

# What can Sports learn from Overnight Assessments?

Nigel Stockill  
Performance Director  
Firstbeat UK

# PERSONALIZED INSIGHTS FOR HEALTH AND PERFORMANCE

## PROFESSIONAL SPORTS

More than 22 000 professional athletes and 1000 teams worldwide use Firstbeat solutions to improve performance.



## WELLNESS SERVICES

More than 350 000 people around the world have undergone the Firstbeat Lifestyle Assessment to improve their personal well-being & performance

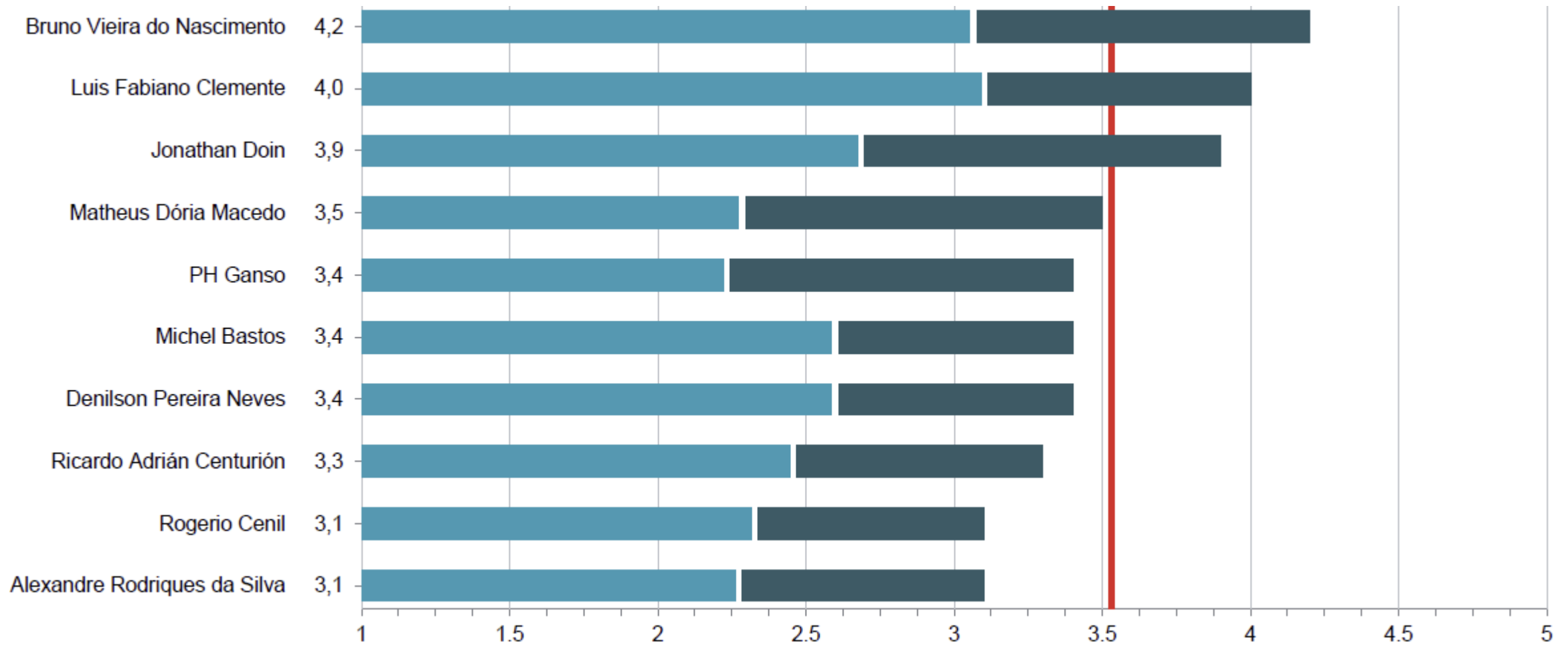




# REAL TIME TRAINING LOAD MONITORING



# IDENTIFY INDIVIDUAL TRAINING RESPONSES AT A GLANCE



# QUICK RECOVERY TEST

Assess the recovery of the whole team in 3 minutes – Onsite or remotely!

**FirstbeatSPORTSMonitor**

Navigation: DASHBOARD | TEAM MANAGEMENT | MONITOR | **QR TEST** | WELCOME

**ATHLETES**

Belt ID	Athlete	HR	Test status	Test result	Start / Stop
8587358	MICHEL BASTOS	48	✓ Test completed	96%	▶
8589342	LUIS FABIANO CLEMENTE	48	✓ Test completed	86%	▶
8593289	RICARDO ADRIÁN CENTURIÓN	67	✓ Test completed	86%	▶
8587324	ALEXANDRE RODRIQUES DA SILVA	62	✓ Test completed	72%	▶
8595013	MATHEUS DÓRIA MACEDO	50	✓ Test completed	66%	▶
8584552	JONATHAN DOIN	53	✓ Test completed	58%	▶
8585875	BRUNO VIEIRA DO NASCIMENTO	49	✓ Test completed	58%	▶
8585950	PH GANSO	48	✓ Test completed	56%	▶
8594949	ROGERIO CENIL	45	✓ Test completed	45%	▶
8587282	DENILSON PEREIRA NEVES	43	✓ Test completed	26%	▶

**QUICK RECOVERY TEST**

Firstbeat test the recovery of your athletes before, during and after training. Suggest recovery strategies based on the results.

- Poor recovery
- Error
- All
- Recovery trends

**RECOVERY RESULTS**

- EXCELLENT 90 - 100%
- GOOD 70 - 90%
- MODERATE 30 - 70%
- POOR 0 - 30%

**START TEST FOR ALL**

**FIRSTBEAT**

# QUICK RECOVERY TEST



## Readiness



Indicates momentary stress.  
You may have slept poorly

You are in a relaxed state  
and ready to be pushed hard

## Recovery



You are dealing with some  
load accumulation

You are well recovered and  
handling the current Training  
Load

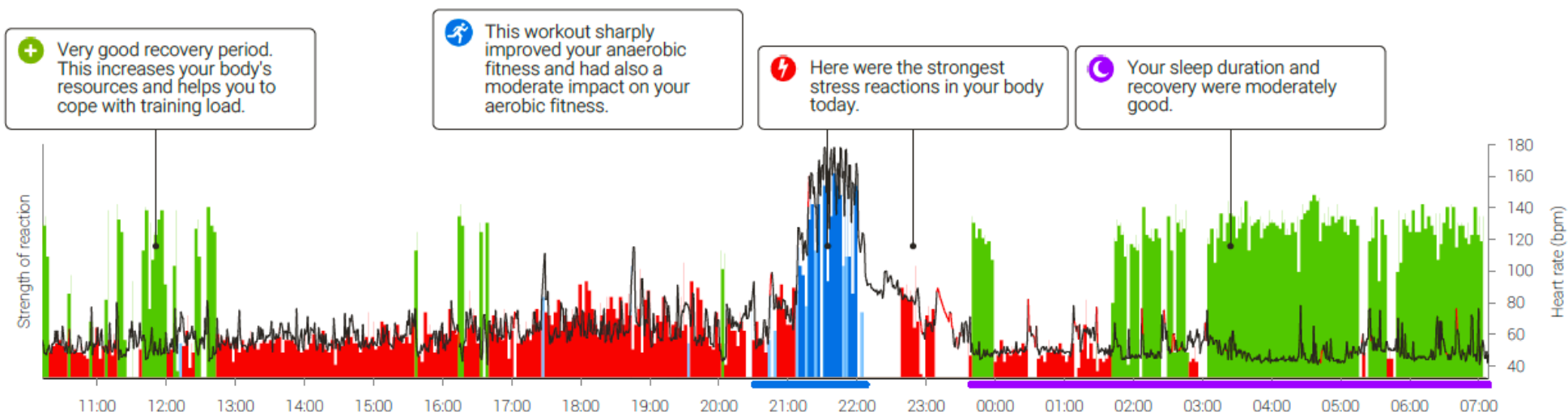
## Risk of accumulated fatigue



You are at increased risk  
of accumulating fatigue.  
Continue to monitor

Less than 1 week since "good"  
recovery. Continue as normal

# 24/7 ATHLETE



● **Stress reaction** means an elevated activation level in the body. The reaction can be positive or negative.

● **Recovery** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day.

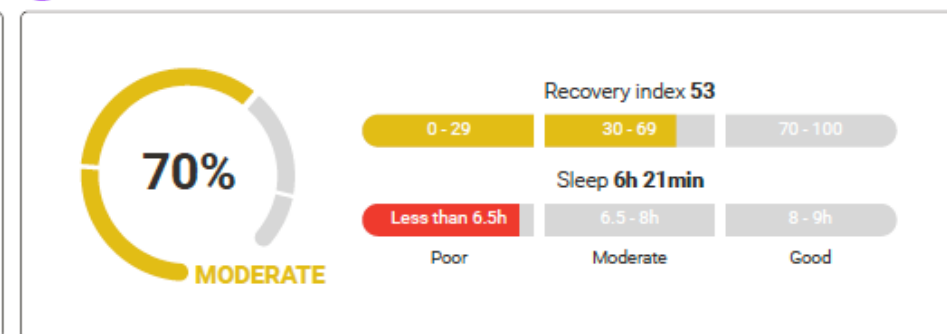
● **Exercise** means activities when intensity is over 40% of person's maximal capacity.

● **Light physical activity** means daily activities when intensity is elevated from resting level.

## 24H STRESS & RECOVERY BALANCE



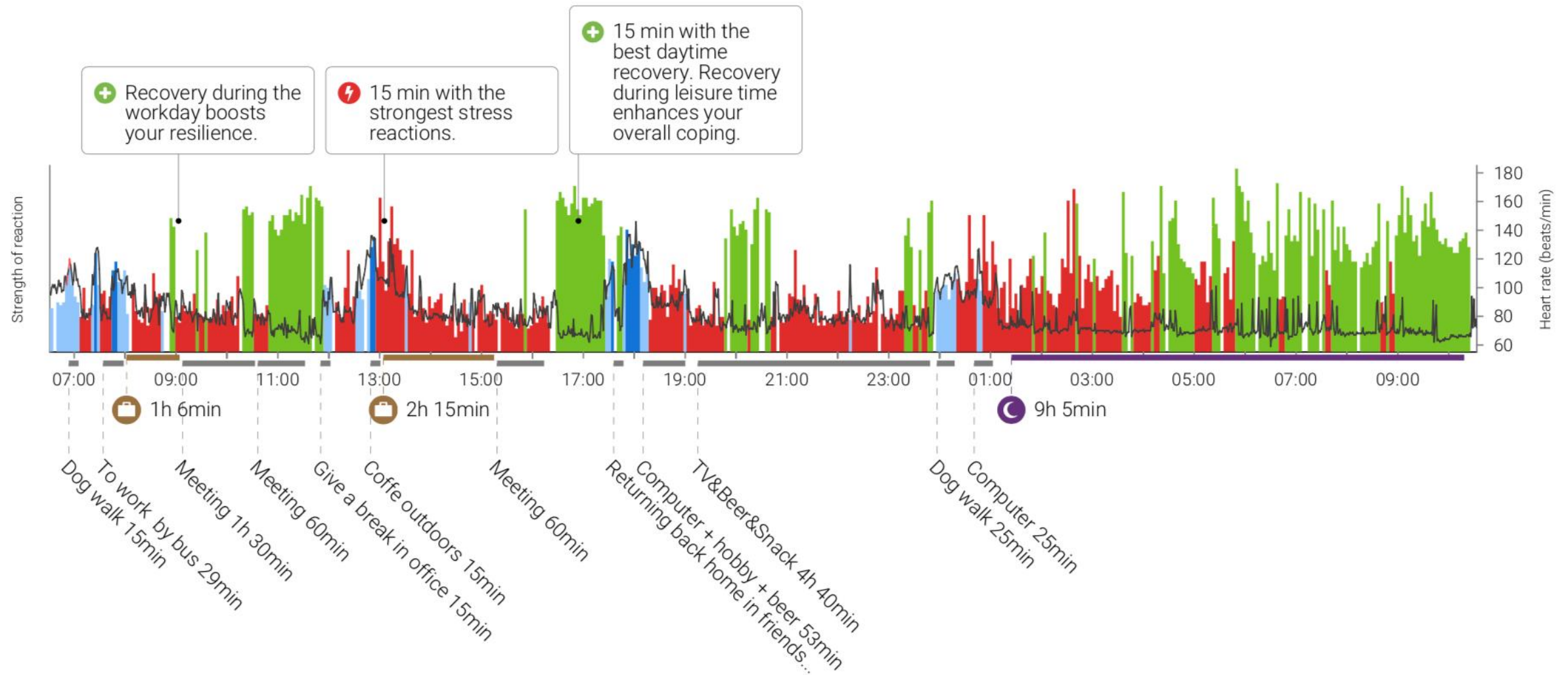
## OVERNIGHT RECOVERY





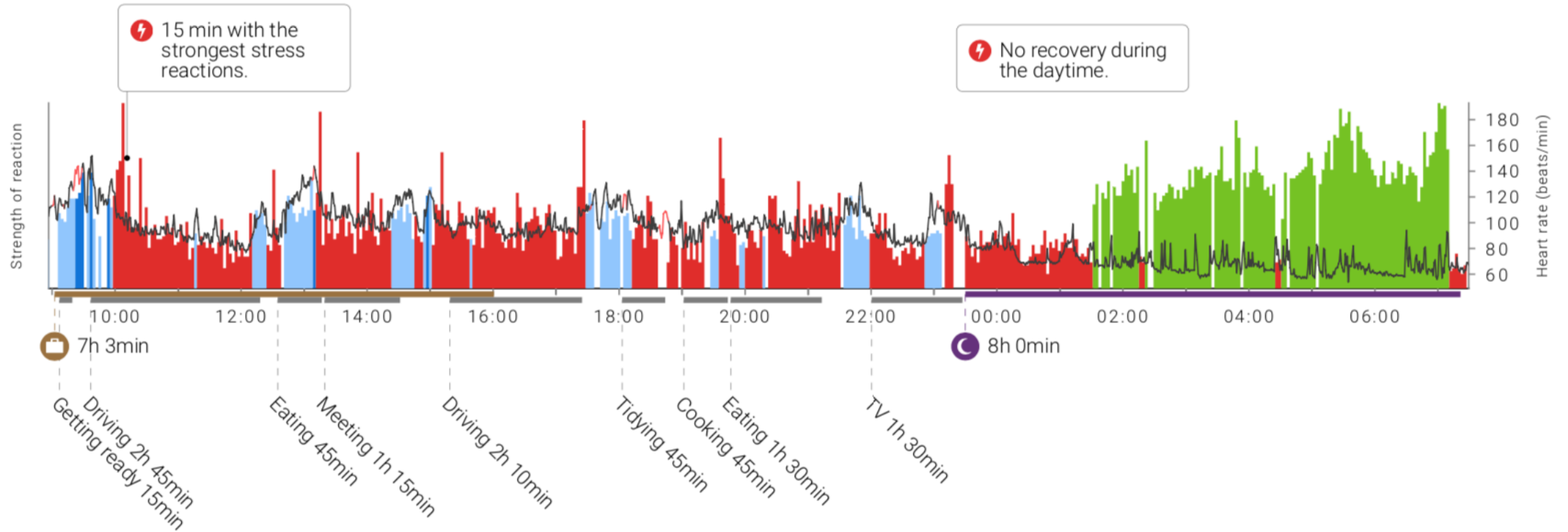
# BEER, LATE NIGHT EXERCISE AND COMPUTER

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 0%



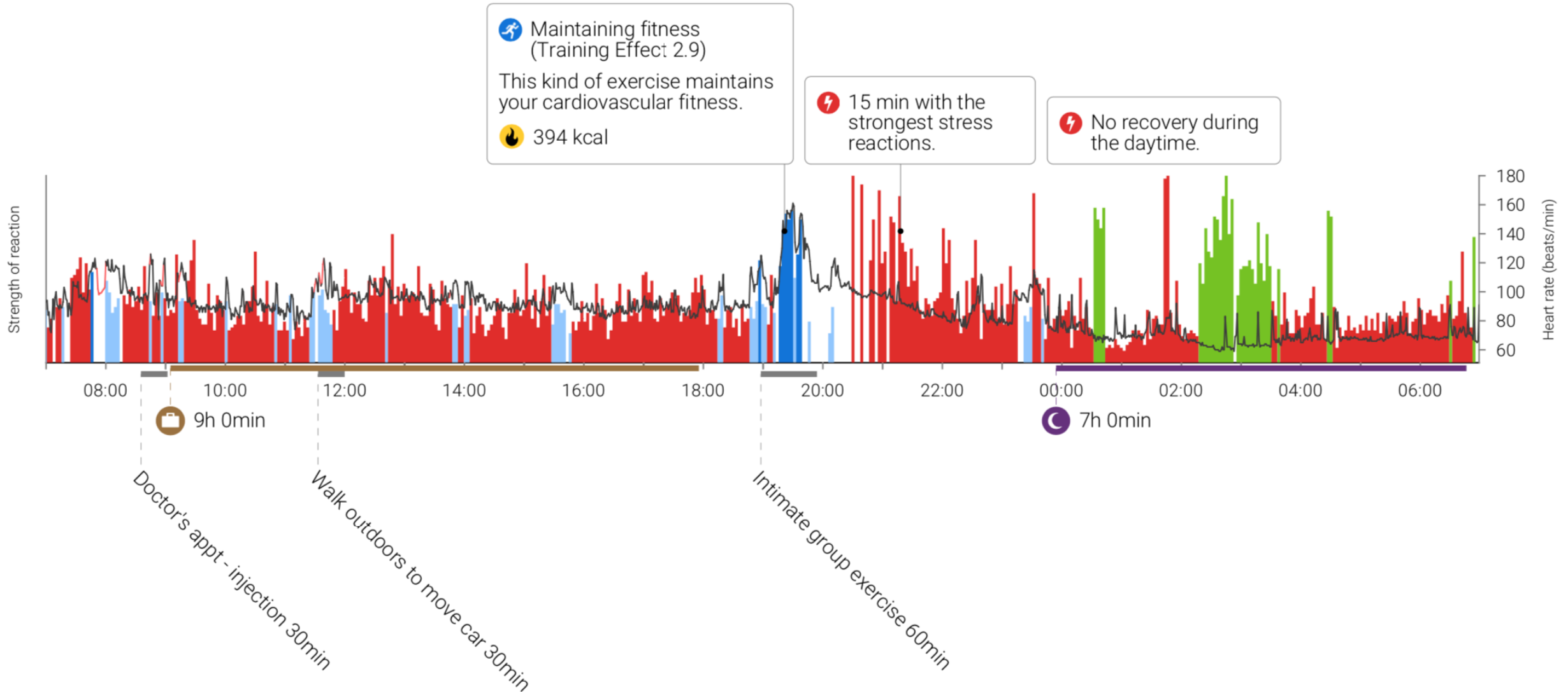


# LATE NIGHT TIDY UP

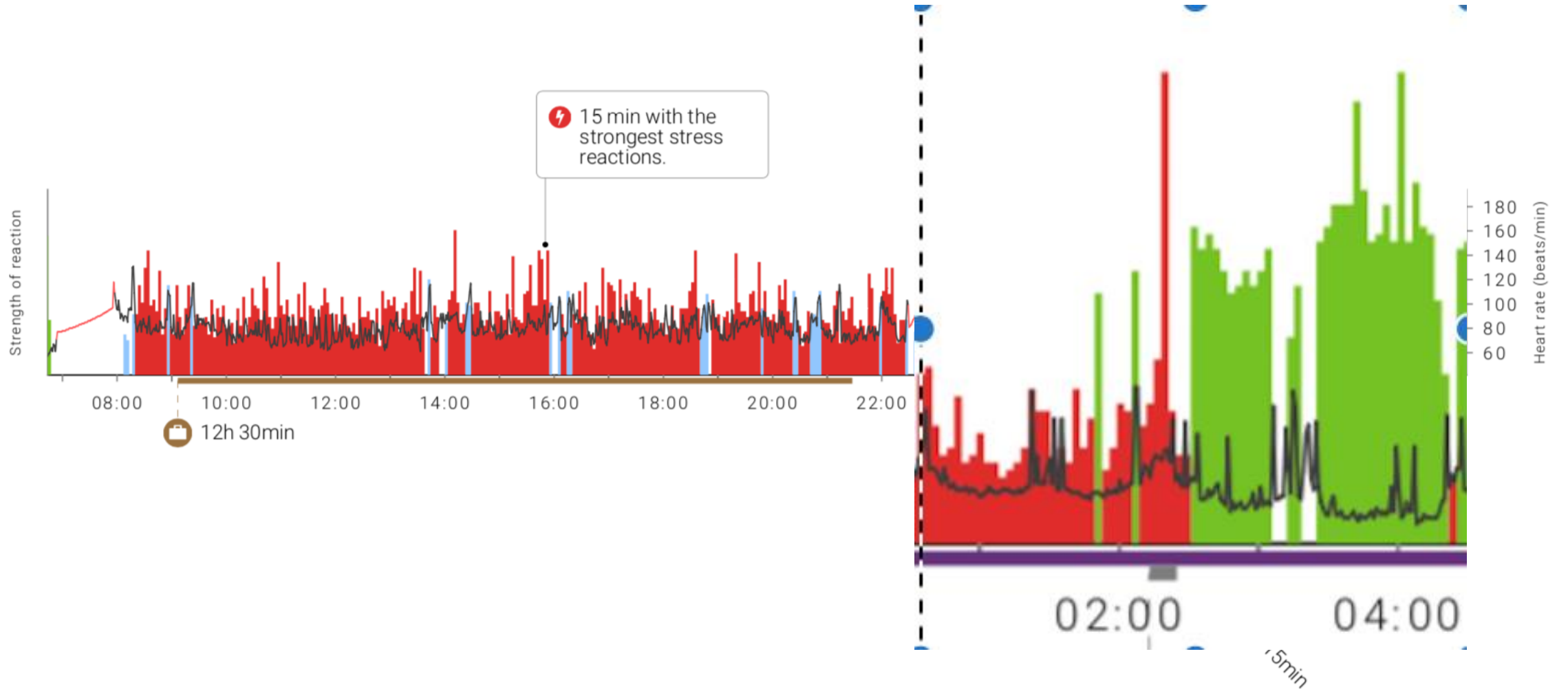


# LATE NIGHT 'EXERCISE'

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity — Heart rate — Missing heart rate 1%



# OVERHEATING





Irrespective of being a Sporting or a Corporate Athlete we're all individuals, and what works for some, might not work for everyone. The answer has to come from within.

With the right science backing you up, you can make confident choices to help you and your Teams reach your health and performance potential.

**You have it in you.**



Thank you!