BCLFC Fitness Monitoring System

Hard Work Will Beat Talent,
If Talent Doesn't Work Hard.

Overview

This system provides a facility for BCLFC players to record key data about their fitness sessions, matches and daily metrics. Session data is summarised and can be displayed as a weekly overview. It also allows BCLFC coaching and sports science staff to monitor player activity and easily identify potential instances of 'overtraining' or 'undertraining'.

This document is a guide to the various features of the system.
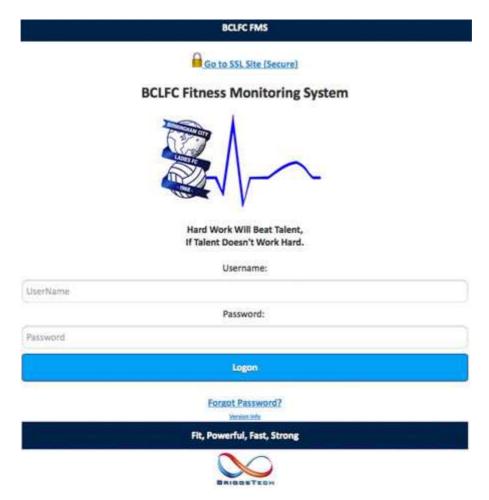
Key Features

Below are some of the key features of the Fitness Monitoring System

- Recording of fitness session information
- Recording of match information
- Recording of daily metrics
- Weekly overview of fitness session and match data
- Graphical view of Daily and Weekly player load data
- Ability for coaches to view player data for their team
- Ability for sports scientist/centre manager to view data for all players
- Ability for administrator to configure teams, players, fitness activities
- Ability for sports scientist to configure optimum training load per team/age group
- Role based access (Administrator, Head Coach, Team Coach, Player)
- Automatic weekly coach report emails
- Optimised for use on mobile devices
- Real time data entry
- Secure, user friendly and accessible 24/7

Getting Started

The system can be found at www.teamfitnesstracking.co.uk/bclfc

To begin adding fitness sessions a unique username and password will be provided to each player allowing them to logon via the following screen.

Weekly Overview Screen

This is the first screen that you will encounter once you have logged into the system. It provides a weekly summary of all your activity.

BCLFC FMS

| + Session | + Match | Sessions | Metrics |

Name: Holly Briggs
Team: Under 13s (70)

Session Overview

Optimum Load: 1750 - 3250

Week	#	TL	ML	Load	Mon*	Strain
20.01.2014	1	720	0	720	0.41	294
13.01.2014	9	2740	0	2740	1.31	3585
06.01.2014	11	3350	0	3350	1.48	4961
30.12.2013	8	2005	0	2005	1.04	2077
23.12.2013	5	750	0	750	1.09	817
16.12.2013	4	1090	0	1090	0.65	705
09.12.2013	5	2330	0	2330	0.91	2118
02.12.2013	7	2360	600	2960	1.41	4171
25.11.2013	6	2280	350	2630	1.04	2747
18.11.2013	8	2560	420	2980	1.21	3613
11.11.2013	6	1920	350	2270	0.93	2106
04.11.2013	7	2070	210	2280	0.97	2207

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* Values of Monotony over 2.0 are generally considered too high, values below 1.5 are preferable.

Weekly Load

Fit, Powerful, Fast, Strong

BRIGGSTECH

From this screen you can perform the following actions...

- **Add Session**
- **Add Match**
- **View/Amend Own Profile**
- **View Help Information**

- **Log Off**

Once you have some data recorded in the system it will be grouped by week and the following data will be displayed...

- **Week** - Week commencing date (Monday)
- **#** - Total number of weekly sessions recorded
- **TL** - Total weekly training load
- **ML** - Total weekly match load
- **Load** - Total weekly load
- **Monotony** - A measure of the variety of training (Values over 2.0 are generally considered too high, values below 1.5 are preferable)
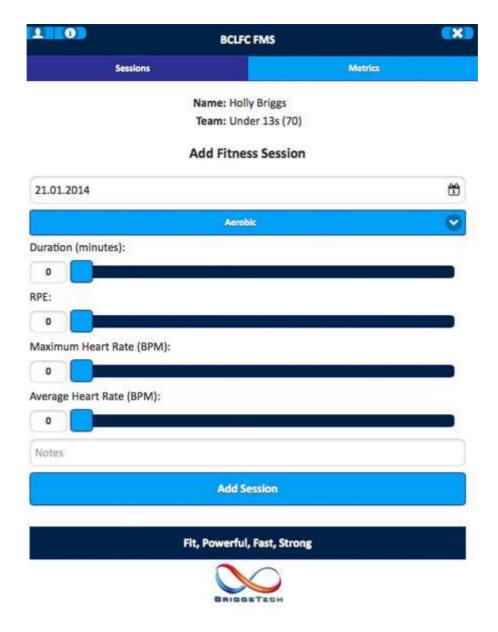- **Strain** - A measure of the likely training strain (Load * Monotony)

The Weekly Load Graph shows an overview of the last 12 weeks total load with the optimum load range included on the graph in red.

Add Data

The system provides the facility to add Fitness Session data and also Match Data.

Add Fitness Session

To add data for a fitness session, select the **Add Session** button from the Overview screen.

You will be prompted to enter the following data...

- **Date** - This will default to today's date or highlight the field and use the calendar to select a different date
- **Session Type** - Make a selection from the drop down menu
- **Duration (minutes)** - Use the slider to enter a value between 0 and 300
- **RPE** - Use the slider to enter a value between 0 and 10 for your Rate of Perceived Exertion
- **Maximum Heart Rate (BPM)** - Use the slider to enter a value between 0 and 250
- **Average Heart Rate (BPM)** - Use the slider to enter a value between 0 and 250
- **Notes** - Enter any particular details about the session

Add Match

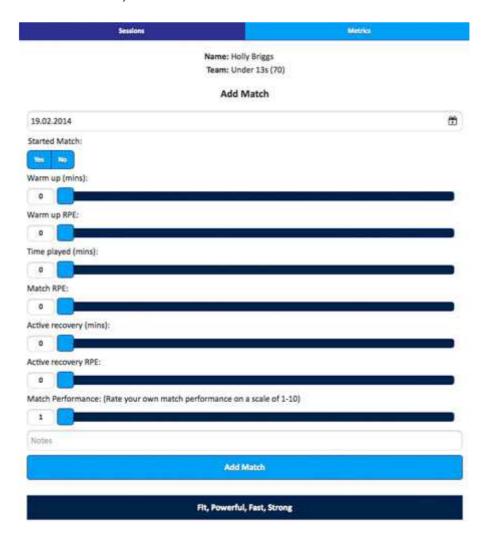To add data for a match, select the **Add Match** button from the Overview screen.

You will be prompted to enter the following data...

- **Date** - This will default to today's date or highlight the field and use the calendar to select a different date
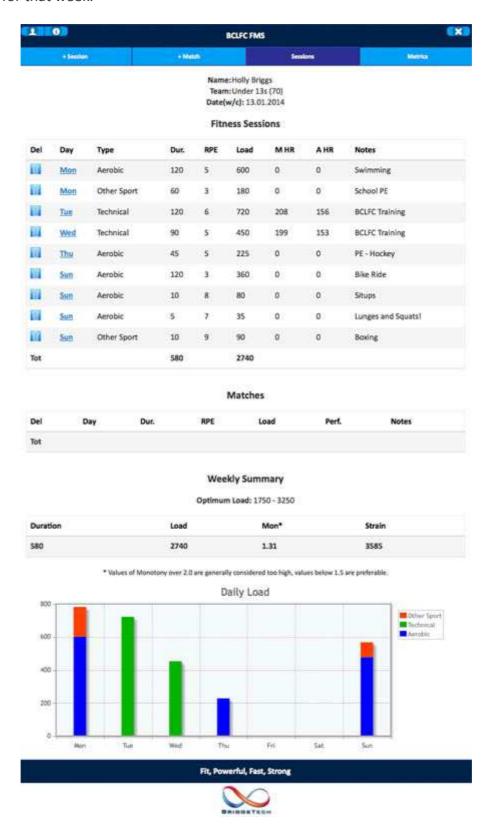
- **Started Match** - Yes/No choose whether or not you started the match
- **Warm up (mins)** - Use the slider to enter a value between 0 and 300 for your match warm up
- **Warm up RPE** - Use the slider to enter a value between 0 and 10 for your warm up Rate of Perceived Exertion
- **Duration (minutes)** - Use the slider to enter a value between 0 and 300
- **RPE** - Use the slider to enter a value between 0 and 10 for your Rate of Perceived Exertion
- **Active recovery (mins)** - Use the slider to enter a value between 0 and 300 for your match cool down
- **Active recovery RPE** - Use the slider to enter a value between 0 and 10 for your cool down Rate of Perceived Exertion
- **Match Performance** - Use the slider to rate your own match performance on a scale of 1-10
- **Notes** - Enter any particular details about the match

Entering a match creates three records on the database as follows:

- Fitness Record for Warm Up (Type WU)
- Match Record
- Fitness Record for Cool Down (Type CD/AR)

Display Weekly Detail

Selecting the date link from the Weekly Overview Screen will present the detailed data for that week.

						BCLFC FMS			
	+ Session		+ Match		Sessions		Metrics		

Name: Holly Briggs
Team: Under 13s (70)
Date(w/c): 13.01.2014

Fitness Sessions

Del	Day	Type	Dur.	RPE	Load	M HR	A HR	Notes
	Mon	Aerobic	120	5	600	0	0	Swimming
	Mon	Other Sport	60	3	180	0	0	School PE
	Tue	Technical	120	6	720	208	156	BCLFC Training
	Wed	Technical	90	5	450	199	153	BCLFC Training
	Thu	Aerobic	45	5	225	0	0	PE - Hockey
	Sun	Aerobic	120	3	360	0	0	Bike Ride
	Sun	Aerobic	10	8	80	0	0	Situps
	Sun	Aerobic	5	7	35	0	0	Lunges and Squats!
	Sun	Other Sport	10	9	90	0	0	Boxing
Tot			580		2740			

Matches

Del	Day	Dur.	RPE	Load	Perf.	Notes
Tot						

Weekly Summary

Optimum Load: 1750 - 3250

Duration	Load	Mon*	Strain
580	2740	1.31	3585

* Values of Monotony over 2.0 are generally considered too high, values below 1.5 are preferable.

Daily Load

Fit, Powerful, Fast, Strong

This screen is split into the following four sections...

- **Fitness Sessions**
- **Matches**
- **Weekly Summary**
- **Daily Load Graph**

Fitness Sessions

This section displays the following data...

- **Day** - Day of the week
- **Session Type**
- **Duration**
- **RPE** - Rate of Perceived Exertion
- **Load**
- **M HR** - Maximum Heart Rate
- **A HR** - Average Heart Rate
- **Notes**

Matches

This section displays the following data...

- **Day** - Day of the week
- **Duration**
- **RPE** - Rate of Perceived Exertion
- **Load**
- **Performance**
- **Notes**

Weekly Summary

This section displays the weekly totals for the following...

- **Duration**
- **Load**
- **Monotony**
- **Strain**

Daily Load Graph

This graph shows the daily breakdown of fitness activities by category.

Amending Sessions

To amend a session, from the Weekly Overview Screen, select the day link associated with the session you wish to update. The Change Session Screen will be displayed where you can amend the details of the session.

Deleting Sessions

To delete a session from the system, from the Weekly Overview Screen, select the delete icon associated with the session you wish to delete. A confirmation screen will appear where you should press the **CONFIRM DELETE** button to remove the session.

Add Metrics

The system provides the facility to add Daily Metrics Data. To add this data, select the **Add Metrics** button from the Metrics screen.

You will be prompted to enter the following data...

- **Date** - This will default to today's date or highlight the field and use the calendar to select a different date
- **Body Weight** - Enter your body weight in kg
- **Resting Heart Rate** - Enter your resting heart rate in BPM
- **Injured?** - Select Yes/No to indicate if you are currently injured
- **Details of Injury** - Enter the details of any current injury
- **Hours of Sleep** - Use the slider to enter your number of hours sleep
- **Sleep Quality** - Choose a smiley to rate from 1 to 5

- **Level of Fatigue** - Choose a smiley to rate from 1 to 5
- **Muscle Soreness** - Choose a smiley to rate from 1 to 5
- **Happiness** - Choose a smiley to rate from 1 to 5
- **Calorie Intake** - Enter your approximate calorie intake in the last 24 hours in kcal
- **Notes** - Enter any relevant daily notes

Use on an ©Apple Mobile Device

This system can be accessed as a Web App on an ©Apple device (iPhone/iPad). The advantage of this is that all of the Safari controls are removed from the screen making the system feel like a real App.

Using Safari navigate to the provided web address for the system. The system should prompt you to press the Safari button allowing you to "Add to Home Screen". Follow the instructions and the system will be added as a new icon to the home screen of your device.

System Support

If you encounter problems when using this system please email **support@teamfitnesstracking.co.uk**

And Finally....

Thanks for using the system and enjoy your training :-)