



FSN

FSNERDS ROADMAP

Setting performance targets for 4-way FS

When it comes to setting performance targets, it's not enough to set a point average goal.

A team's performance can be broken down into more fine-grained metrics:

Exit to break time: how quickly a team is able to move on from an exit

Exit to finish time: how quickly a team is able to finish a block out the door

Ramp time: how quickly a team accelerates to within 10% of the final pace in freefall

Transition time: how quickly a team can move between pairs of formations

Block time: how quickly a team can execute a block

Studying past competitions in bulk allows us to set targets for these metrics. The slides that follow give us a visual reference for metric values at different point averages.

The density of color in each plot communicates the number of observations. Darker color implies a higher concentration of samples in the area.

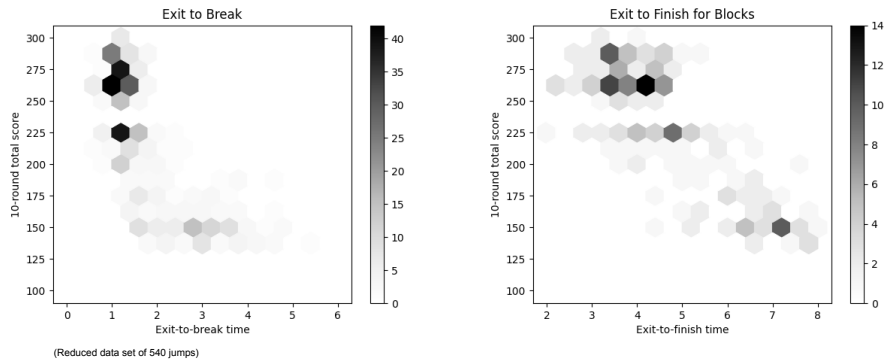
Want to measure your team's metrics and track them over time? Want to learn how to improve your performance to reach your targets? Email mikhail@fsnerds.com to inquire about the fsnerds performance toolkit and coaching from indoor and outdoor 4-way FS world champion Mikhail Markine.

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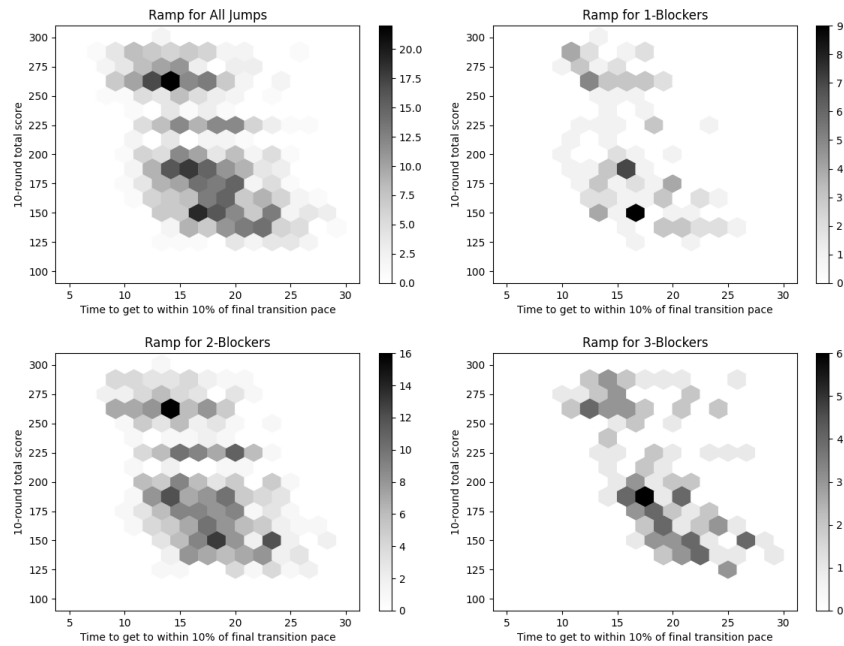
v1.002 Updated April 26 2023

Outdoor data sourced from 800 competition jumps (6000 blocks, 11000 transitions)

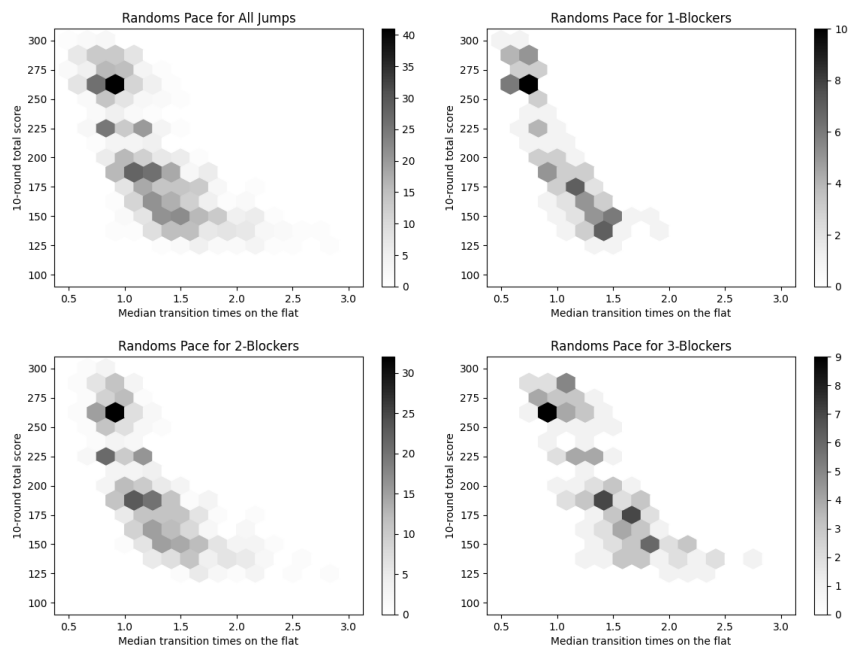
OUTDOOR EXITS



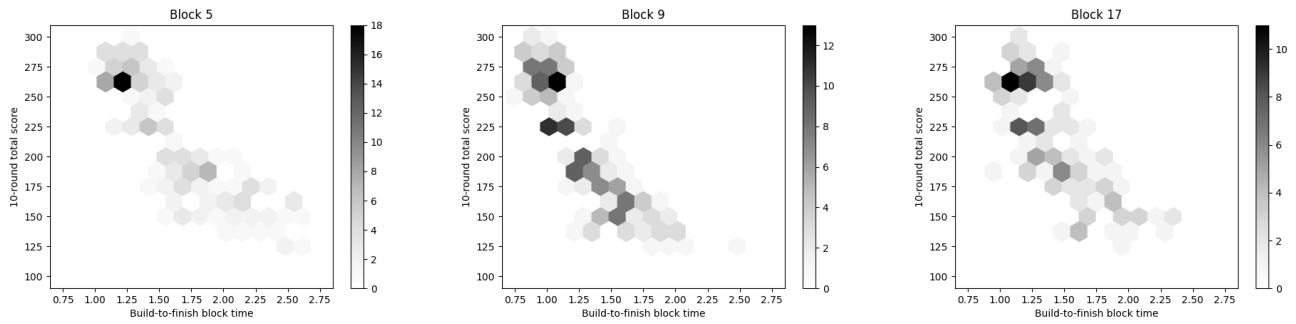
OUTDOOR RAMPS



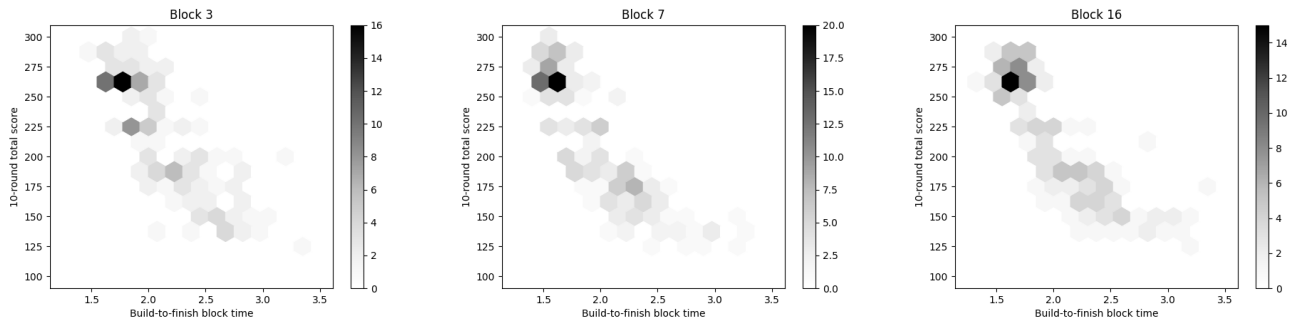
OUTDOOR TRANSITIONS



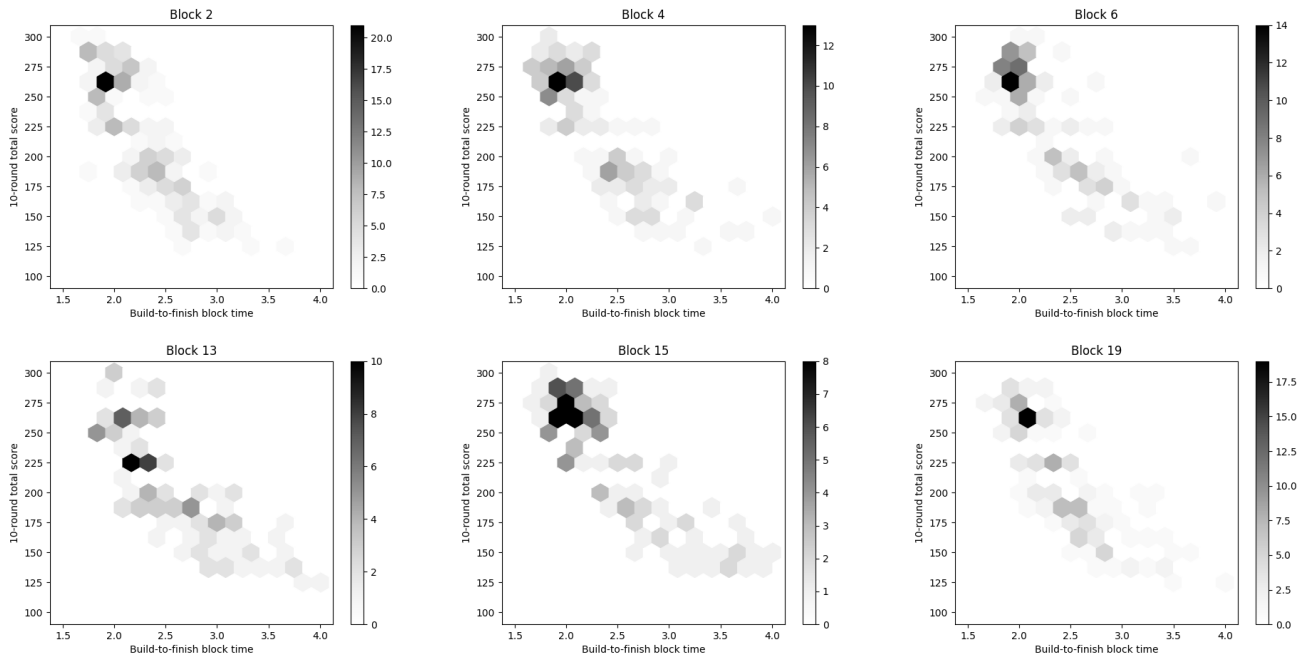
OUTDOOR BLOCKS (SUPER FAST)



OUTDOOR BLOCKS (FAST)



OUTDOOR BLOCKS (MEDIUM)



OUTDOOR BLOCKS (SLOW)

