From Data to Dominance

Unlocking Athlete Potential & Mitigating Risk
Through Performance Profiling

Four Athletes, Four Unique Performance Blueprints

Our analysis reveals that our athletes are not variations of a single model; they operate as distinct archetypes. A one-size-fits-all approach is limiting their potential and hiding critical injury risks. Looking beyond simple metrics like jump height reveals the hidden truths of how they perform.

The Force Engine

The Elastic Spring

The Overloaded Workhorse

The Efficient Pacer

The Force Engine: Player 741

A force-dominant, mechanically inefficient jumper. Generates immense power through muscular effort but with poor efficiency and inconsistent control, placing high stress on the knee joint.

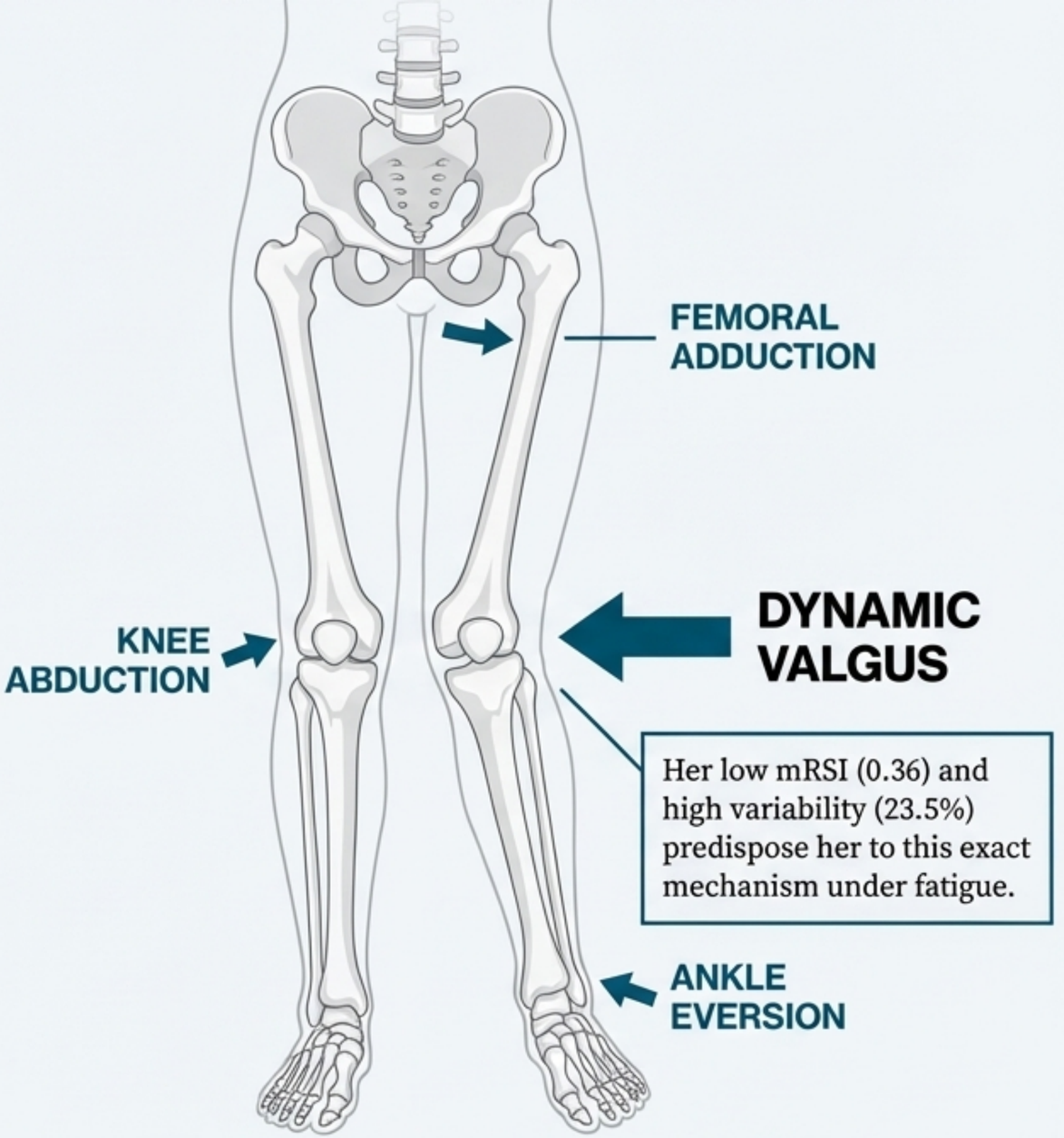
PEAK POWER
≈3627 W

mRSI
0.36

VARIABILITY (CV)
≈23.5%

JUMP HEIGHT
≈0.27 m

Primary Medical Risk
Non-contact ACL Injury & Patellofemoral Pain.



Neuromuscular Retraining for Landing Mechanics

The Elastic Spring: Player 555

A classic tendon-dominant, highly elastic athlete. Exceptionally efficient and reactive in her movements, but lacks the raw strength to maximize her elastic potential.

PEAK POWER
≈3100 W

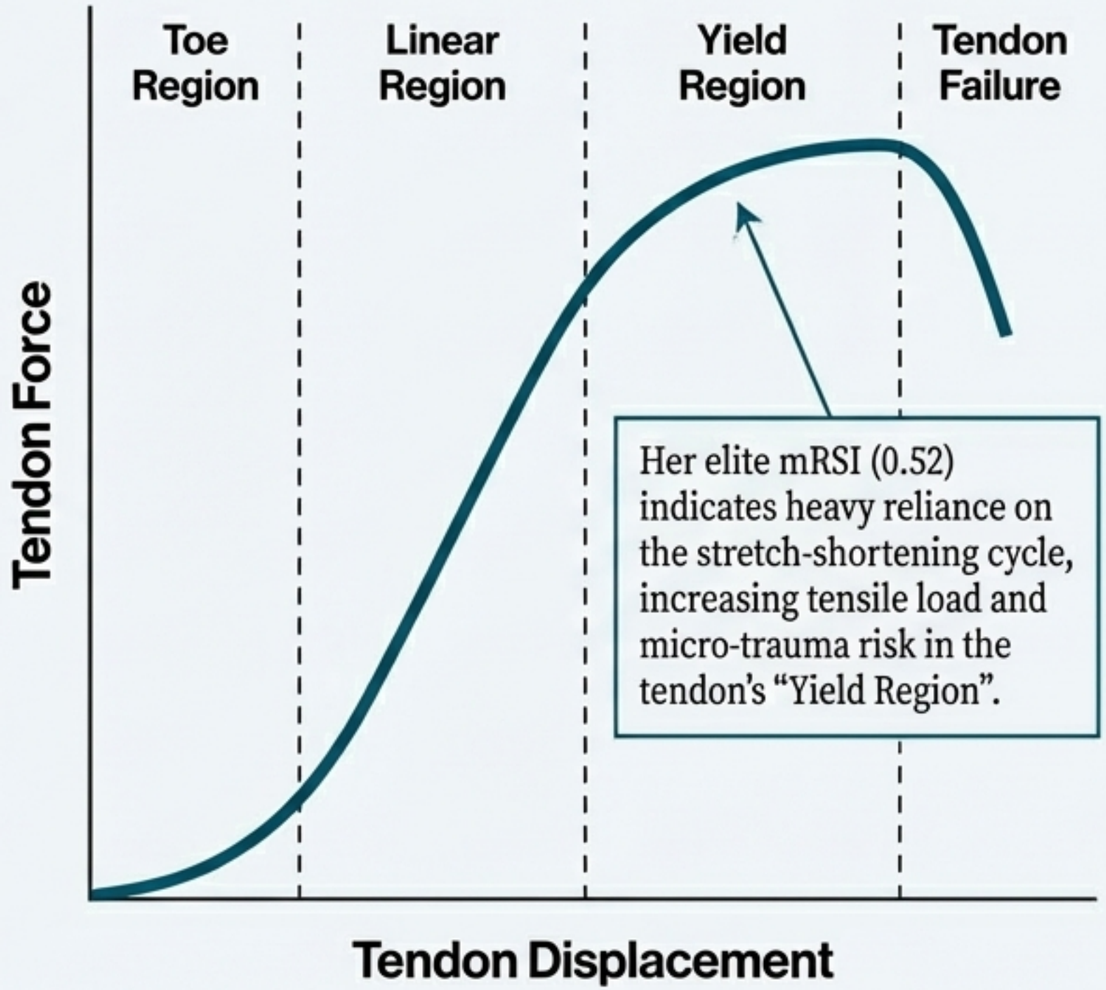
mRSI
0.52

VARIABILITY (CV)
≈5.2%

JUMP HEIGHT
≈0.31 m

Primary Medical Risk
Tendon Overload (Achilles Tendinopathy & Hamstring Strain).

Tendon-Deformation Curve



Focused Strength Development & Load Management.

Two Paths to a Jump: Why Neuromuscular Efficiency is the Critical Differentiator

Both athletes achieve similar jump heights, but how they achieve them is fundamentally different. This insight, invisible in jump height alone, is unlocked by **analyzing neuromuscular efficiency (mRSI) and variability.**

Player 741

THE FORCE ENGINE

Muscle-Dominant Strategy

mRSI: **0.36**

Variability: **23.5%**

Player 555

THE ELASTIC SPRING

Tendon-Dominant Strategy

mRSI: **0.52**

Variability: **5.2%**

One strategy elevates joint risk; the other elevates tendon risk. Their training interventions must be opposites.

The Overloaded Workhorse: Player 755

Maintains performance by compensating for chronic fatigue. A high-volume workload is suppressing his reactive ability, forcing him into an inefficient, muscular-driven strategy.

CRITICALLY LOW mRSI

0.43

(massive variability: 0.43-0.90)

HIGH WORKLOAD

≈4,060 m

per session average

SLOW PEAK VELOCITY

≈2.65 m/s

(16.7% slower than Player 995)

JUMP HEIGHT

Stable

(but misleading)

The Volume Trap

Caught in a cycle where high external load is severely compromising his neuromuscular system, even if surface-level metrics like jump height appear stable.

Strategic De-Loading: Reduce Distance Total by 20% for 2 weeks.

The Efficient Pacer: Player 995

An explosive and well-recovered athlete whose training load is perfectly balanced with his capacity, allowing him to maintain elite neuromuscular output.

ELITE mRSI

0.66

(stable range: 0.60-0.84)

BALANCED WORKLOAD

≈3,053 m

per session average (33% lower)

FAST PEAK VELOCITY

≈3.18 m/s

reflecting elite RFD

READINESS INDICATOR

Speed Max ≥90%

(maintains ≥6.7 m/s)

A Model of Efficiency

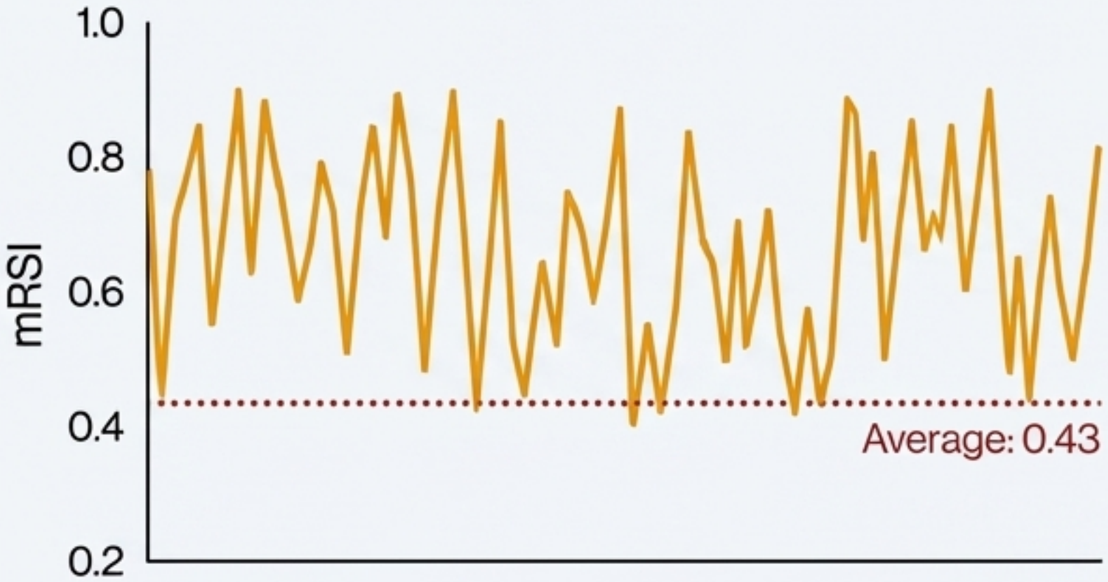
A clear example of training efficiency. He covers 1km less per session than Player 755 yet produces consistently superior neuromuscular outputs.

Maintain & Monitor: Preserve current training load and use Speed Max as the primary readiness indicator.

The Hidden Story of Fatigue: Overloaded vs. Balanced

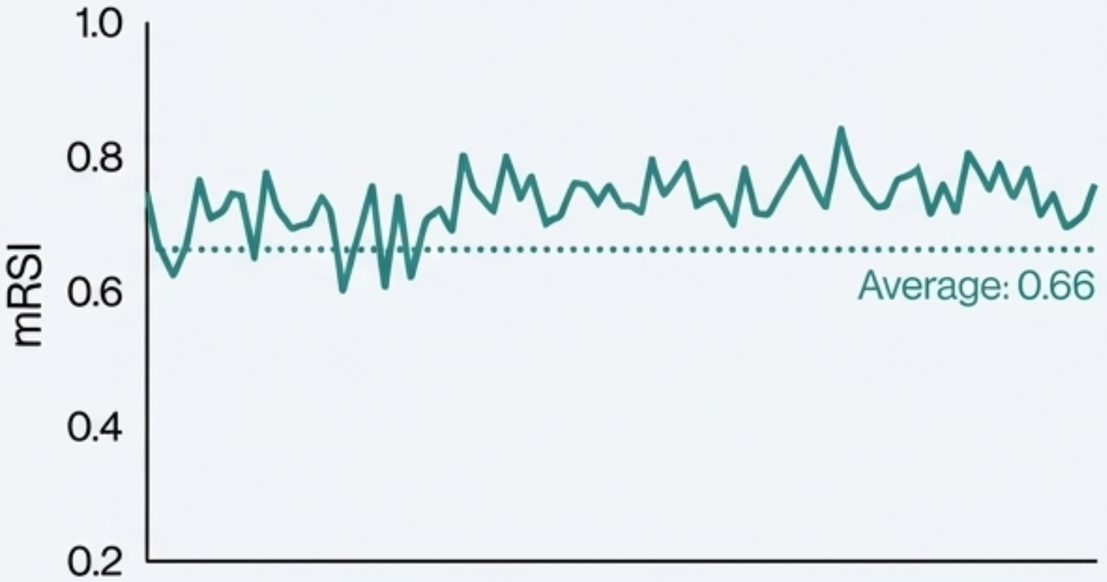
Jump height alone is dangerously misleading. Player 755's reactive system is in distress, forcing slow, muscular compensations. Player 995's is primed and ready. This demonstrates the **predictive power of monitoring mRSI** and velocity in the context of workload.

PLAYER 755: OVERLOADED



Suppressed & Unstable

PLAYER 995: BALANCED

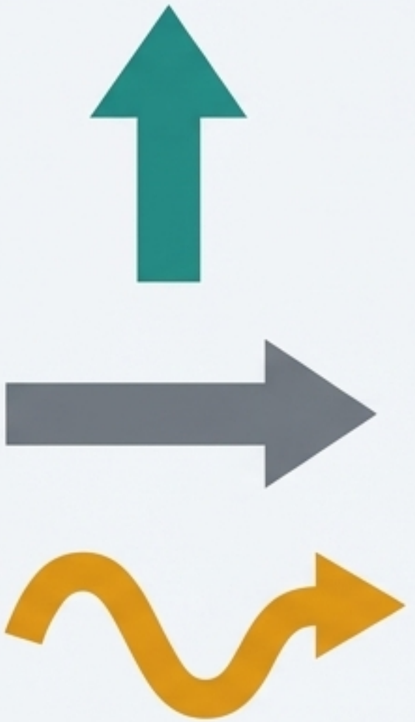


Primed & Consistent

Stable jump height can mask a fatigued state.
Low mRSI is the early warning sign that is often missed.

The Big The Big Picture: Smarter, Not Harder

Our program is highly effective at improving explosive qualities while maintaining a stable workload. This is a strong signal of training efficiency.



SIGNIFICANT IMPROVEMENT

- **Jump Height** ($p < 0.001$)
- **Peak Propulsive Power** ($p < 0.001$)
- **Peak Velocity** ($p < 0.001$)

STABLE WORKLOAD

- **Distance Total** ($p \approx 0.29$, non-significant)

HETEROGENEOUS ADAPTATION ('NOISY')

- **mRSI** ($p \approx 0.13$, non-significant)

Interpretation

The 'noisy' mRSI trend is not a program failure; it's confirmation of our individual archetypes. It isn't improving team-wide because athletes like 741 (Force Engine) and 555 (Elastic Spring) require opposing stimuli to improve their neuromuscular efficiency.

Shifting from Treatment to Proactive Prevention

These distinct performance profiles have direct medical consequences. Improving power can increase injury risk if mechanics are poor (Player 741). High elastic reliance demands careful load management to prevent tendon breakdown (Player 555).

Player 741

High Force + Poor Mechanics

Knee Joint Risk

Player 555

High Elasticity + Low Strength

Tendon Overload Risk

Player 755

High Volume + Low Recovery

Chronic Overuse Risk

Player 995

Balanced Load + High Efficiency

Optimized & Resilient State

From Insight to Action: A Precision Intervention Plan

Player	Archetype	Primary Risk	Key Intervention
741	Force Engine	ACL & Patellofemoral Pain (Dynamic Valgus)	**Neuromuscular Retraining:** Focus on stiffness, eccentric control, and valgus-resistant movement patterns.
555	Elastic Spring	Achilles & Hamstring Tendinopathy (Overload)	**Strength & Load Management:** Increase peak power; monitor weekly Distance Total and morning Achilles stiffness.
755	Overloaded Workhorse	Chronic Fatigue & Overuse (Low mRSI)	**Strategic De-Loading:** Reduce Distance Total by 20% for 2 weeks to allow neuromuscular recovery.
995	Efficient Pacer	Complacency / Imbalance	**Maintain & Monitor:** Preserve current balanced load; use Speed Max (>90% of peak) as a primary readiness indicator.

Appendix: Key References & Thresholds

Selected References

Boden BP, et al. “Mechanisms of anterior cruciate ligament injury…” *Am J Sports Med*. 2009.

Rio E, et al. “Tendon neuroplasticity: responses to loading…” *J Orthop Sports Phys Ther*. 2015.

Svilar L, et al. “Load monitoring system in sport: Methods and applications.” *Strength & Cond J*. 2019.

Gabbett TJ. “The training-injury prevention paradox…” *Br J Sports Med*. 2016.

Recommended Performance Thresholds

Metric	Threshold for Action	Source
Jump Height	>10–15% decline from baseline	Flanagan & Comyns (2008)
Peak Velocity	>5% decline or >10% imbalance	Linke et al. (2018)
Speed Max	<90% of personal best	Gabbett (2016)
Distance Total	ACWR increase >20%	Bourdon et al. (2017)

For further consultation or access to the full technical report, please contact:
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Sports Science & Performance Department
performance.analysis@universitysport.edu