

Project 2: Running Speeds and Running Imbalance in Football

Running Speeds Questions:

1. How often are athletes reaching $\geq 90\%$ maximum velocity throughout the training season?
2. Should we consider the number of sprinting efforts that athletes are completing?
3. Are relative efforts and bands more advantageous than the absolute bands provided?
4. How does sprinting exposure (# of efforts, % max reached) relate to incidence of hamstring injuries?

Running Imbalance Questions:

1. What is the variation at the team level and at each individual athlete level?
2. What is a meaningful change? What red flags should go off when we see a week-to-week change in running imbalance?
3. Is running imbalance sensitive enough of a metric to use as a prognosis tool versus a rehab tool?

Week 1:

- Research for literature review
- Start writing literature review

Week 2:

- Finish literature review
- Clean data for all questions
- Start part 1 – running speed questions

Week 3:

- Continue and finish running speed questions
- Start running imbalance questions
 - Exploratory analysis

Week 4:

- Continue and finish running imbalance questions
- Start on project write up and presentation

Week 5:

- Finish up project write up and presentation
- Extra time for anything that runs over allotted time