

MyPerfectCoach

Train hard when you can and easy when you need

Introduction

Using Technology and data to make the boat go faster

Henk-Jan Zwolle

- Founder and CEO
- Exercise physiologist
- Olympic gold medalist

How to get gold

20 year quest to improve

- Recovery is key
- Heart Rate Variability
- Easy data acquisition
- Sharing data to coaches
- Individual norms



How to get gold

20 year quest to improve

- Recovery is key
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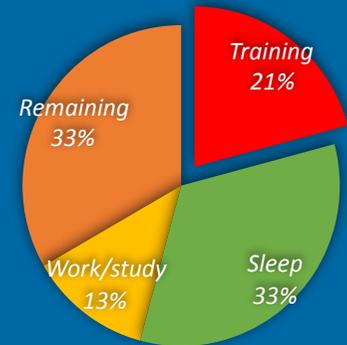
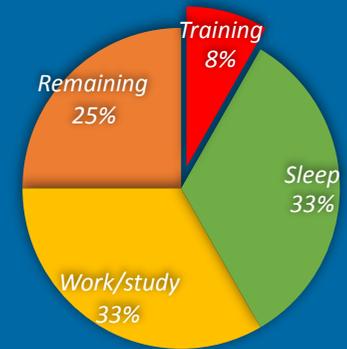
Recovery

Prest Performance

Training load

Performance

Recovery

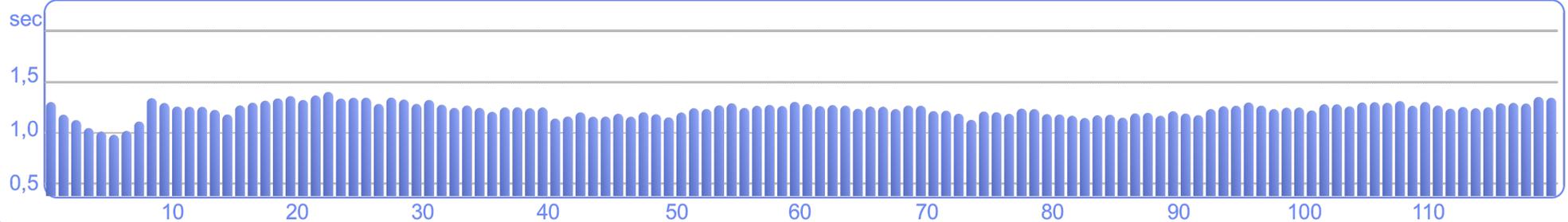


Heart Rate Variability

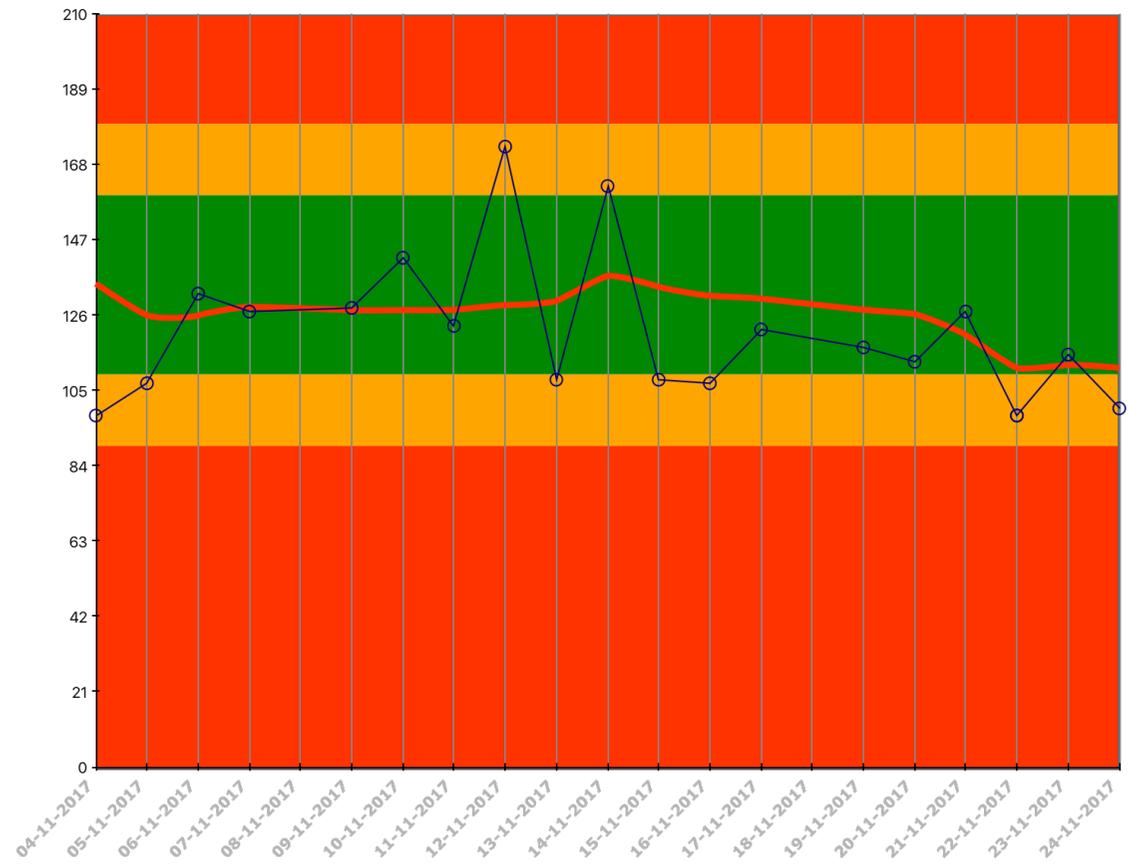


Heart rate: 50

Heart rate variability: 110



Heart Rate Variability



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Easy data acquisition Athletes App

Morning

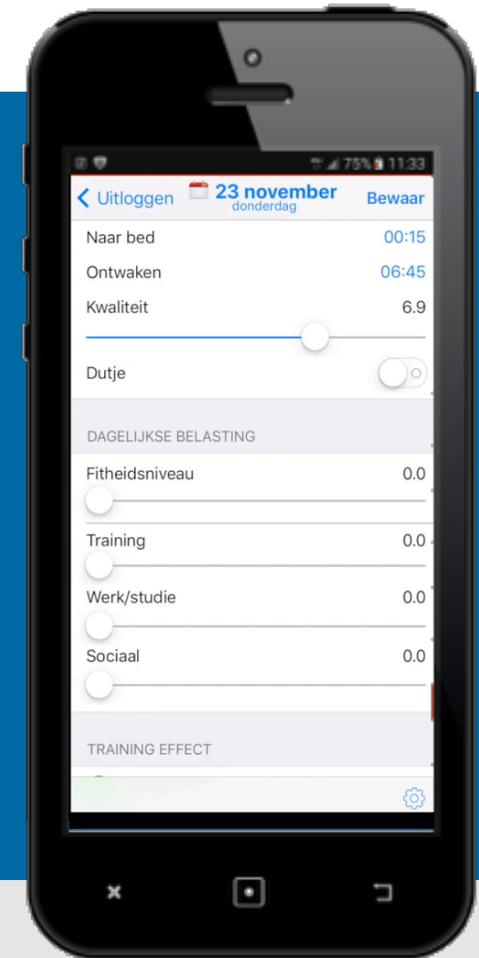
- HRV measurement + Sleep evaluation (3 minutes)

Evening

- Evaluation of the day (30 seconds)

Training evaluation

- Send your data
- Annotate your training (30 seconds)



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Morning

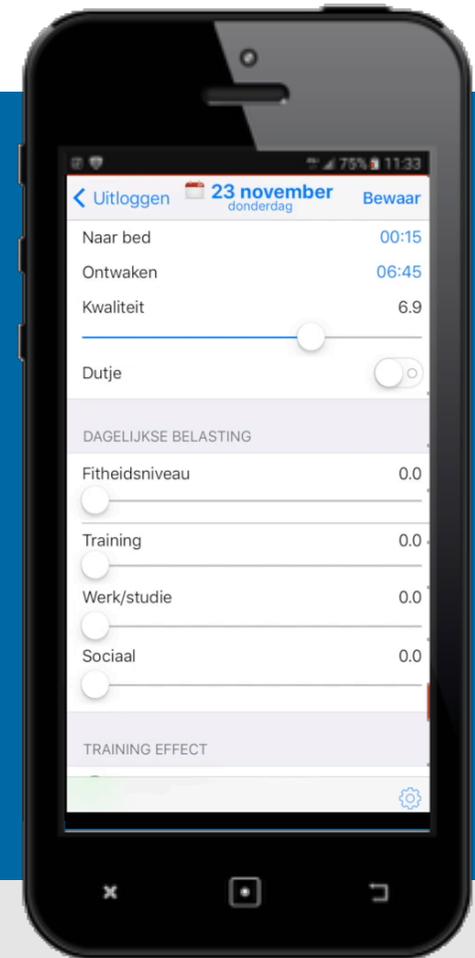
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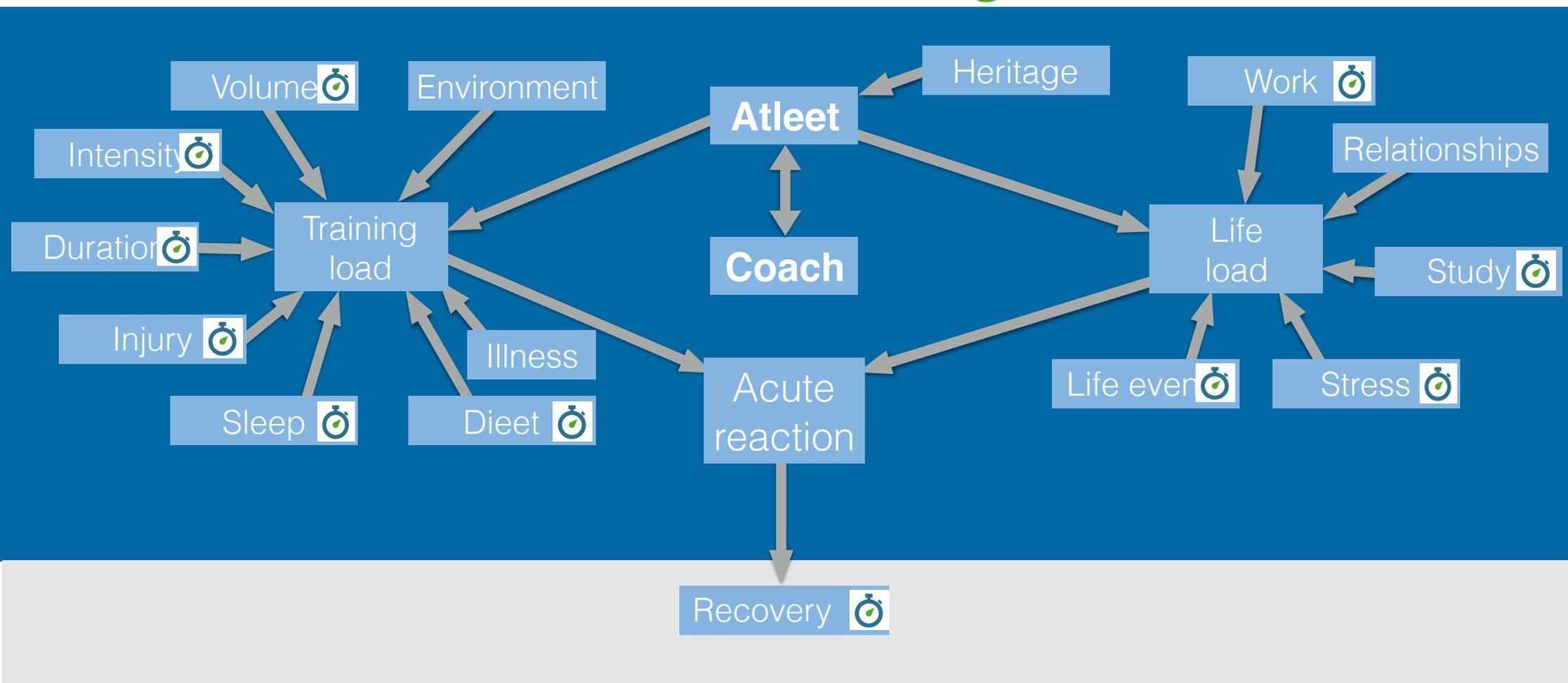
- Evaluation of the day (30 seconds)

Training evaluation

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Sharing Data



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Sharing Data



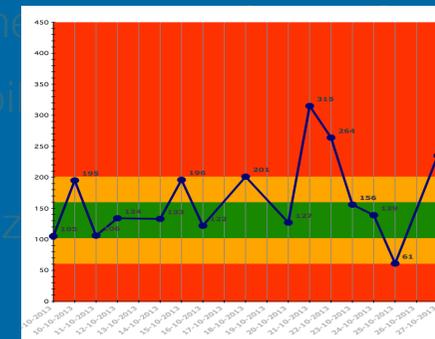
Duration

Volume

Intensity

Training

Performance



Recovery

Environment

Injury

Sleep

Dieet

Work

Relationships

Study

Illness

Stress

Life events

Heritage

Prestatie van vorige

Tijd

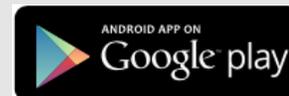
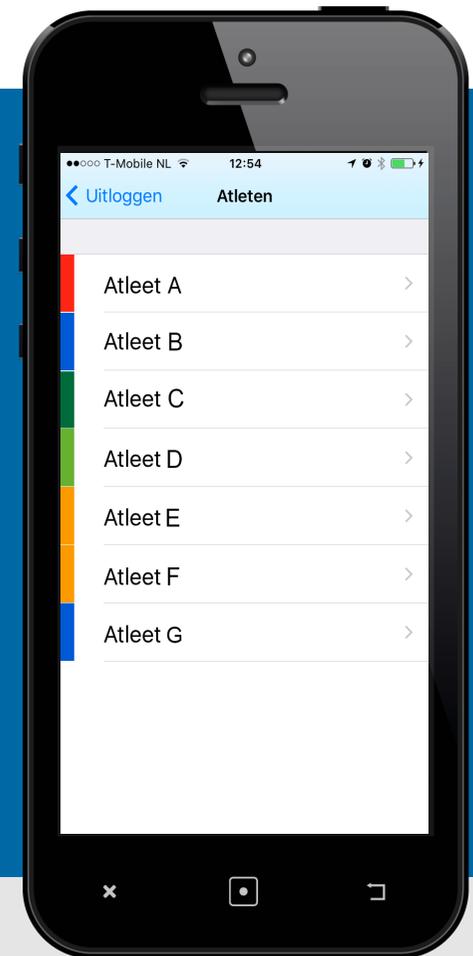
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Train hard when you can and easy when you need

Sharing data Coaches App

Status of all your athletes

- Performance capability
- Causes of low capability
- Alter program individually
- Send message to athletes
- View training results
- ...
- Performance forecasting
- Reports



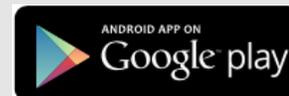
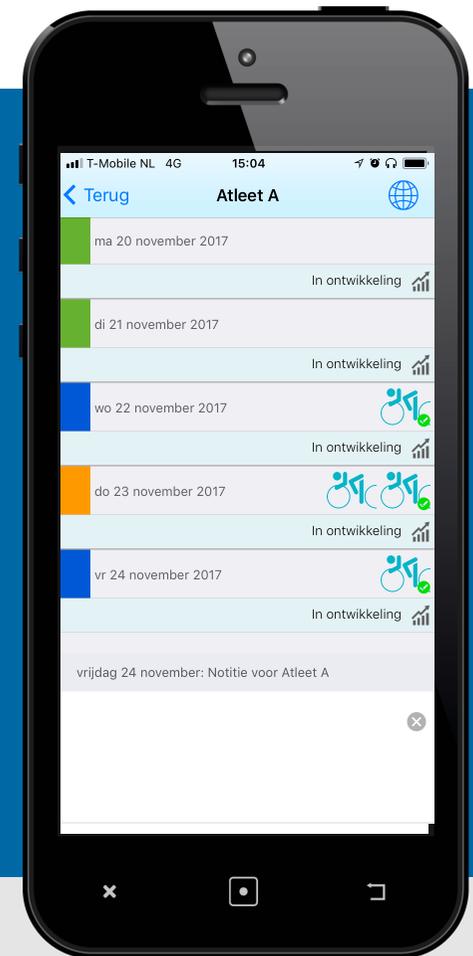
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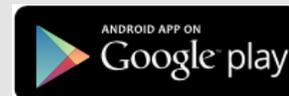
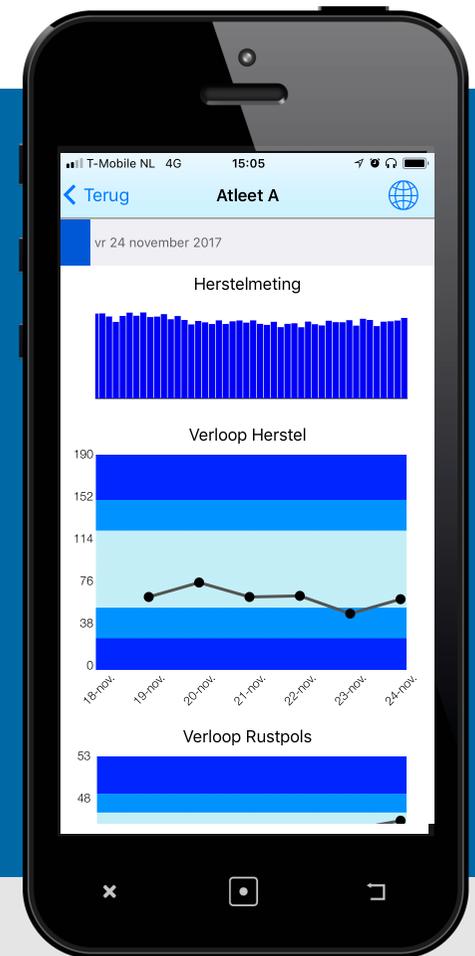
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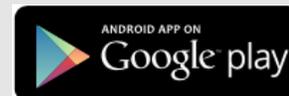
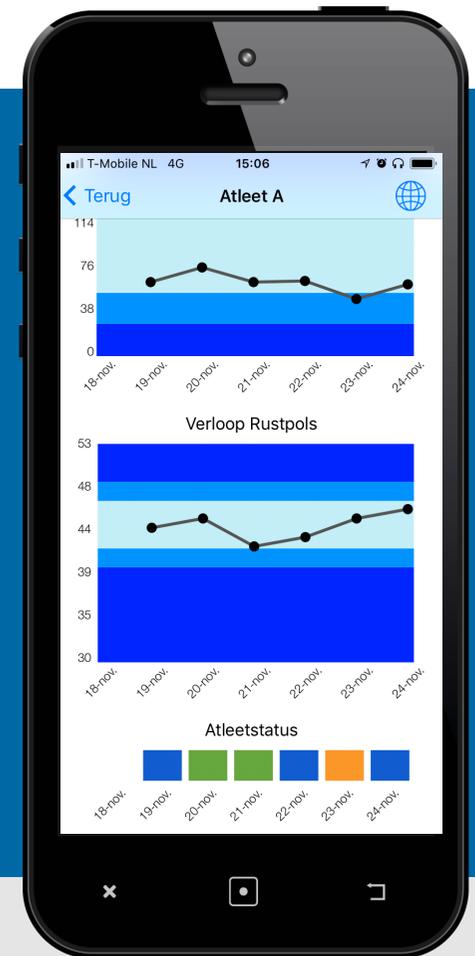
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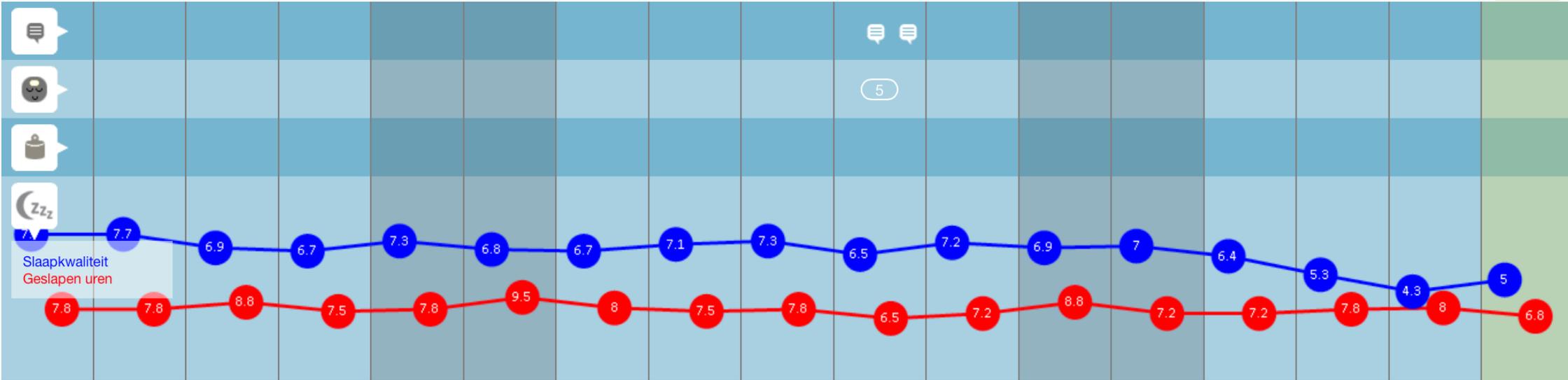
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Sharing data Website

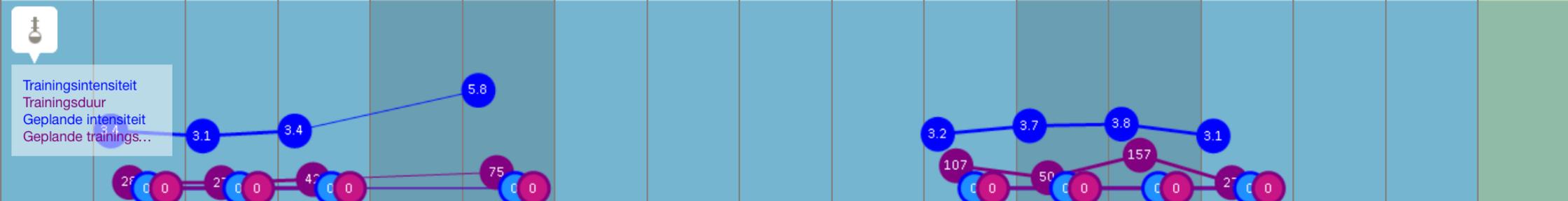
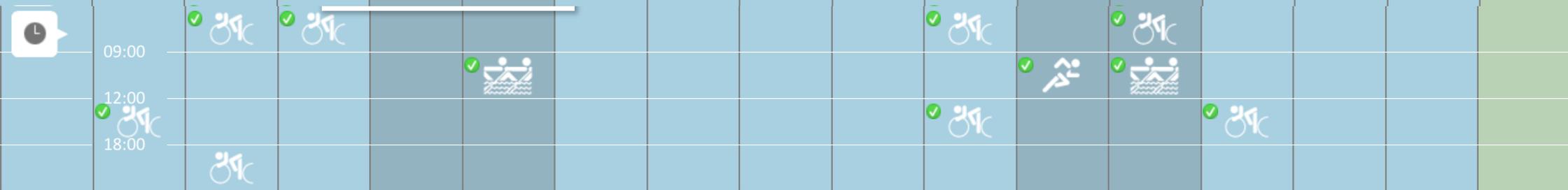
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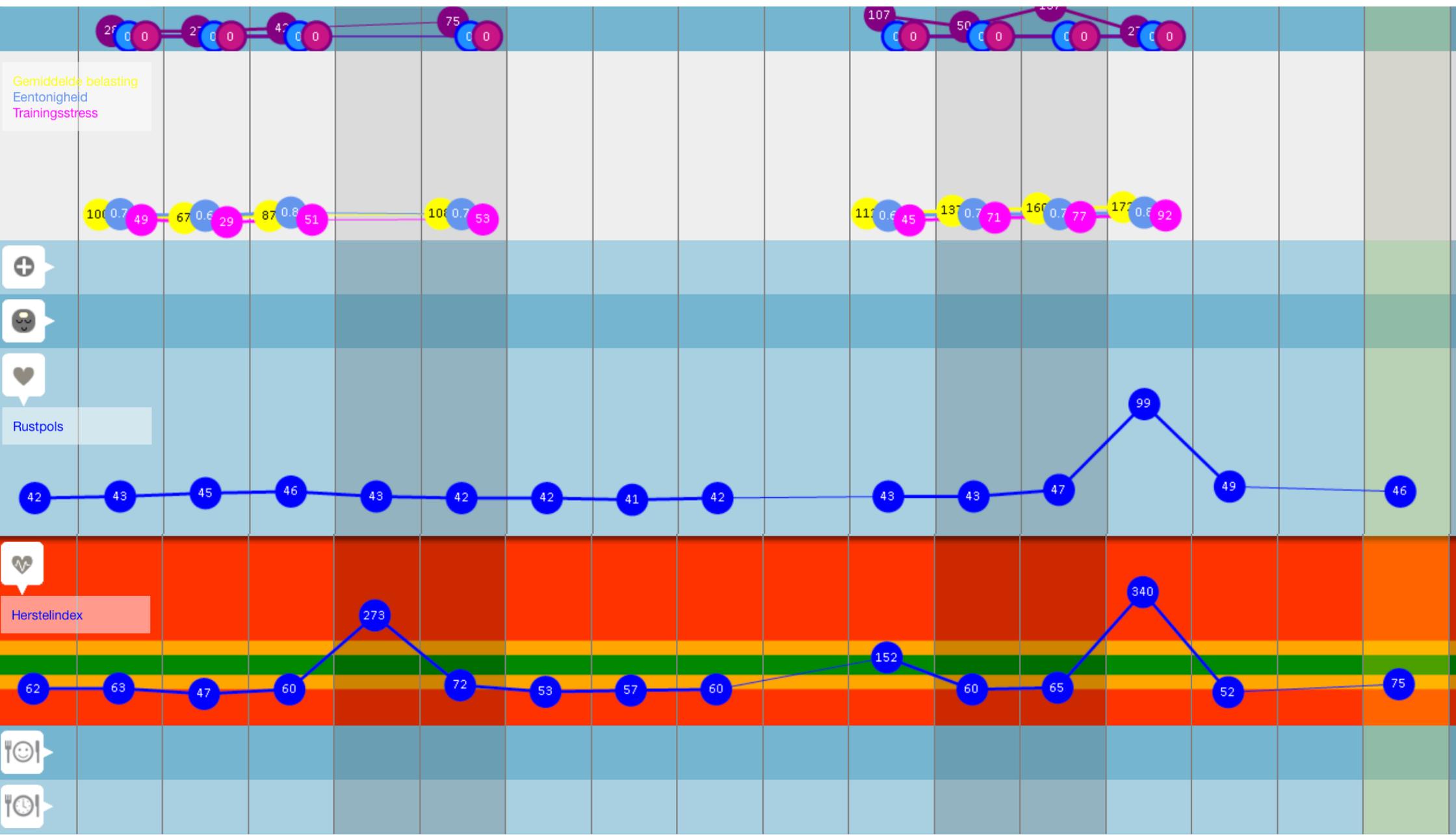
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MyPerfectCoach

Train hard when you can and easy when you need

The team

The team



Henk-Jan



Erik



Arnold



Jacques



Bas



Ad



Sylvester

MyPerfectCoach

Train hard when possible, rest when you must



www.MyPerfectCoach.com

Leave a note when your interested