

TrainUp+

**Training sessions whose results are understood
by the parents, athletes and coaches**

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A LOT OF CONFUSING METRICS

HSR

HRR

HR1

TTS

W/kg

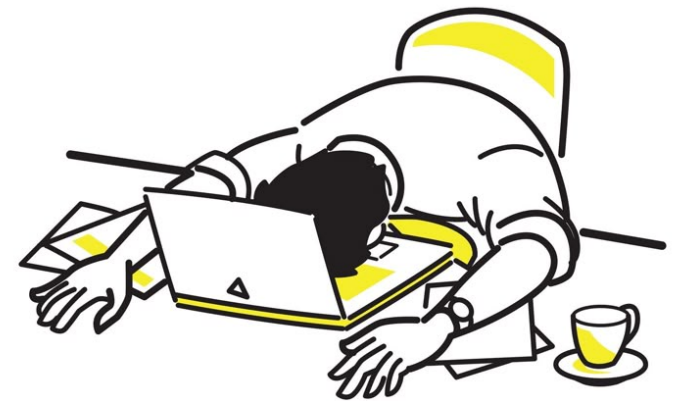
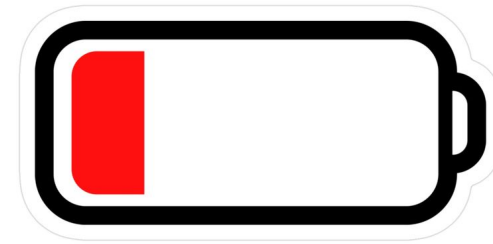
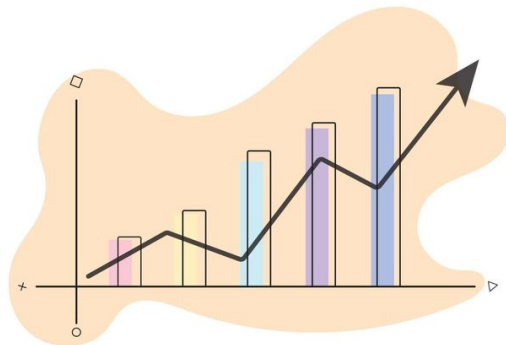
HMDL

PHV

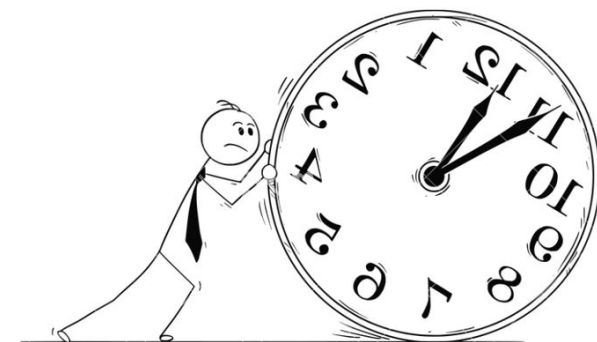
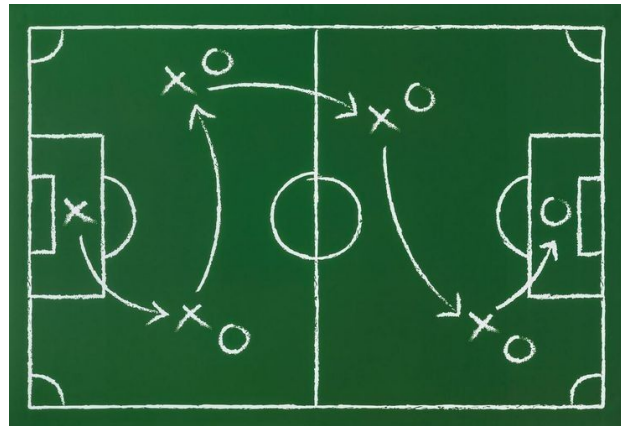
HR2



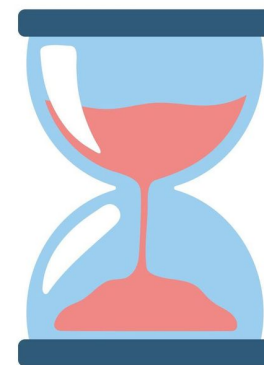
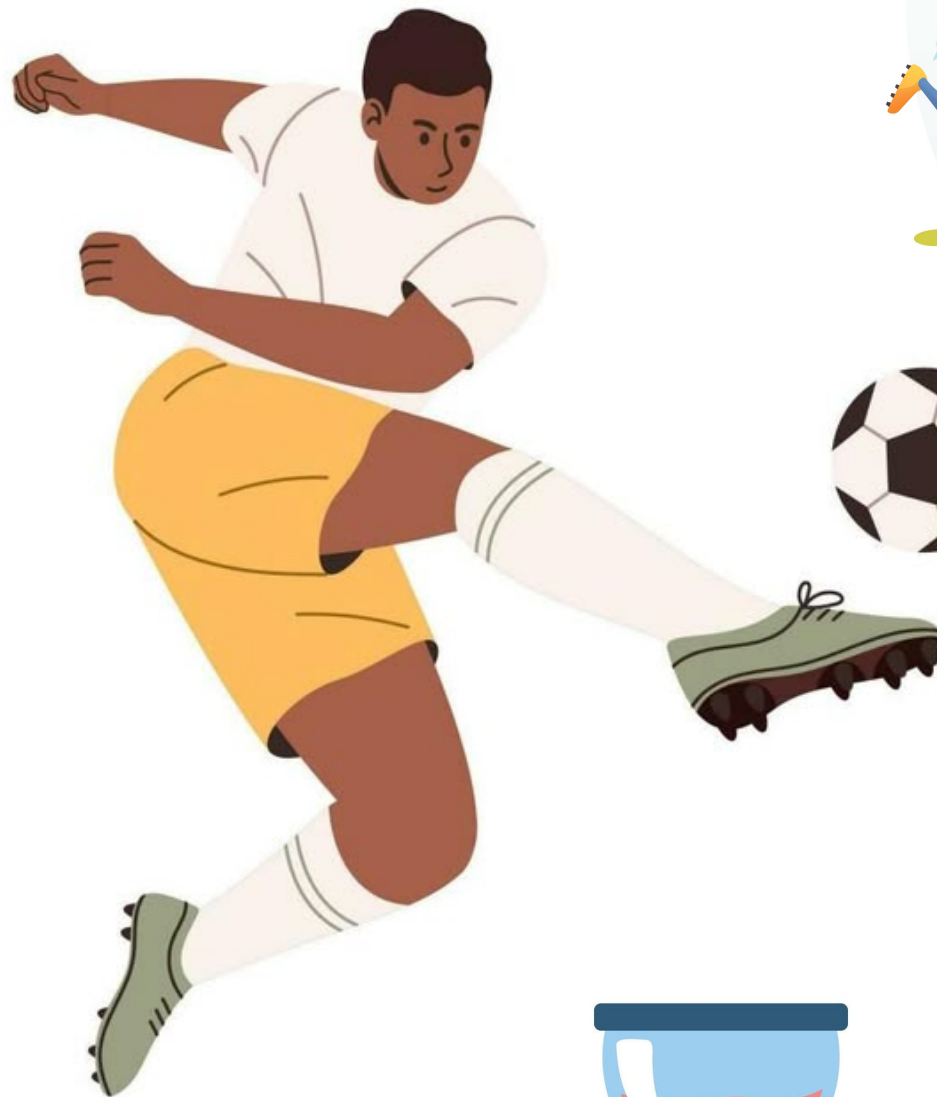
FOR PARENTS



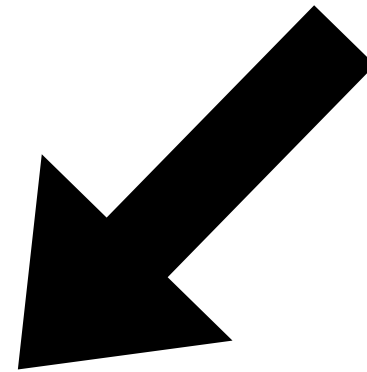
FOR COACHES



FOR PLAYERS



YOUNG TALENTS



THE BIG PICTURE



FOR PARENTS

This week, Adam improved his sprint speed by 5%. His fitness is stable, but pay attention to rest after hard training sessions.



FOR COACHES

The U-15 group had a very hard training session today. Three players, including John Smith, are showing first signs of being tired. We suggest an easier session tomorrow.



FOR PLAYERS

Alex, based on your speed, dribbling skills, and playing style, you play like Neymar. Keep working on your decisions in the attack.

This is how you find the next Ronaldo

years before anyone else even knows where to look