

18/01/2021



# Drill Intensity Breakdown

Above ++

Above

At

Below

## Drill Summary

Start	Drill	Duration (min)	Speed (m/min)	% Game Speed	HS m/min	% Game HS	Accel (m/s)	% Game Accel
8:20	Warm Up	22	60	62%	4	42%	0.33	66%
8:43	Rolling Ruck	8	94	79%	0	3%	0.64	102%
8:46	20-40-60	5	155	117%	0	0%	0.54	76%
8:56	Transition to Lanes	7	69	59%	1	9%	0.42	68%
9:06	Yoghurt Game	2	188	123%	30	86%	0.74	89%
9:08	Ruck Plays	2	188	124%	7	18%	0.82	99%
9:09	Yoghurt Game	2	176	115%	17	50%	0.69	83%
9:13	13v13 - Start of Highway	10	119	106%	6	43%	0.61	104%
9:17	MAS 1 x 12 10.10s	3	174	125%	22	71%	0.54	72%
9:23	MAS 1 x 10 10.10s	4	150	110%	22	77%	0.38	51%
9:27	MAS 1 x 12 10.15s	4	160	120%	78	339%	0.67	94%
9:27	MAS 1 x 12 10.10s	4	174	127%	84	349%	0.67	92%
9:35	13v13	13	108	100%	3	27%	0.62	111%

## Individual Summary

Name	Duration (mins)	Speed (m/min)	% Game Speed	HS m/min	% Game HS/min	Accel (m/s/s)	% Game Accel
Player 1	8	121	89%	16	58%	0.55	87%
Player 14	9	130	102%	19	90%	0.59	89%
Player 2	8	125	98%	21	91%	0.57	86%
Player 21	8	123	95%	14	53%	0.53	78%
Player 24	9	127	100%	18	85%	0.62	94%
Player 25	8	130	101%	24	108%	0.59	90%
Player 26	8	125	104%	16	81%	0.62	101%
Player 27	5	136	98%	8	27%	0.56	74%
Player 34	8	124	94%	18	83%	0.57	81%
Player 4	8	130	98%	16	61%	0.59	87%
Player 40	8	129	100%	20	74%	0.58	87%
Player 41	8	130	98%	15	69%	0.58	83%
Player 44	8	134	100%	26	106%	0.60	89%
Player 47	8	127	106%	17	81%	0.56	91%
Player 48	8	100	78%	8	31%	0.62	91%
Player 49	9	121	102%	19	96%	0.60	99%
Player 5	9	127	96%	20	82%	0.61	90%
Player 50	8	88	69%	7	28%	0.56	83%
Player 52	9	124	103%	22	104%	0.63	102%
Player 54	8	120	93%	22	79%	0.58	86%
Player 55	9	128	99%	24	86%	0.64	95%
Player 58	8	123	94%	22	74%	0.53	78%
<b>Average</b>	<b>8</b>	<b>124</b>	<b>96%</b>	<b>18</b>	<b>75%</b>	<b>0.58</b>	<b>88%</b>