

Trend Comparison Squad

Gym : ACTAS

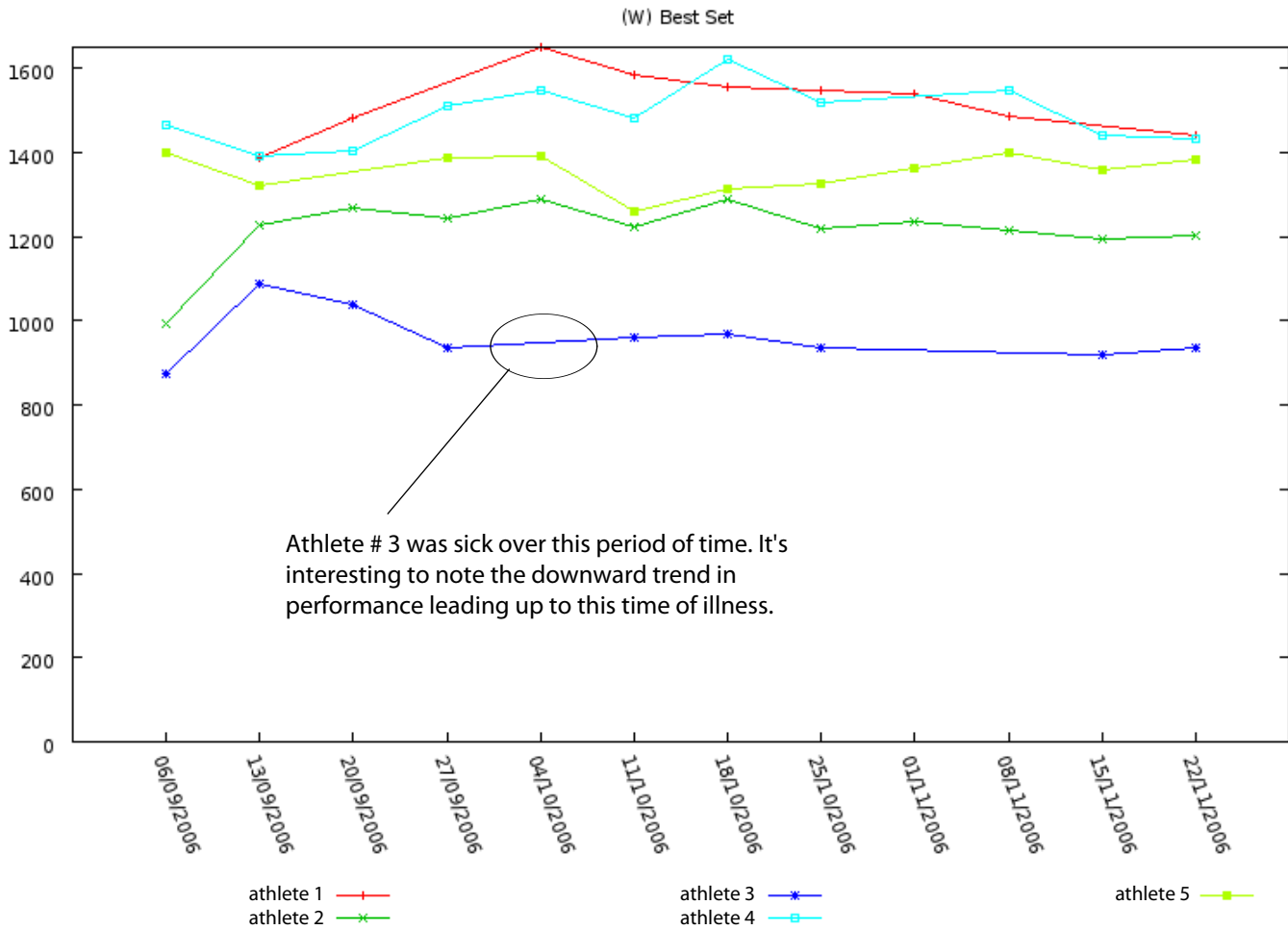
Description : Power(W) Best Set

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Generated by : John Mitchell



Squat Jump (Repeated): Power (W) Best Set



Why is this report important?

This graph allows coaches to easily view training performance trends over a selected period of time for each athlete. An overall squad trend can also be generated to compare individual athletes to the group average trend.

This report is useful to see how your athletes' performances are changing to help you tailor their training loads. You can also identify unusual drops in their performance, which could indicate illness, overtraining or fatigue.