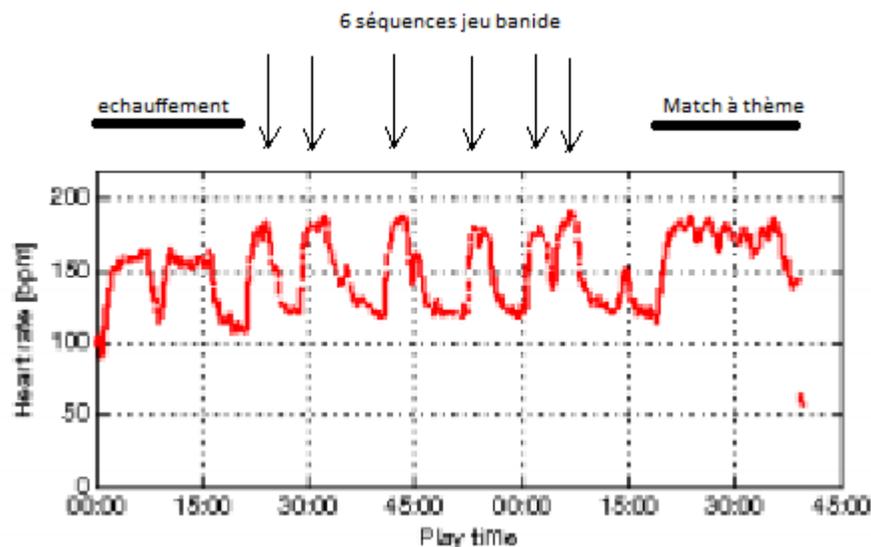


Entraînement du 31 Juillet 2017.

Premier essai avec l'outil FieldWiz utilisé en training

Structure de l'entraînement

- Echauffement durée 15 minutes de 19H30 à 19H50 – capacité aérobie avec ballon 3 séquences de 6minutes – récupération 1minutes
- Jeu banide de 20H00 à 20H40 – séquence de 3 minutes – chaque équipe joue 6 séquences, selon tournoi, récupération active 3 à 6 minutes
- Rencontre à thème 9c9 demi-terrain de 20H50 à 21H15



Overall

Table 4. Team statistics overall

Pod #	Player #	Player name	Distance (km)	# Accelerations >4m/s ²	# Decelerations >4m/s ²	# Sprints >23 km/h	Max speed (km/h)	Avg speed (km/h)
02		Victor	7.545	8	13	2	23.99	4.44
05		Adrien	8.088	4	21	3	24.32	4.82
08		Erwan	7.289	5	17	0	22.43	4.32
09		Thibault	8.214	11	8	1	27.93	4.97
10		Xavier	6.096	3	5	1	23.84	3.64

Table 12. Summary statistics

Pod #	Player #	Player name	Distance (km)	# Accelerations > 4m/s ²	# Decelerations > 4m/s ²	# Sprints > 23 km/h	Max speed (km/h)	Avg speed (km/h)
02		Victor	7.545	8	13	2	23.99	4.44

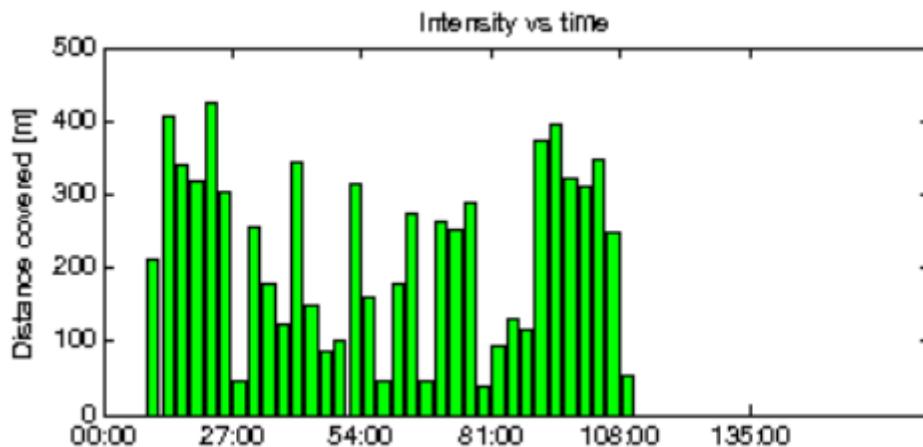


Table 13. Heart rate

Minimum Heart rate	54 bpm
Average Heart rate	149 bpm
Maximum Heart rate	191 bpm

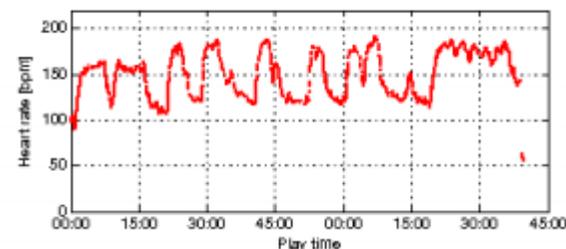


Table 14. Statistics per speed ranges

	Distance	Dist. ratio	Avg HR
All speeds :	7.545 km	100%	149 bpm
0-15 km/h :	7.096 km	94.1%	141 bpm
15-20 km/h :	0.391 km	5.2%	162 bpm
20-23 km/h :	0.050 km	0.7%	145 bpm
23-26 km/h :	0.008 km	0.1%	178 bpm
26-28 km/h :	0.000 km	0.0%	-
28-30 km/h :	0.000 km	0.0%	-
>30 km/h :	0.000 km	0.0%	-

Table 15. Distances per sprint (>23 km/h)

Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)
00:41:15	2.4 m	00:00	23.14	01:33:05	4.8 m	00:00	23.99				

Table 17. Summary statistics

Pod #	Player #	Player name	Distance (km)	# Accelerations >4m/s ²	# Decelerations >4m/s ²	# Sprints >23 km/h	Max speed (km/h)	Avg speed (km/h)
05		Adrien	8.088	4	21	3	24.32	4.82

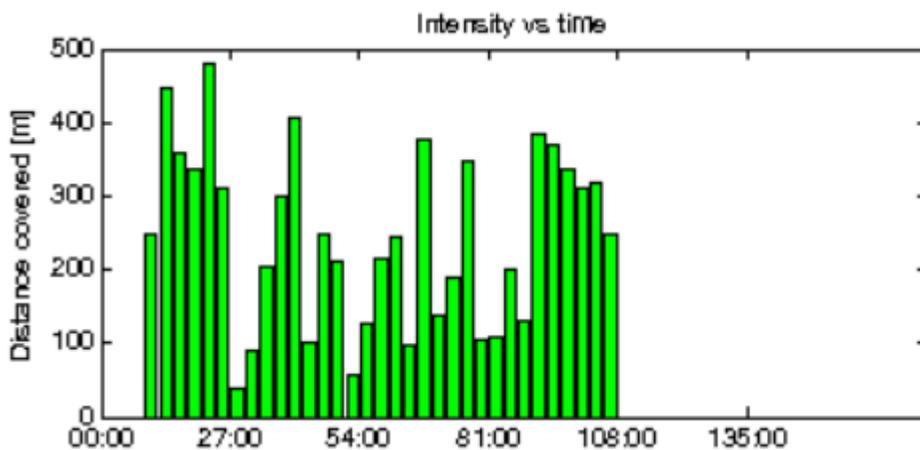


Table 18. Heart rate

Minimum Heart rate	121 bpm
Average Heart rate	157 bpm
Maximum Heart rate	191 bpm

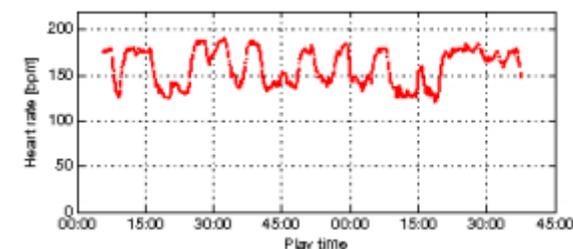


Table 19. Statistics per speed ranges

	Distance	Dist. ratio	Avg HR
All speeds :	8.088 km	100%	157 bpm
0-15 km/h :	7.349 km	90.9%	119 bpm
15-20 km/h :	0.658 km	8.1%	144 bpm
20-23 km/h :	0.067 km	0.8%	163 bpm
23-26 km/h :	0.015 km	0.2%	168 bpm
26-28 km/h :	0.000 km	0.0%	-
28-30 km/h :	0.000 km	0.0%	-
>30 km/h :	0.000 km	0.0%	-

Table 20. Distances per sprint (>23 km/h)

Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)
01:31:47	8.9 m	00:01	24.32	01:41:11	0.6 m	00:00	23.01	01:41:32	4.9 m	00:00	23.63

Table 22. Summary statistics

Pod #	Player #	Player name	Distance (km)	# Accelerations >4m/s ²	# Decelerations >4m/s ²	# Sprints >23 km/h	Max speed (km/h)	Avg speed (km/h)
08		Erwan	7.289	5	17	0	22.43	4.32

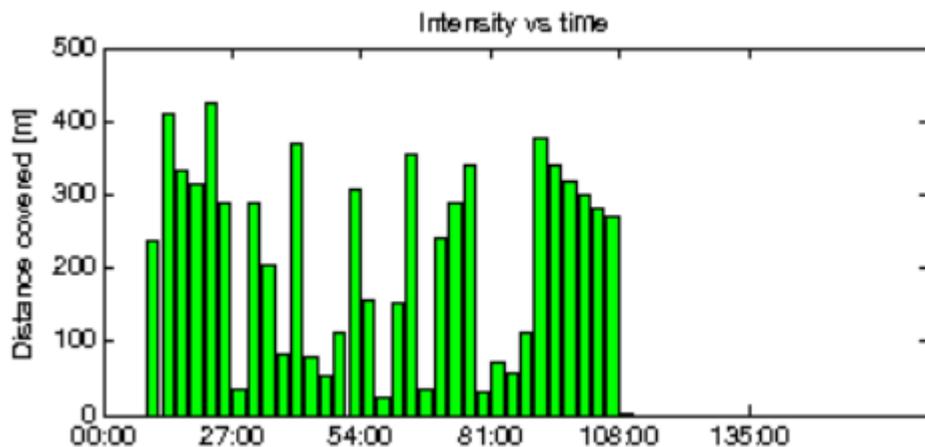


Table 23. Heart rate

Minimum Heart rate	118 bpm
Average Heart rate	144 bpm
Maximum Heart rate	160 bpm

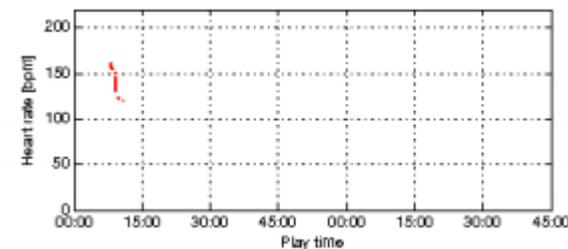


Table 24. Statistics per speed ranges

	Distance	Dist. ratio	Avg HR
All speeds :	7.289 km	100%	144 bpm
0-15 km/h :	6.726 km	92.3%	1 bpm
15-20 km/h :	0.530 km	7.3%	0 bpm
20-23 km/h :	0.034 km	0.5%	0 bpm
23-26 km/h :	0.000 km	0.0%	-
26-28 km/h :	0.000 km	0.0%	-
28-30 km/h :	0.000 km	0.0%	-
>30 km/h :	0.000 km	0.0%	-

Table 25. Distances per sprint (>23 km/h)

Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)

Thibault

Table 27. Summary statistics

Pod #	Player #	Player name	Distance (km)	# Accelerations >4m/s ²	# Decelerations >4m/s ²	# Sprints >23 km/h	Max speed (km/h)	Avg speed (km/h)
09		Thibault	8.214	11	8	1	27.93	4.97

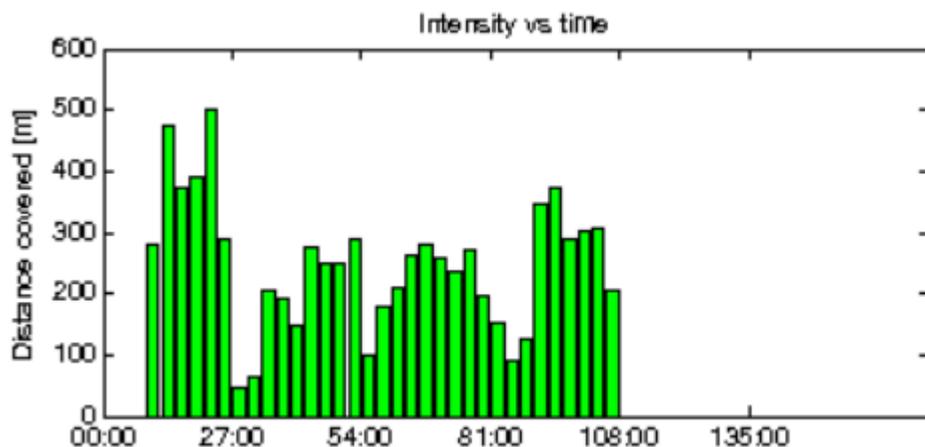


Table 28. Heart rate

Minimum Heart rate	95 bpm
Average Heart rate	147 bpm
Maximum Heart rate	181 bpm

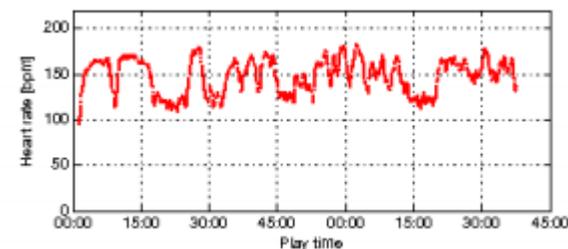


Table 29. Statistics per speed ranges

	Distance	Dist. ratio	Avg HR
All speeds :	8.214 km	100%	147 bpm
0-15 km/h :	7.837 km	95.4%	121 bpm
15-20 km/h :	0.341 km	4.2%	149 bpm
20-23 km/h :	0.019 km	0.2%	156 bpm
23-26 km/h :	0.007 km	0.1%	154 bpm
26-28 km/h :	0.010 km	0.1%	154 bpm
28-30 km/h :	0.000 km	0.0%	-
>30 km/h :	0.000 km	0.0%	-

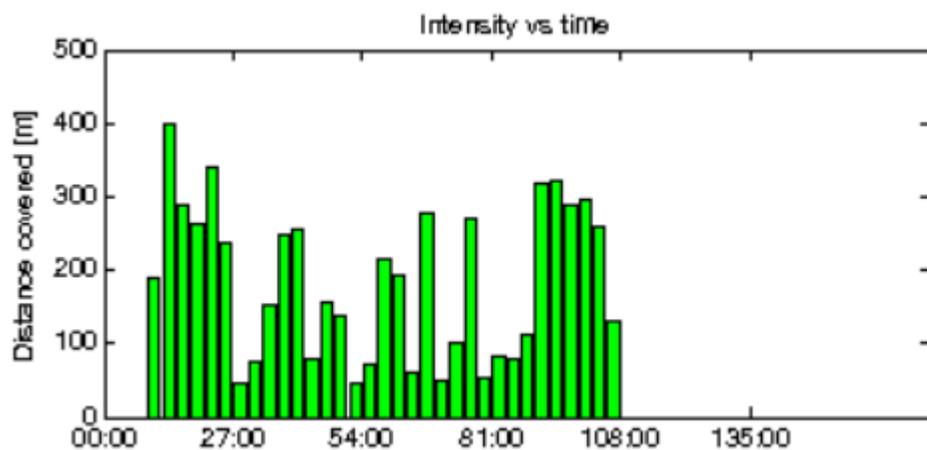
Table 30. Distances per sprint (>23 km/h)

Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)
01:39:38	16.1 m	00:02	27.93								

Xavier

Table 32. Summary statistics

Pod #	Player #	Player name	Distance (km)	# Accelerations >4m/s ²	# Decelerations >4m/s ²	# Sprints >23 km/h	Max speed (km/h)	Avg speed (km/h)
10		Xavier	6.096	3	5	1	23.84	3.64



No connected

Table 33. Statistics per speed ranges

	Distance	Dist. ratio
All speeds :	6.096 km	100%
0-15 km/h :	5.755 km	94.4%
15-20 km/h :	0.290 km	4.8%
20-23 km/h :	0.046 km	0.8%
23-26 km/h :	0.006 km	0.1%
26-28 km/h :	0.000 km	0.0%
28-30 km/h :	0.000 km	0.0%
>30 km/h :	0.000 km	0.0%

Table 34. Distances per sprint (>23 km/h)

Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)	Time	Distance (m)	Duration	Max spd (km/h)
01:30:00	5.5 m	00:00	23.84								