

# Javelin Weekly Summary: 2025-11-03 – 2025-11-06

*demo-team-alpha*

Athlete: **athlete-001** | Team: demo-team-alpha

App v0.1.0 | Schema v2

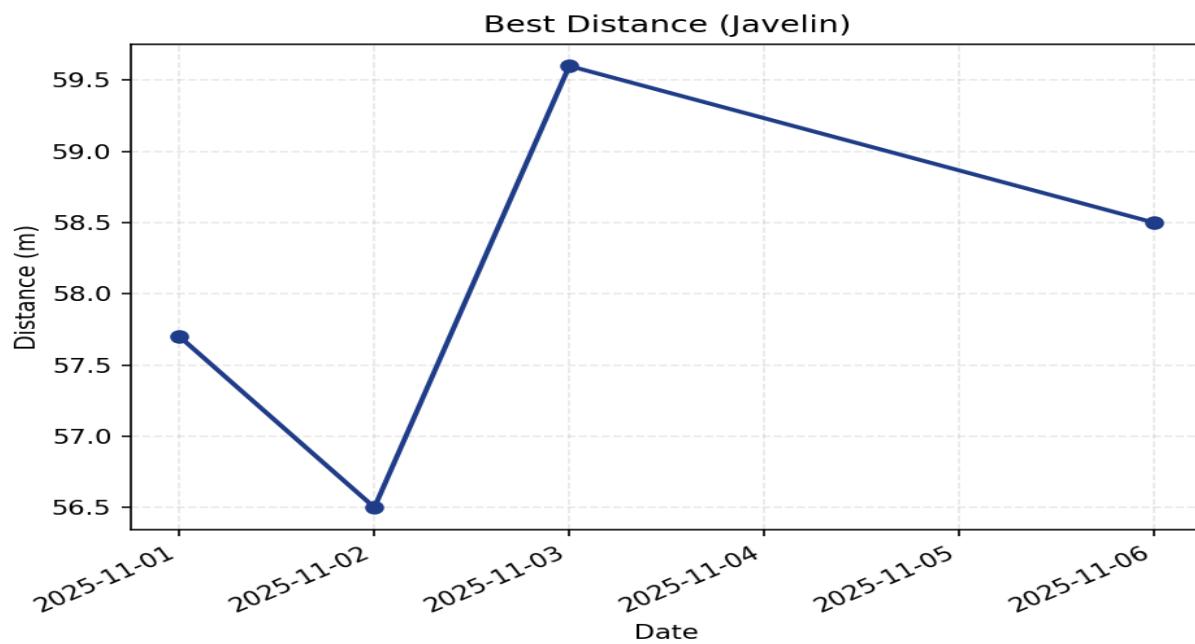
Config source: defaults | Allowed events: javelin, discus, shot, hammer | ACWR sweet zone 0.8–1.3 (high>1.5)

Metric	Value
Personal Best (m)	59.90 (2025-10-25)
Week PB (m)	59.60
Sessions	2
Throw Volume	14
Total Load (AU)	665.2
Avg Load (AU)	332.6
Average RPE	5.8
Rolling ACWR	7.04
EWMA ACWR	1.26
Risk Flag	HIGH

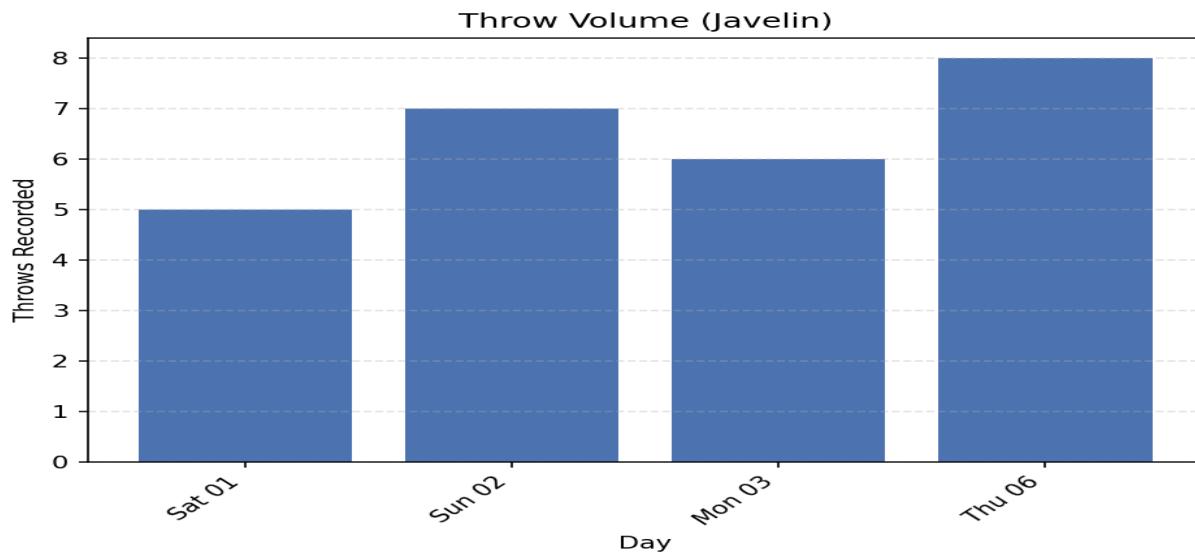
## Daily Load & Risk Flags

Date	Load (AU)	Rolling ACWR	EWMA ACWR	Risk
2025-11-03	190.0	6.84	1.15	HIGH
2025-11-06	475.2	7.04	1.26	HIGH

## Distance vs Date



## Weekly Throw Volume



**High-risk alerts:** athlete-001 recorded ACWR spikes on 2025-11-03, 2025-11-06. Consider adjusting workload to return to the 0.8–1.3 zone.

## Session Notes

2025-11-01: Focus on rhythm through the runway.

2025-11-02: Focus on rhythm through the runway.

2025-11-03: Active recovery with mobility.

2025-11-06: Active recovery with mobility.