



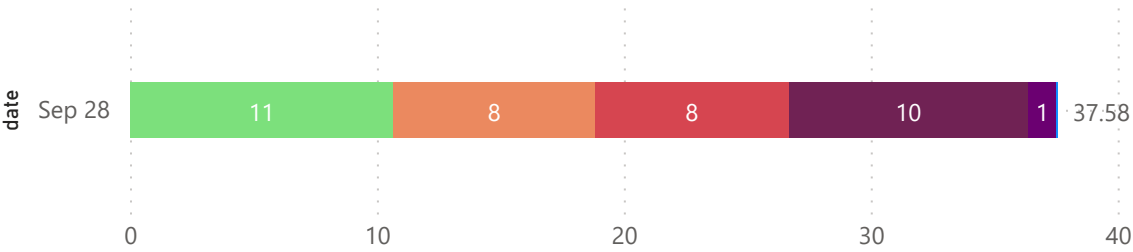
Sep-28-2023 (Thu)

Training

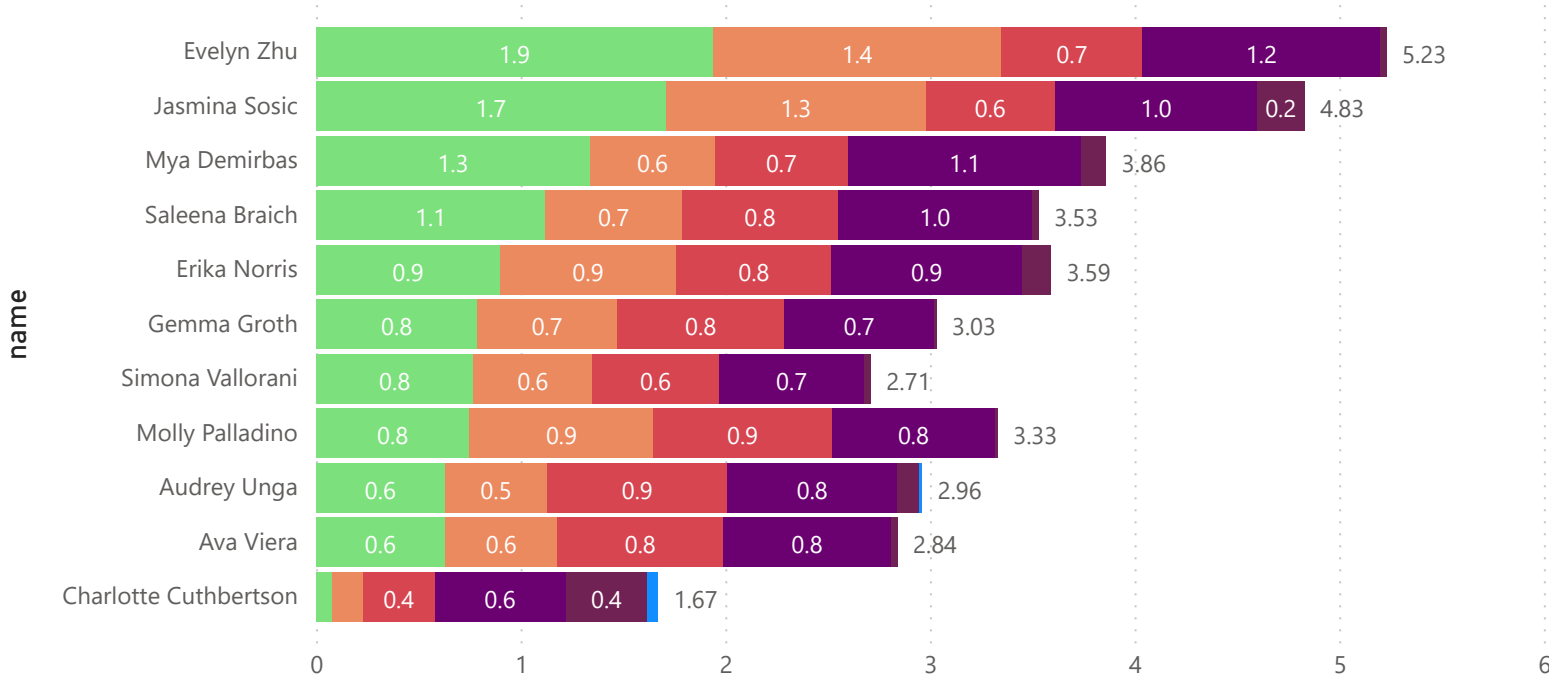
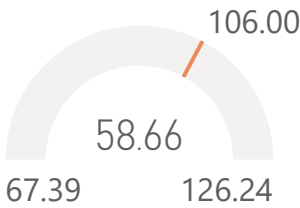
[GD-3]



Team Distance Covered in Game by SpeedBand

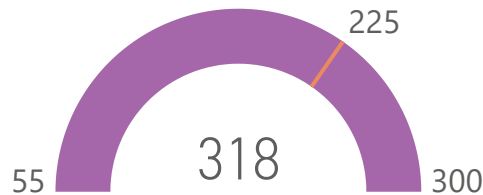


Comparison to Previous Game Distance

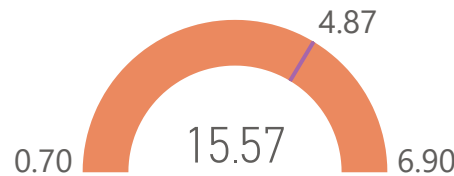


| Player Name | Sum of Sprints Count | Sum of Sprints Distance (km) | Sum of Session Load | TotalDec(<-2 m/s/s) | TotalAcc(> 2 m/s/s) | Average of RPE |
|-----------------------|----------------------|------------------------------|---------------------|---------------------|---------------------|----------------|
| Charlotte Cuthbertson | 42 | 1.86 | 234.40 | 52 | 103 | |
| Molly Palladino | 35 | 1.52 | 181.80 | 63 | 106 | 6.70 |
| Ava Viera | 34 | 1.61 | 184.70 | 60 | 95 | 5.70 |
| Erika Norris | 33 | 1.69 | 226.60 | 73 | 104 | 9.80 |
| Evelyn Zhu | 33 | 1.71 | 223.90 | 80 | 109 | |
| Saleena Braich | 32 | 1.55 | 182.40 | 76 | 122 | 6.60 |
| Gemma Groth | 30 | 1.54 | 172.90 | 39 | 68 | |
| Jasmina Susic | 30 | 1.73 | 230.50 | 73 | 117 | |
| Mya Demirbas | 27 | 1.27 | 164.50 | 56 | 74 | |
| Sarah Massey | 22 | 0.92 | 123.90 | 48 | 81 | |
| Simona Vallorani | 4 | 0.13 | 29.40 | 16 | 50 | 0.80 |
| Audrey Unga | 0 | 0.00 | 71.00 | 13 | 26 | 10.00 |
| Total | 322 | 15.53 | 2,026.00 | 649 | 1055 | 6.60 |

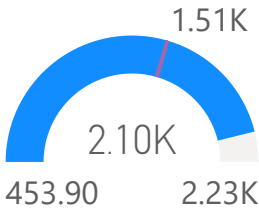
Comparison to Previous Game Count



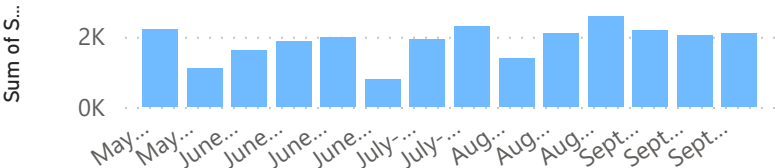
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD -3



Week of Sep 18th (Total Distance)

