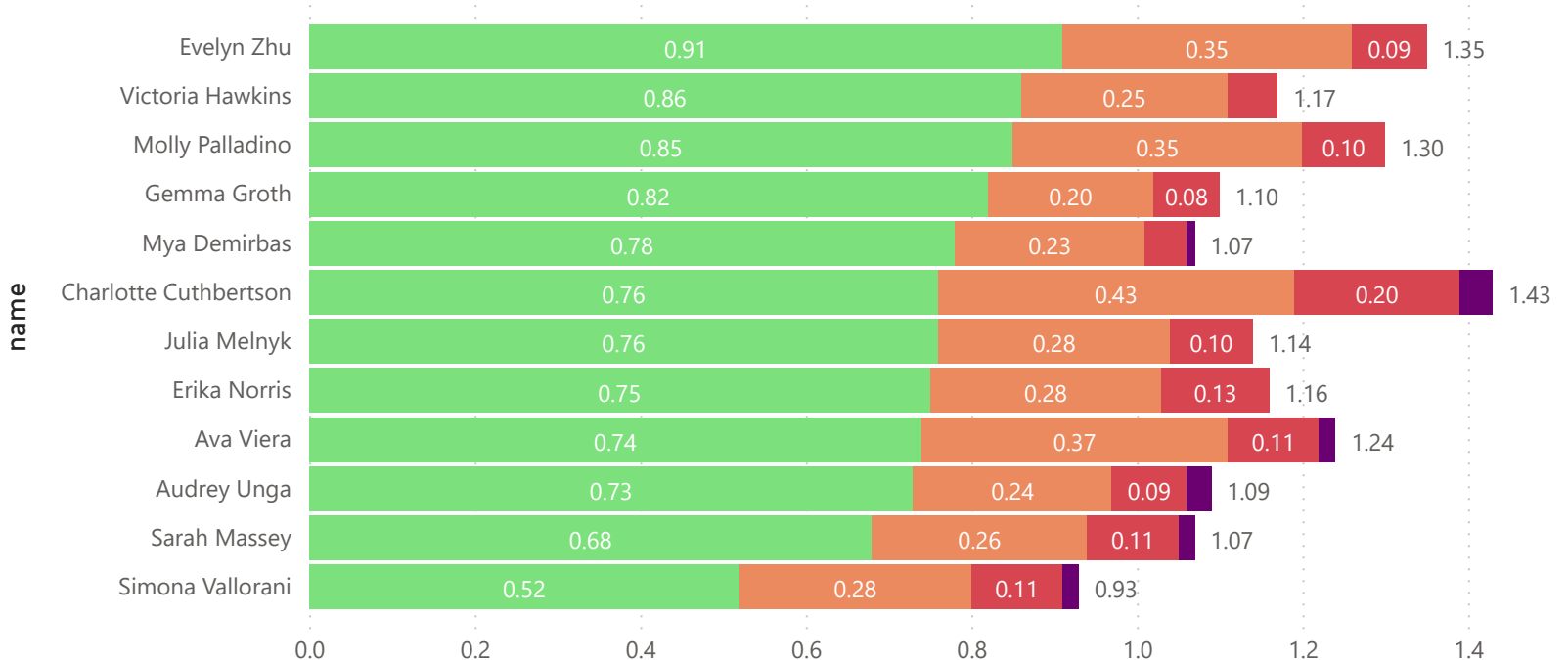
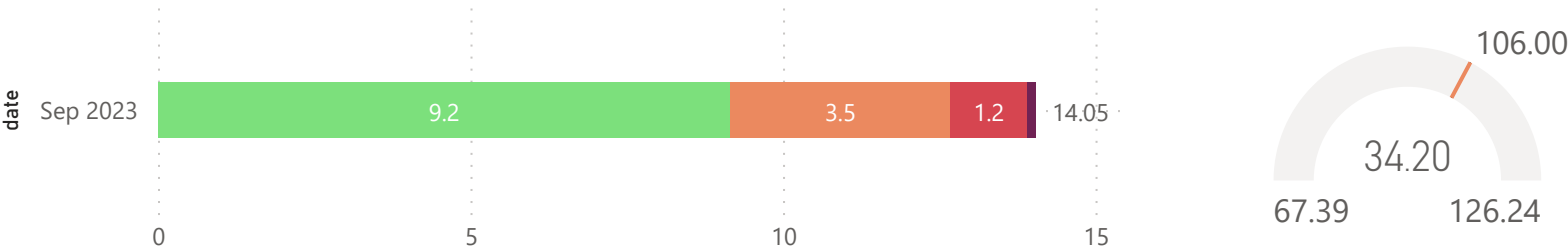




Sep-01-2023 (Fri)  
Training  
[GD+1]



Team Distance Covered in Game by SpeedBand

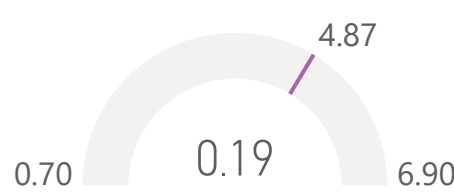


| Player Name           | Sum of Sprints Count | Sum of Sprints Distance (km) | Sum of Session Load | TotalDec(<-2 m/s/s) | TotalAcc(> 2 m/s/s) | Average of RPE |
|-----------------------|----------------------|------------------------------|---------------------|---------------------|---------------------|----------------|
| Audrey Unga           | 4                    | 0.05                         | 19.80               | 40                  | 56                  |                |
| Charlotte Cuthbertson | 3                    | 0.04                         | 31.80               | 43                  | 61                  |                |
| Simona Vallorani      | 3                    | 0.03                         | 19.40               | 65                  | 78                  |                |
| Ava Viera             | 2                    | 0.03                         | 22.60               | 50                  | 61                  | 5.10           |
| Mya Demirbas          | 1                    | 0.01                         | 14.80               | 45                  | 53                  |                |
| Sarah Massey          | 1                    | 0.02                         | 19.60               | 64                  | 67                  |                |
| Erika Norris          | 0                    | 0.00                         | 19.80               | 78                  | 80                  | 7.80           |
| Evelyn Zhu            | 0                    | 0.00                         | 19.60               | 52                  | 86                  |                |
| Gemma Groth           | 0                    | 0.00                         | 15.40               | 49                  | 69                  |                |
| Julia Melnyk          | 0                    | 0.00                         | 17.50               | 55                  | 49                  | 2.00           |
| Molly Palladino       | 0                    | 0.00                         | 20.10               | 58                  | 69                  | 2.10           |
| Victoria Hawkins      | 0                    | 0.00                         | 15.90               | 62                  | 91                  |                |
| Total                 | 14                   | 0.19                         | 236.30              | 661                 | 820                 | 4.25           |

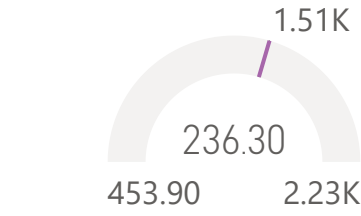
Comparison to Previous Game Count



Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +1



Week of Aug 28th (Total Distance)

