

FIRSTBEAT WORKSHOP AT ECSS VIENNA 2016

FRIDAY, 8TH OF JULY 2016, 14.00 - 15.30

ROOMS: 0.31 & 0.32

TRAINING AND RECOVERY MONITORING FOR ELITE SPORT

Physiological analytics can unlock vast amounts of information about performance, but translating this data into a competitive advantage can be a challenge. This **informative workshop** offers practical guidance from top professionals into the daily work of developing each athlete and enhancing their performance.

14.00 INTRODUCING FIRSTBEAT SPORTS

Veli-Pekka Kurunmäki (Head of Firstbeat Sports, Firstbeat Technologies Ltd.)

14.10 USING HEART RATE MONITORING IN EDUCATING PLAYERS IN PROFESSIONAL SOCCER

M.Sc. Manuel Ruep (Strength and Conditional Coach, TSG 1899 Hoffenheim Female)

14.30 IMPLEMENTING SPORTS TECHNOLOGY IN GERMAN ICE HOCKEY FEDERATION

M.Sc. Stefan Schaidnager (Head of Science & Education at the German Ice Hockey Federation)

14.50 FROM OBSERVATIONS TO TRAINING DECISIONS: USING OBJECTIVE DATA FOR PERFORMANCE IMPROVEMENT

Maximilian Lankheit (EXOS Performance Specialist)

15.10 OPPORTUNITIES AND LIMITATIONS FOR APPLYING SPORT SCIENCE IN THE FIELD

Panel discussion with the speakers

Firstbeat brings years of physiological expertise and heart rate variability research to your team and takes the guesswork out of your coaching decisions! The performance monitoring platform Firstbeat Sports allows monitoring and sharing critical performance data across the coaching staff. The method for tracking the training load and recovery is based on advanced analysis of beat-by-beat heart rate data and heart rate variability (HRV).

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