

# ARTIFICIAL SPORT TRAINER

PLANNING THE SPORT  
TRAINING SESSIONS

MEAL PLANNING

INJURIES PREVENTION

CHARACTERIZATION OF  
ATHLETE'S HABITS

LONG-TERM  
PLANNING

DIETARY MEAL  
PLANNING

OVERTRAINING  
DETECTION

DISCOVERY OF  
TRAINING TRENDS

SHORT-TERM  
PLANNING

SPORT MEALS  
PLANNING

ADAPTATION OF  
TRAINING PLANS

PLANNING INTERVAL  
TRAINING SESSIONS