FIRSTBEAT

Firstbeat Sports

Athlete
Performance
Management

Firstbeat Sports

We've been helping coaches to win for over 22 years.

About Firstbeat

For more than two decades Firstbeat has been a pioneer in the use of physiological analytics to improve sports performance and well-being. Based on years of research we've developed an analysis of physiological measures to provide accurate insights into exercise, stress, recovery, and sleep.

Thousands of professional sports teams and wellness providers in more than 70 countries have used Firstbeat to reach individualized health and performance potential with science-backed confidence.

Firstbeat customer image
RASTA Vechta, Germany

Professional teams

1000+

Athletes

23.000+
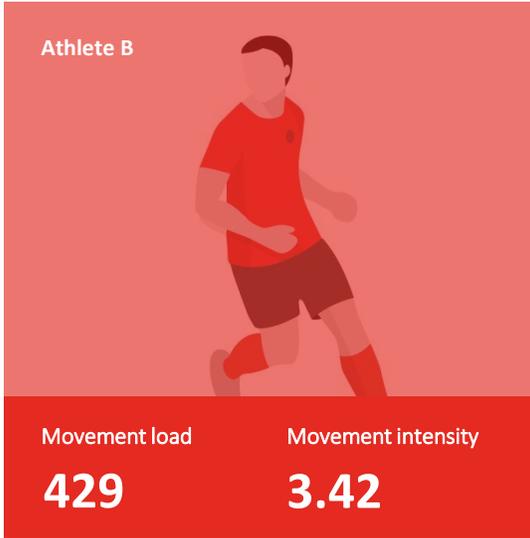
Publications

210+

Physiological database

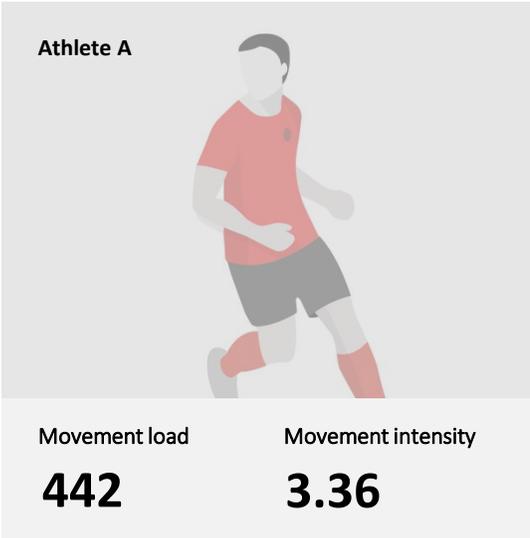5M+ records

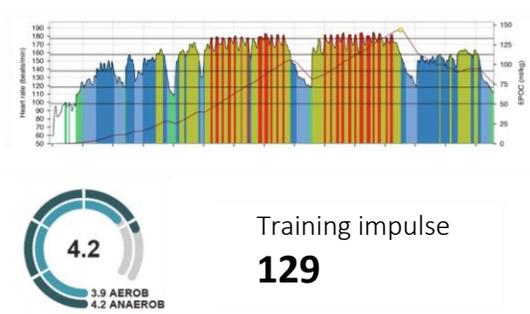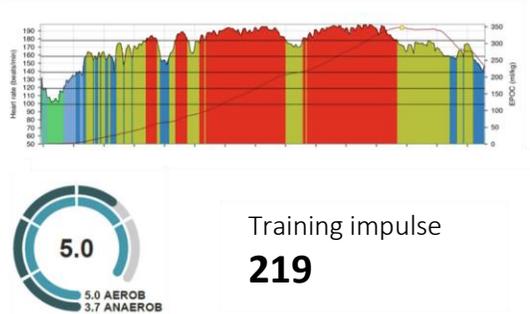Premier League

50%

NHL

50%

FIRSTBEAT

Every Athlete is Unique | **Internal Load Drives Their Training Outcome**

Only way to know players training response to given stimulus is to measure the internal load every session.

Nearly identical measured external load →

Completely different training response →

Result compared to the goal that coach set →

Athlete A

Movement load	Movement intensity
442	**3.36**

5.0
5.0 AEROB
3.7 ANAEROB

Training impulse
219

TOO HIGH

Athlete B

Movement load	Movement intensity
429	**3.42**

4.2
3.9 AEROB
4.2 ANAEROB

Training impulse
129

OPTIMAL

Athlete C

Movement load	Movement intensity
434	**3.39**

3.2
3.2 AEROB
3.1 ANAEROB

Training impulse
69

TOO LOW

**FIRSTBEAT**

Leading Athlete Performance Management

Firstbeat Sports

Optimize players training in real-time and after sessions with the leading physiological performance modelling and analysis

- Individualize training with easy-to-use automated workflow and reporting

- Understand each athlete's unique physiological capabilities to assess their training loadand progress correspondingly

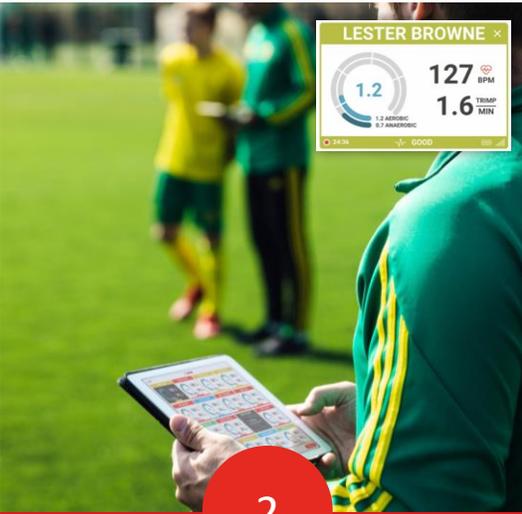- Make adjustments to each players training plans with confidence to optimize their game day readiness and performance

Automated Workflow | Save Your Time For Actual Coaching
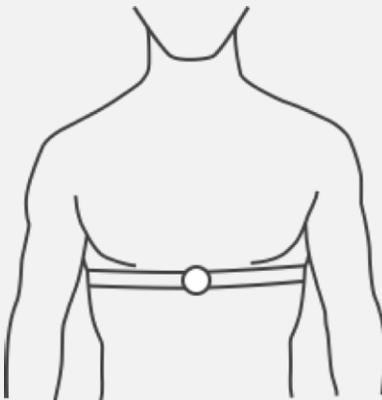
1 Automated recording

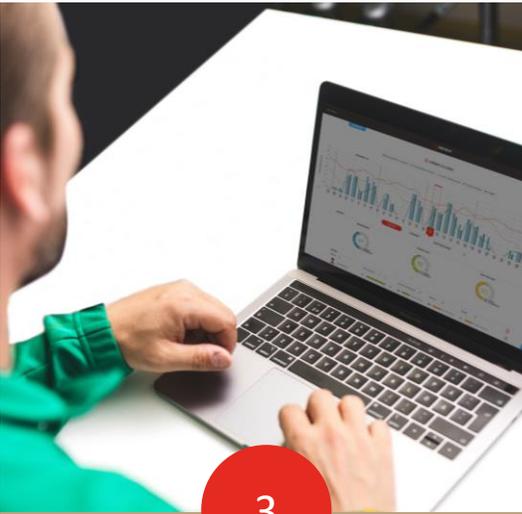LESTER BROWNE ×
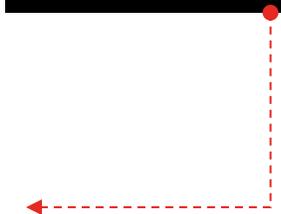1.2
127 BPM
1.6 TRIMP MIN

2 Real-time monitoring

3 Automated download

4 Automated reporting

Available API integrations

Topteamal   KINDUCT   KINEXON   smartabase   KITMAN LABS   gpexe   ApolloV2

FIRSTBEAT

Features | **Key Physiological Metrics**

Our analytics has been developed together with the leading coaches from all major leagues.

The philosophy behind has been "Train as you play".

Overall the plaform consists 50+ performance analytic outputs to help you in optimizing your squad and athletes.

Training Impulse & TRIMP/min
Metric describing and comparing the training load, intensity and density for single session or drills

Acute load and ACWR
Compare acute (7d) and Acute Chronic (28d) Workload Ratio to keep the training load in balance

24h stress and recovery
Pro-grade HRV measurement to track daily stress and sleep

Training Effect
Easy to understand metric describing the training impact on aerobic and anaerobic performance

Time in Highest Zone
Use to optimize required intensity of training compared to game demands

Quick Recovery Test
3-minute test with individualized scale recovery score (0-100%) to identify readiness and recovery

Movement Load & Intensity
3D acceleration based metric describing and comparing external load, intensity and density for single session or drills

Heart Rate Recovery
See how the player is recovering from high intensity drills compared to baseline or pre-injury level

Learn more at https://www.firstbeat.com/en/team-solutions/sports-solution/

FIRSTBEAT

Differences in measurement methods

WHY PRIORITIZE THE ACCURACY OF PERFORMANCE DATA?

Vest Sensors

Data quality
High: 69 %
Low: 31%

Measured data is averaged:

Firstbeat Sports Sensor

Data quality
High: 95 %
Low: 5%

Reveal details with laboratory level accuracy:

FIRSTBEAT

Almost like an extra staff member

In any data related means our experts are happy to help you in any form. For example:

- Custom reports
- Annual reports
- Club wide analysis

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Firstbeat Big Data – 5 million measurements

Heart Rate Zones

Using our Firstbeat Sports big data of more than 5 million measurements we have analyzed the time athletes spend in each heart rate zone across different sports!

Heart rate zones indicate the energy systems athletes engage in during each moment, from Zone 1 (50-60% HRmax) to Zone 5 (90-100% HRmax).
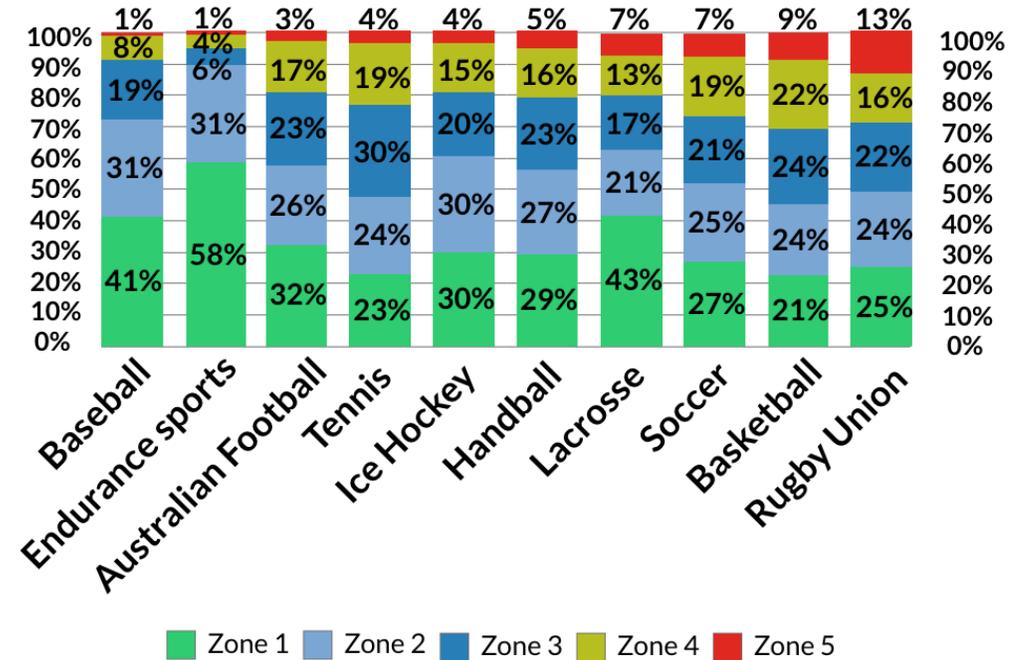
Data-driven Player Pathway

How do we do it?

- **Top Tier requirements:** Know what the in-game differences are between your men and juniors.
  - Game Load (Internal & External)

  - Game Intensity (Internal & External)
  - Recovery requirements during games
  - Movement Efficiency

- **Training analysis:** Know how does the training from Men and juniors differ
  - Load (Internal & External)
  - Intensity (Internal & External)
  - Time in Zones

- **Total season numbers:** Know what kind of training characteristics each age group has.
  - Total Training time

  - Total Training amount
  - Total Load (Internal & External)
  - Total Time in Zones

  - Recovery maximums

All these divided by team, position and athlete

Firstbeat

Committed to Customers

Stay Ahead of the Game

We commit to **continuous** product innovation and development together with our customers. We listen carefully about our customers needs when we define our roadmap and create new innovations.

TRIMP/min & Movement Load Peak values

Automatic Data Upload

Game Report

Athlete Weekly Report

2023-2024

New
Heart Rate Recovery
Weekly Report
Real-Time Lap Management
Automatic Network Detection

New
Maximal Intensity Periods
Automatic Data Download
Athlete Weekly Report
Game Report

2021-2022

Manual Exercise Input
Athlete App Update
Time series and
raw data export

Real-time HR Graphs
Advanced Quick Time
Recovery
Bodyguard 3

2019-2020

TRIMP / min
ACWR and Training Status
New Dashboard
Launch of Coach App & Sensor
Lap Management

Garmin Connect API
Movement load Intensity
Advanced sessions management
Launch of Sports Athlete App 2.0

2017-2018

Launch of Athlete app 1.0
Updated Cloud Dashboard
Anaerobic Training Effect
Support for Data Export

Athlete Dashboard
API Integration support
Sports Athlete App update
Stress and Recovery

2015-2016

Launch of Sports Monitor
Updated Training Effect

Quick Recovery Test (QRT)
Coach Dashboard

FIRSTBEAT

How to contact?

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I am working closely with our clients to maximize the potential of their data for gaining valuable insights. My goal is to make sure they are able to make better decisions in player development, performance optimization and injury prevention.

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