
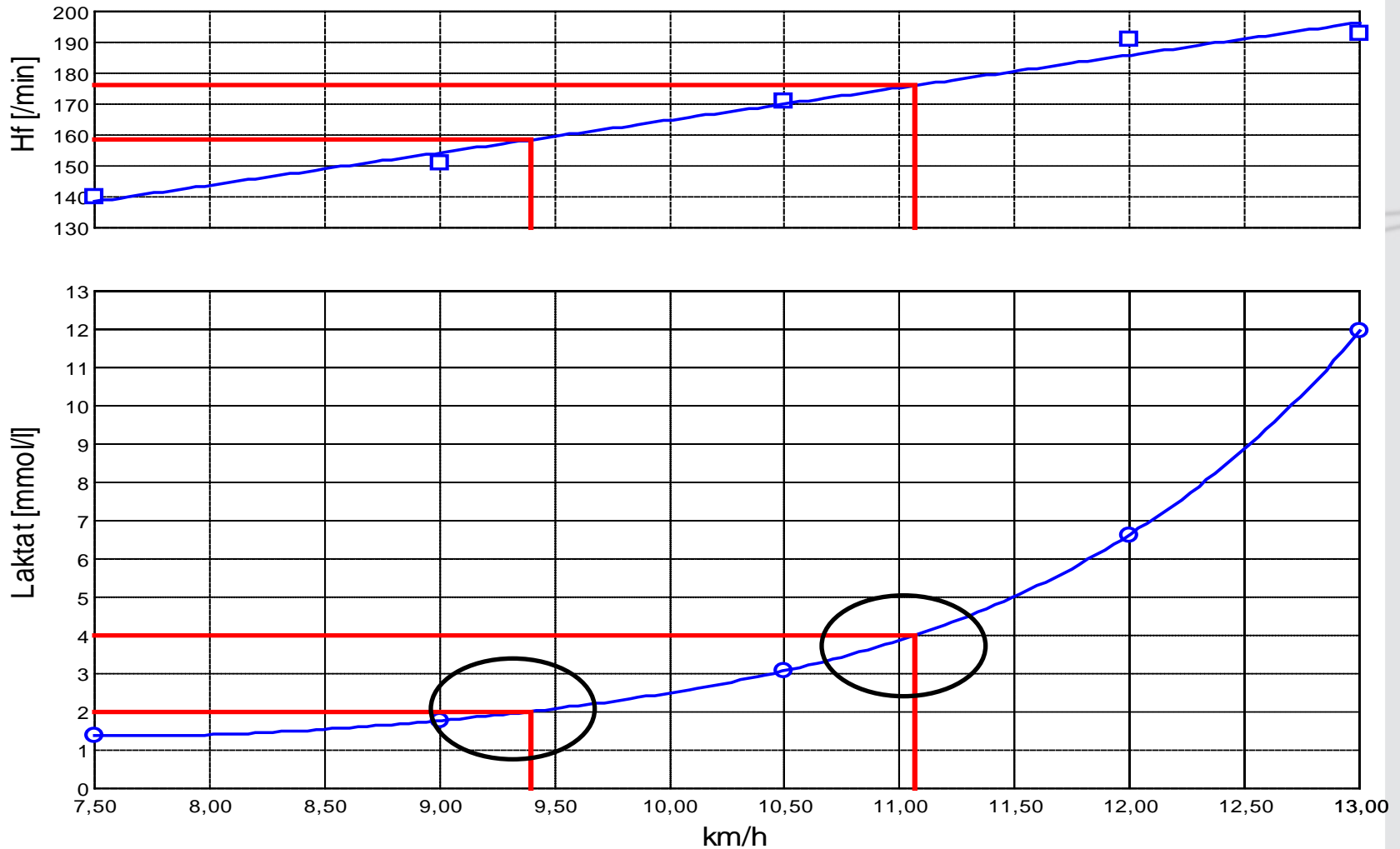


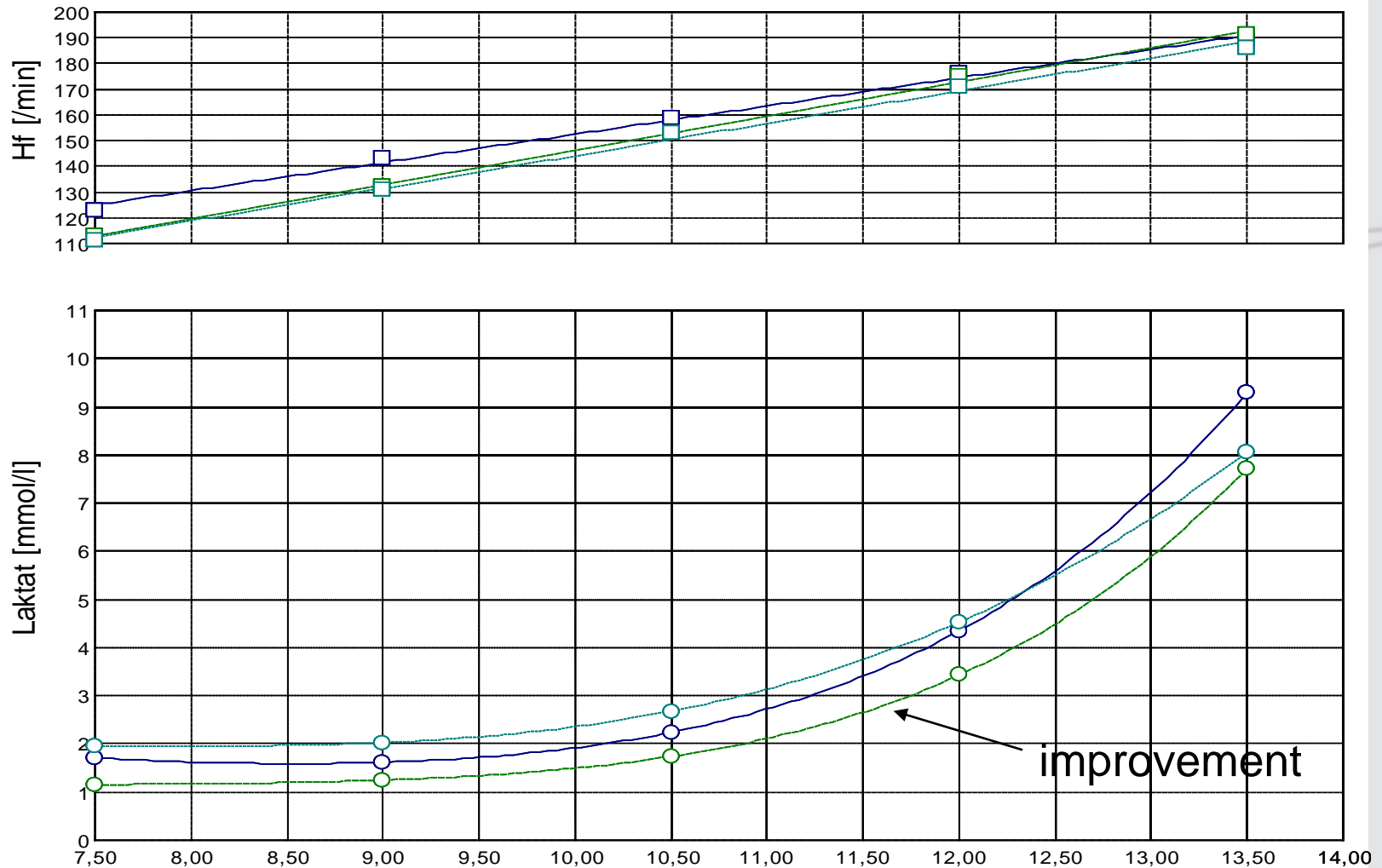
- Analysis/Results
 - Web4trainer
 - Acentas
- 
- Two thin, light gray curved lines that sweep across the bottom half of the slide, starting from the left and curving towards the right.

Threshold	Belastung [km/h]	Belastung [m/s]	Lactate [mmol/l]	Hf
AS	9,40	2,61	2,00	159
ANS	11,07	3,07	4,00	176
Maximal	13,00	3,61	11,95	193

Trainingarea	Heartrate [1/min]		Training duration [min]	
	von	bis	von	bis
Regeneration	-	134	30	40
extensive endurancetraining A1	135	145	60	75
extensive endurancetraining A2	146	155	40	60
intense endurancetraining A3	156	170	20	30
development area A4	171	193	10	20



EHF Referee Shuttle Run analysis/results



benefits of improvement

- better performance
 - economisation of cardiovascular system
 - better oxygen uptake
 - higher amount of capillaries
 - better regeneration
 - strong immune system
 - better stress resistance

- tools
 - trainingplattform
 - diary
 - daily/weekly evaluation

login

web4trainer

NUTZER PASSWORT LOGIN

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IMPRESSUM STEUERN UPLAND NEWSLETTER ABONNIEREN

- Heart rate monitoring
- Information about physical activity during the match
- helps to control
- helps to adapt

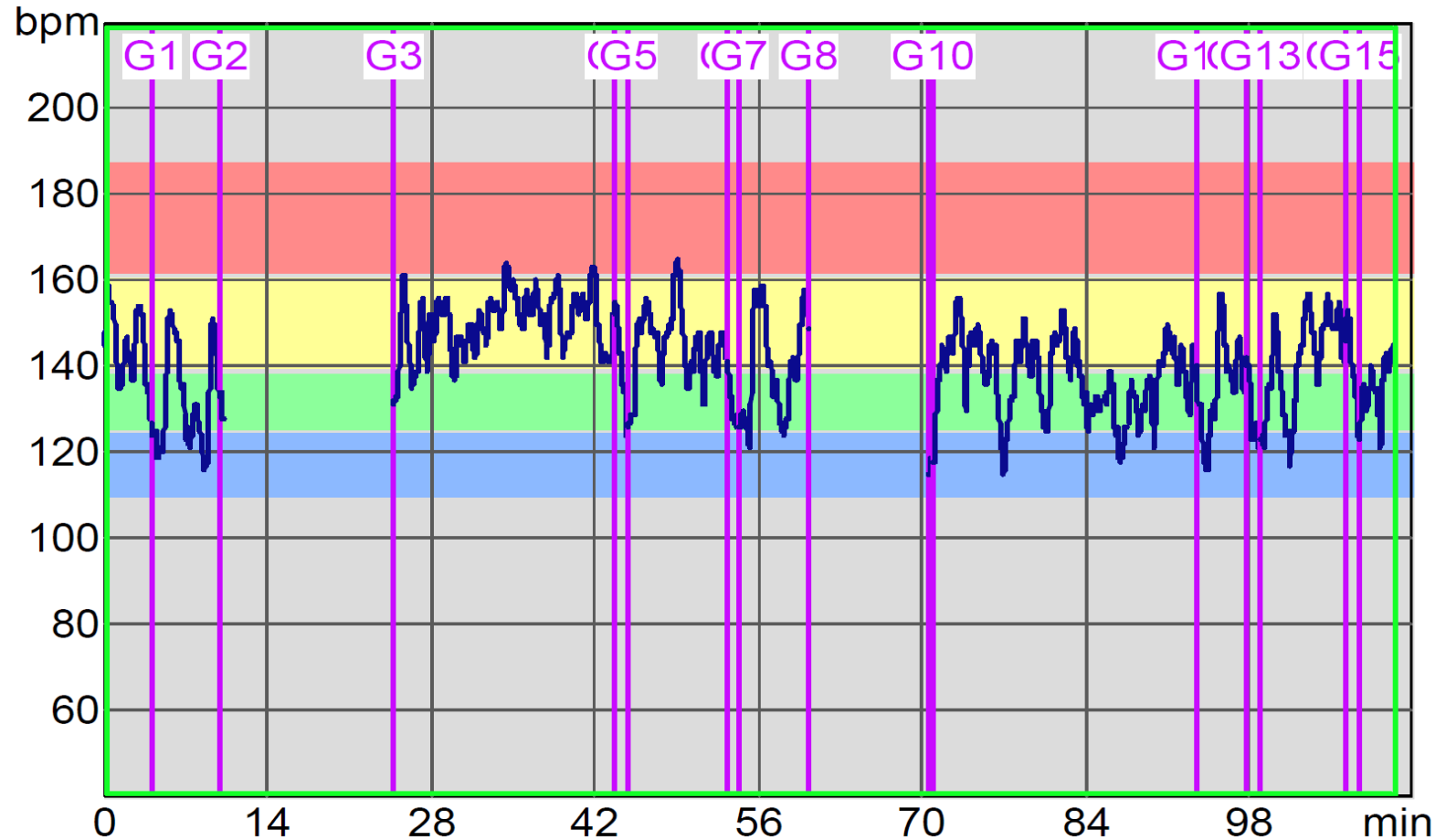


EHF Referee Shuttle Run Acentas

Session: 27.07.2010 Start: 04:02:54 Stop: 05:53:17 Duration: 1:50:23

Session Note:

Statistic Begin: 00:00:00 End: 01:50:23 Duration: 1:50:23





EHF Referee Shuttle Run Acentas

Personal Data:

Name: Peter Horvath
Sex: male
Birth year: 1974
Weight: 79 kg
HR max: 184 bpm



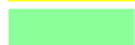

Training Zones:

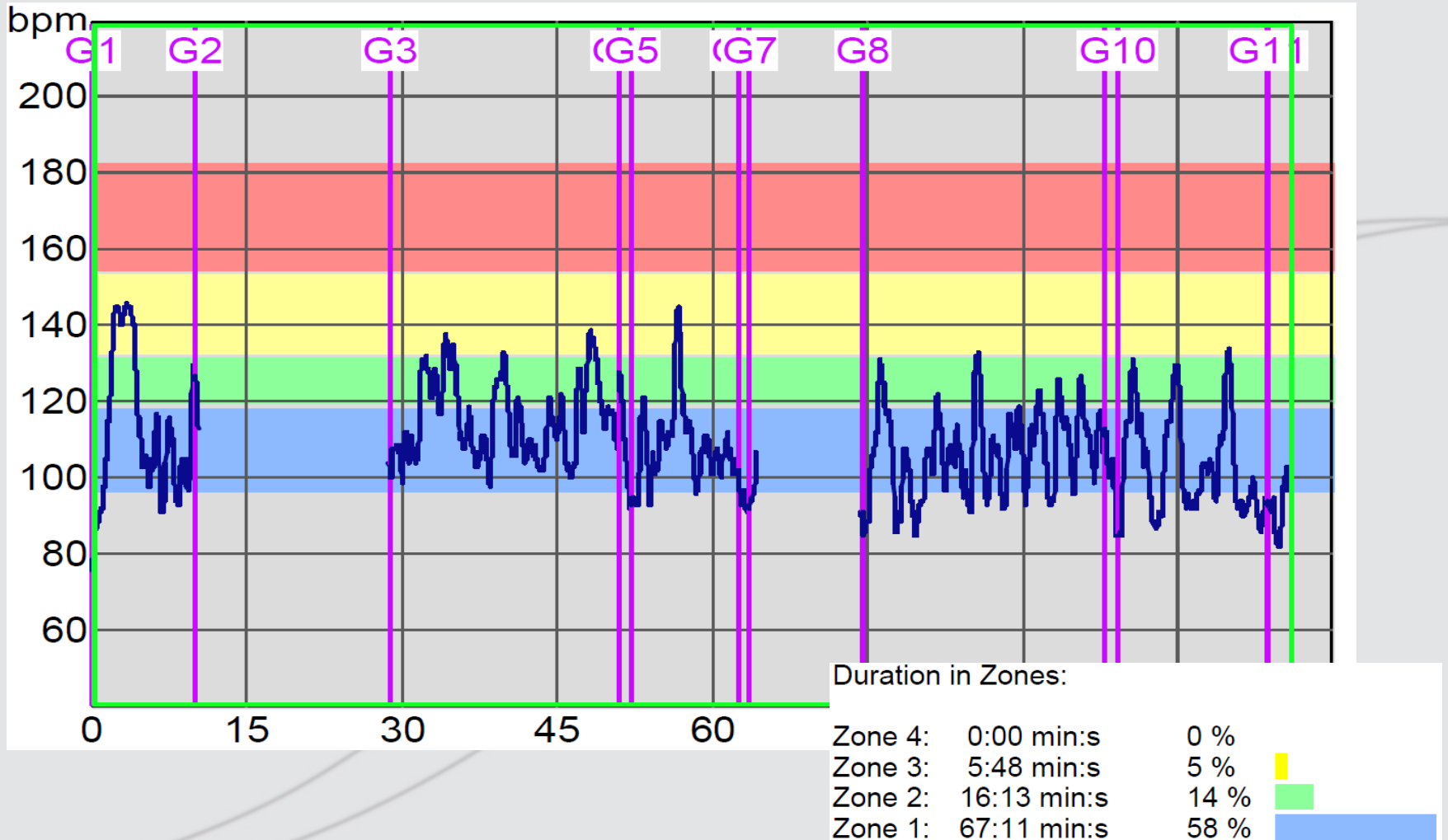
Zone 4:	88 - 102 %	162 - 188 bpm
Zone 3:	76 - 88 %	140 - 161 bpm
Zone 2:	68 - 76 %	126 - 139 bpm
Zone 1:	60 - 68 %	110 - 125 bpm

Statistics:

HR min: 115 bpm
HR max: 165 bpm
HR avr: 141 bpm
Calories: 1030 kcal

Duration in Zones:

Zone 4:	1:06 min:s	1 %	
Zone 3:	62:55 min:s	57 %	
Zone 2:	32:01 min:s	29 %	
Zone 1:	8:50 min:s	8 %	





EHF Referee Shuttle Run
REMEMBER

any Questions?

contact: c.schleimer@imsb.at

thanks for the audience