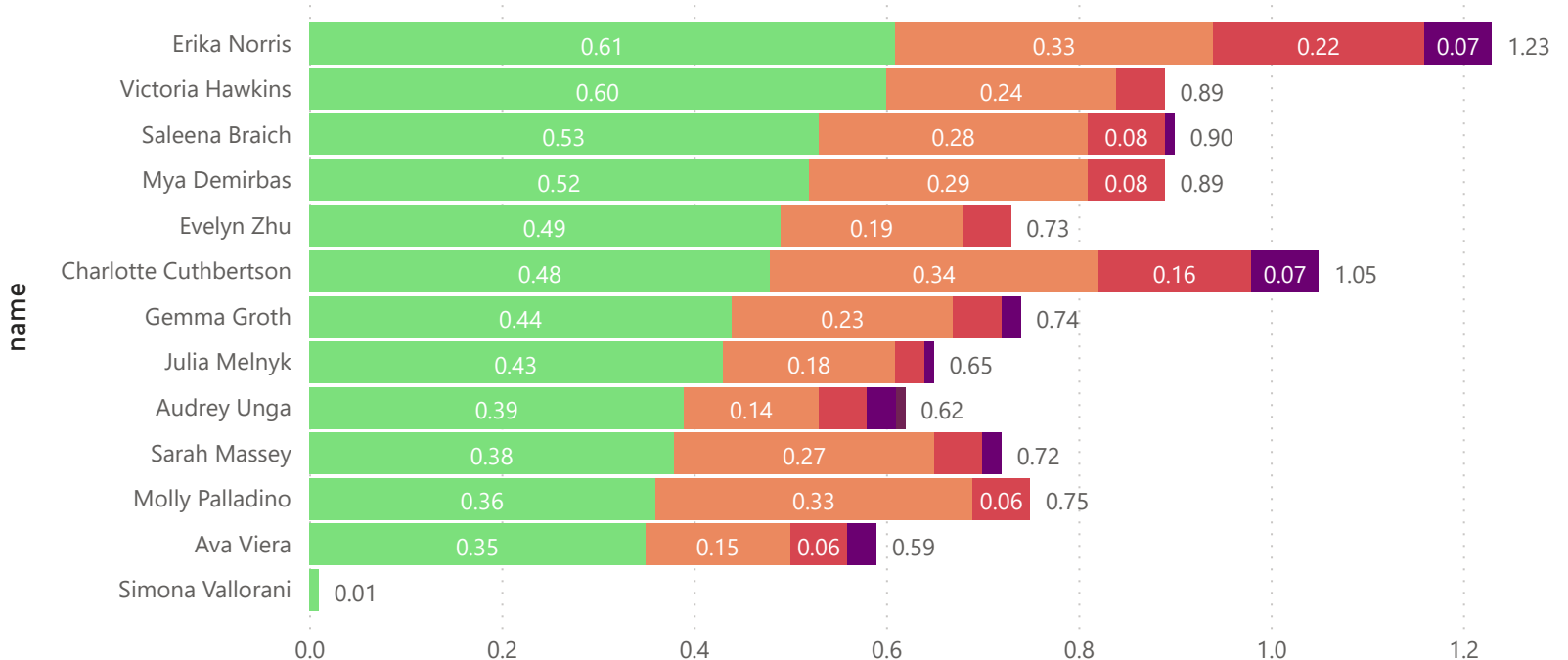
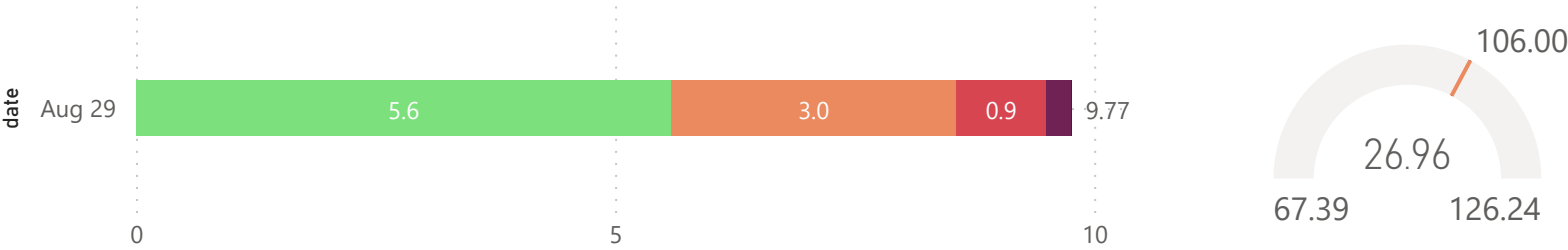




Aug-29-2023 (Tue)
Training
[GD+2]

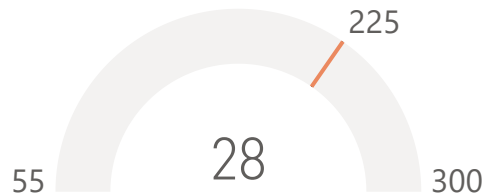


Team Distance Covered in Game by SpeedBand

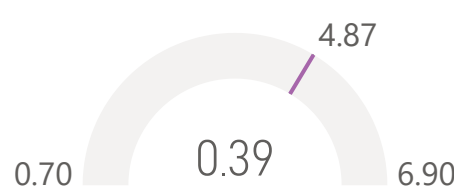


| Player Name | Sum of Sprints Count | Sum of Sprints Distance (km) | Sum of Session Load | TotalDec(<-2 m/s/s) | TotalAcc(> 2 m/s/s) | Average of RPE |
|-----------------------|----------------------|------------------------------|---------------------|---------------------|---------------------|----------------|
| Charlotte Cuthbertson | 7 | 0.09 | 28.60 | 73 | 86 | 3.00 |
| Erika Norris | 7 | 0.12 | 34.50 | 96 | 98 | |
| Ava Viera | 4 | 0.05 | 13.50 | 43 | 45 | 3.50 |
| Audrey Unga | 3 | 0.05 | 14.00 | 40 | 60 | 5.00 |
| Gemma Groth | 3 | 0.03 | 14.50 | 51 | 56 | |
| Sarah Massey | 2 | 0.03 | 15.30 | 49 | 56 | |
| Julia Melnyk | 1 | 0.02 | 11.40 | 47 | 44 | |
| Saleena Braich | 1 | 0.01 | 17.00 | 82 | 99 | 4.40 |
| Evelyn Zhu | 0 | 0.00 | 11.00 | 52 | 52 | 6.60 |
| Molly Palladino | 0 | 0.00 | 14.60 | 52 | 50 | 2.60 |
| Mya Demirbas | 0 | 0.00 | 15.60 | 59 | 57 | 6.30 |
| Simona Vallorani | 0 | 0.00 | 0.10 | 0 | 1 | |
| Victoria Hawkins | 0 | 0.00 | 12.70 | 79 | 58 | |
| Total | 28 | 0.39 | 202.80 | 723 | 762 | 4.30 |

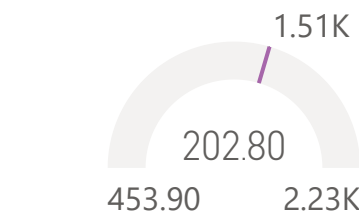
Comparison to Previous Game Count



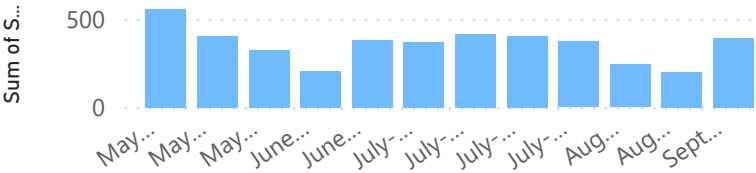
Comparison to Previous Game Sprint Distance



Comparison to Previous Session Load



Compare to previous GD +2



Week of Aug 28th (Total Distance)

