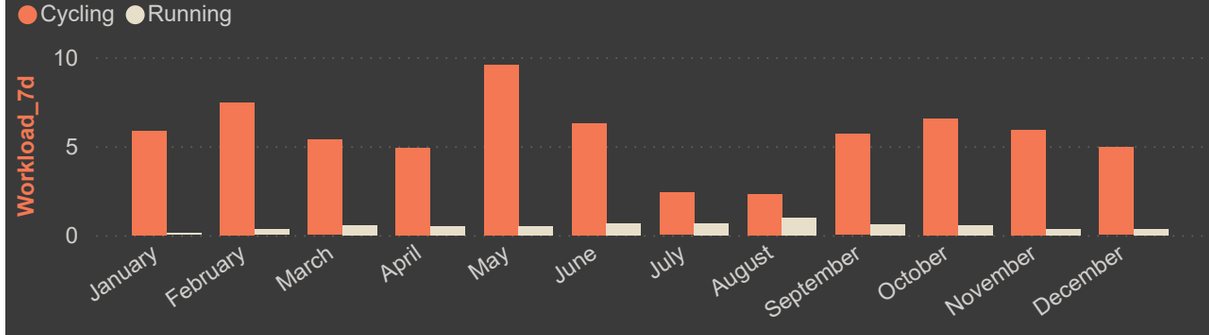
Average of Heart Rate by Training Day



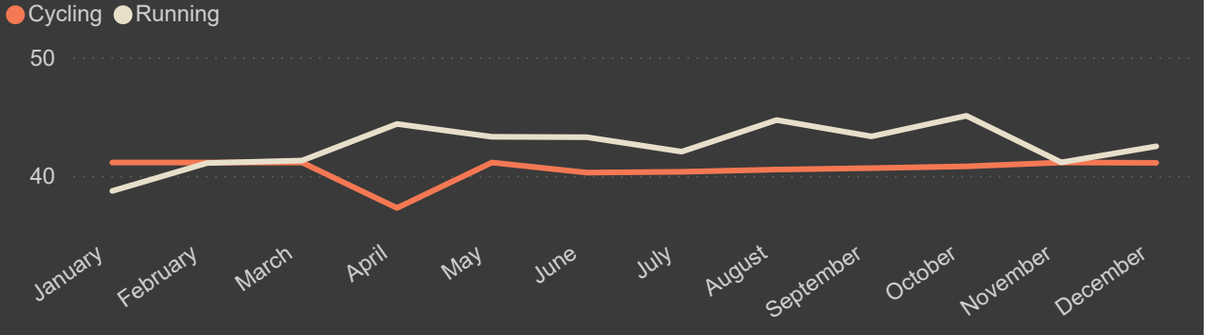
Injury Risk Flags



Workload Distribution by Month



Average of VO2max by Month



Running shows higher workload spikes and greater injury risk, while Cycling maintains steadier training patterns with lower risk. VO2Max is more variable in Running (32 - 46 ml/kg/min) compared to Cycling (35 - 42 ml/kg/min), highlighting differences in aerobic fitness trends. These findings suggest athletes may benefit from balancing running intensity with cycling sessions to reduce injury risk and maintain stable fitness.