

GPS data courtesy Michael Nelson (Geelong Grammar)

The protocol used for is that of the YoYo Test Pro Apps for the iPhone:

- YoYo Test Pro - Intermittent Recovery 2

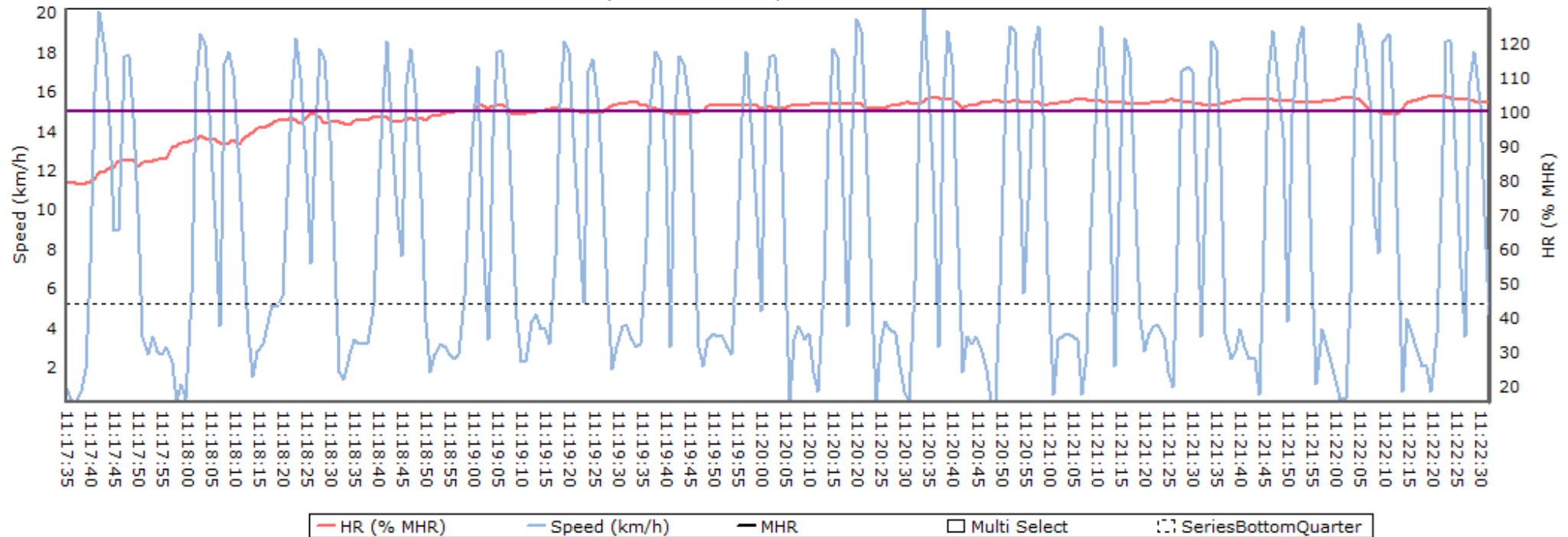
Analysis - VCE PE Male Student Yo-Yo : Yo-Yo test

Graph Table Summary Sprint Map Zones Accelerometer



MHR % MHR MSPD % MSPD

Player : VCE PE 2012, Session : Jacob Yo-Yo



Analysis - VCE PE Male Student Yo-Yo : Yo-Yo test

Graph | Table | Summary | Sprint | Map | Zones | Accelerometer



Summary | Distance | Speed | Heart Rate | Splits by Time | Splits by Distance

Athlete Name	Start Time	Interval
VCE PE 2012	11:17:34 26/04/2012	00:04:57
Session Name	End Time	Analysis Zone
Jacob Yo-Yo : Yo-Yo test	11:22:31 26/04/2012	Energy Systems

	Minimum	Maximum	Average		Distance
Speed	0.2 km/h	20.2 km/h	9.3 km/h	Total	768.8 m
Heart Rate	157 bpm	209 bpm	198 bpm	Zonal	768.8 m
				MSPD	25.0 km/h
				MHR	200 bpm

Analysis - VCE PE Male Student : Yo-Yo test

Graph | Table | Summary | Sprint | Map | Zones | Accelerometer



Summary | Distance | Speed | Heart Rate | Splits by Time | Splits by Distance

Time within Heart Rate Zone

Zone	Range	% MHR	Interval	% Time	Exertion
1	0-120 bpm	0-60	00:00:00	0.0	0.0
2	120-140 bpm	60-70	00:00:00	0.0	0.0
3	140-170 bpm	70-85	00:00:12	4.0	36.0
4	170-184 bpm	85-92	00:00:23	7.7	92.0
5	184-200 bpm	92-100	00:01:05	21.9	325.0
6	200-400 bpm	100-200	00:03:17	66.3	1182.0

Heart Rate Zone Exertion

Total Exertion

Maximum Heart Rate (MHR)

MHR

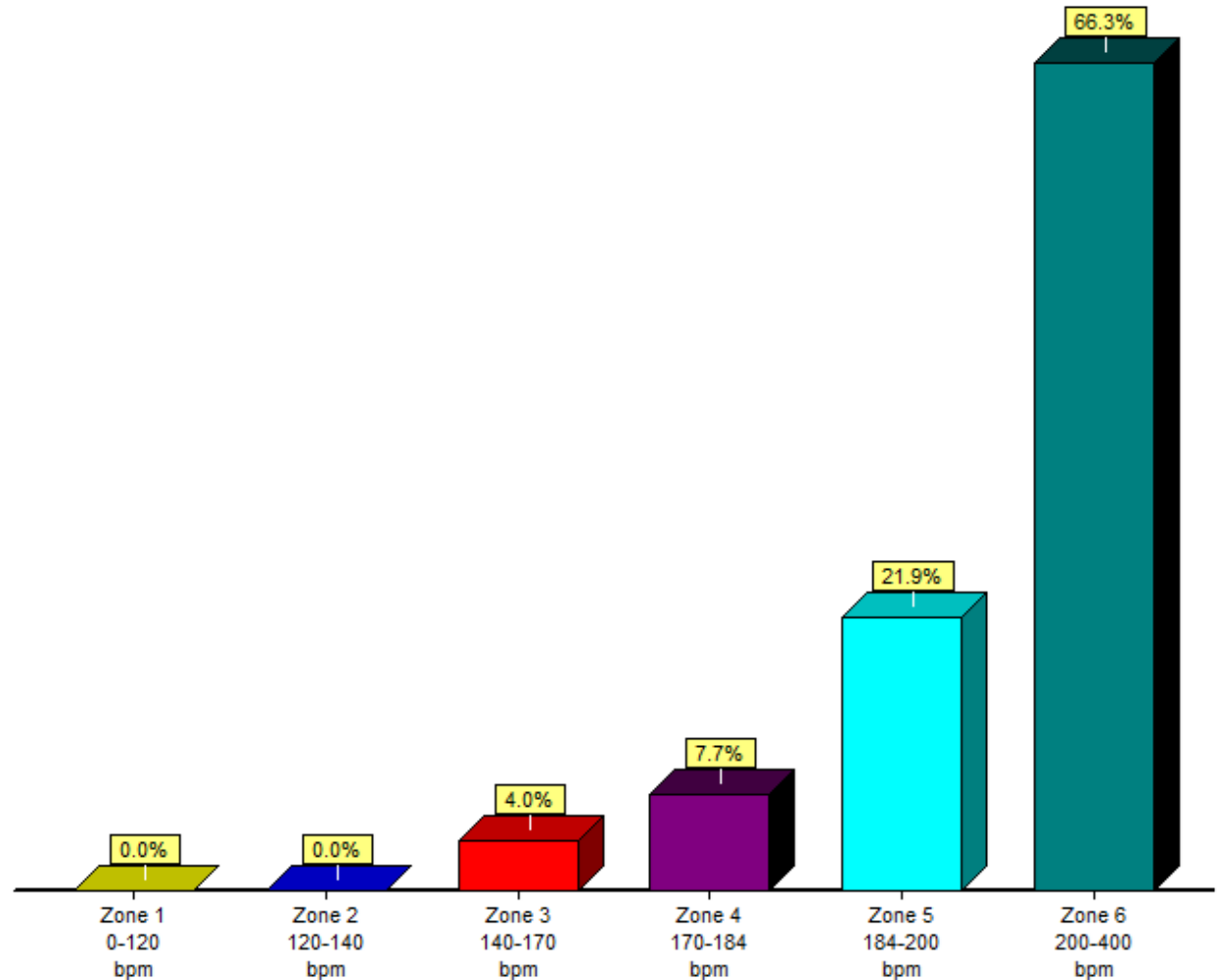
Maximum Heart Rate Based Exertion

MHR Exertion

MHR Time

% Time within Heart Rate Zone | Heart Rate Exertion

% of Time within Heart Rate Zone



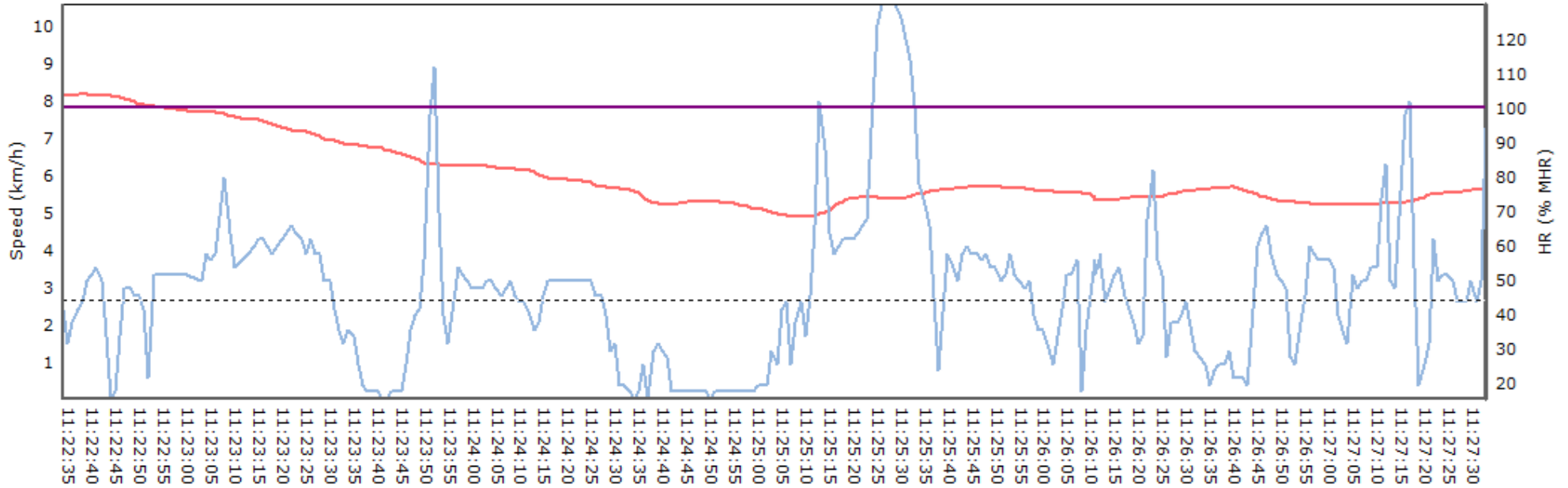
Analysis - VCE PE Male Student Yo-Yo : Yo-Yo recovery

Graph Table Summary Sprint Map Zones Accelerometer



MHR % MHR MSPD % MSPD

Player : VCE PE 2012, Session : Jacob Yo-Yo



HR (% MHR) Speed (km/h) MHR Multi Select SeriesBottomQuarter

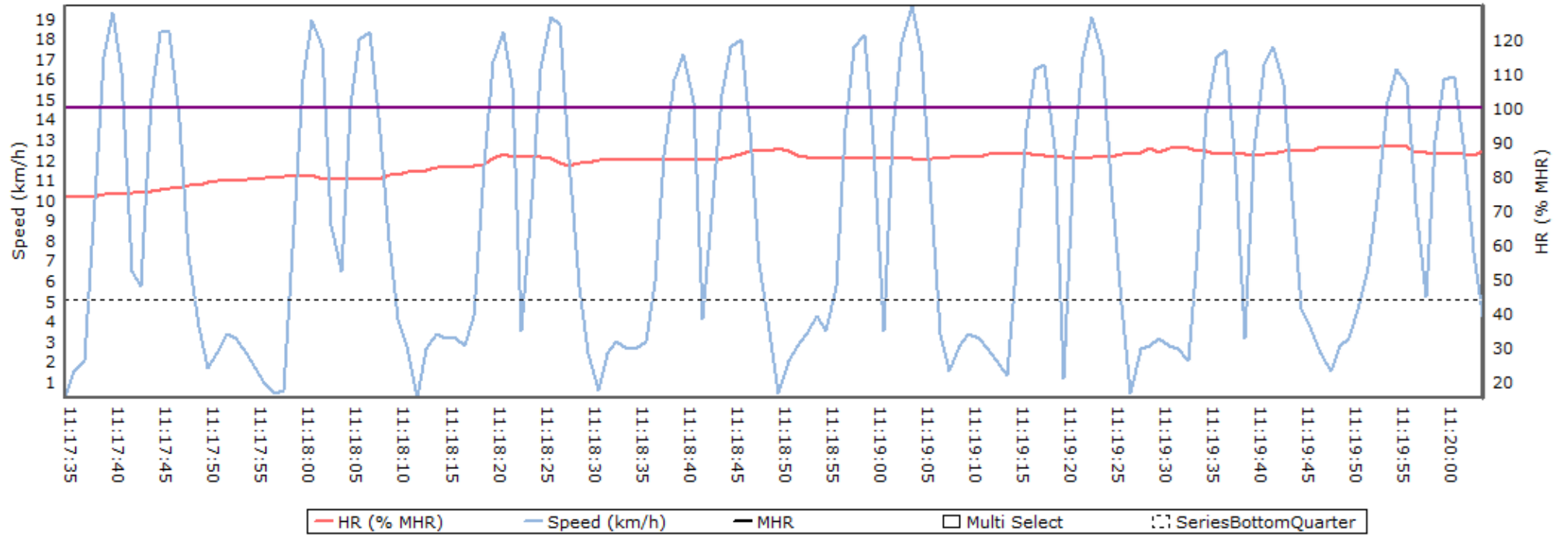
Analysis - VCE PE Female Student Yo-Yo : Yo-Yo test

Graph Table Summary Sprint Map Zones Accelerometer



MHR % MHR MSPD % MSPD

Player : VCE PE 2012, Session : Maddy Yo-Yo



Analysis - VCE PE Female Student Yo-Yo : Yo-Yo test

Graph | Table | Summary | Sprint | Map | Zones | Accelerometer



Summary | Distance | Speed | Heart Rate | Splits by Time | Splits by Distance

Athlete Name

VCE PE 2012

Session Name

Maddy Yo-Yo : Yo-Yo test

Start Time

11:17:34 26/04/2012

End Time

11:20:03 26/04/2012

Interval

00:02:29

Analysis Zone

Energy Systems

Minimum | Maximum | Average

Speed | 0.2 km/h | 19.6 km/h | 9.3 km/h

Heart Rate | 148 bpm | 177 bpm | 168 bpm

Distance

Total | 383.4 m

Zonal | 383.4 m

MSPD | 25.0 km/h

MHR | 200 bpm

Analysis - VCE PE Female Student Yo-Yo : Yo-Yo test

Graph | Table | Summary | Sprint | Map | Zones | Accelerometer

Summary | Distance | Speed | Heart Rate | Splits by Time | Splits by Distance

Time within Heart Rate Zone

Zone	Range	% MHR	Interval	% Time	Exertion
1	0-120 bpm	0-60	00:00:00	0.0	0.0
2	120-140 bpm	60-70	00:00:00	0.0	0.0
3	140-170 bpm	70-85	00:01:03	42.3	189.0
4	170-184 bpm	85-92	00:01:26	57.7	344.0
5	184-200 bpm	92-100	00:00:00	0.0	0.0
6	200-400 bpm	100-200	00:00:00	0.0	0.0

Heart Rate Zone Exertion

Total Exertion

Maximum Heart Rate (MHR)

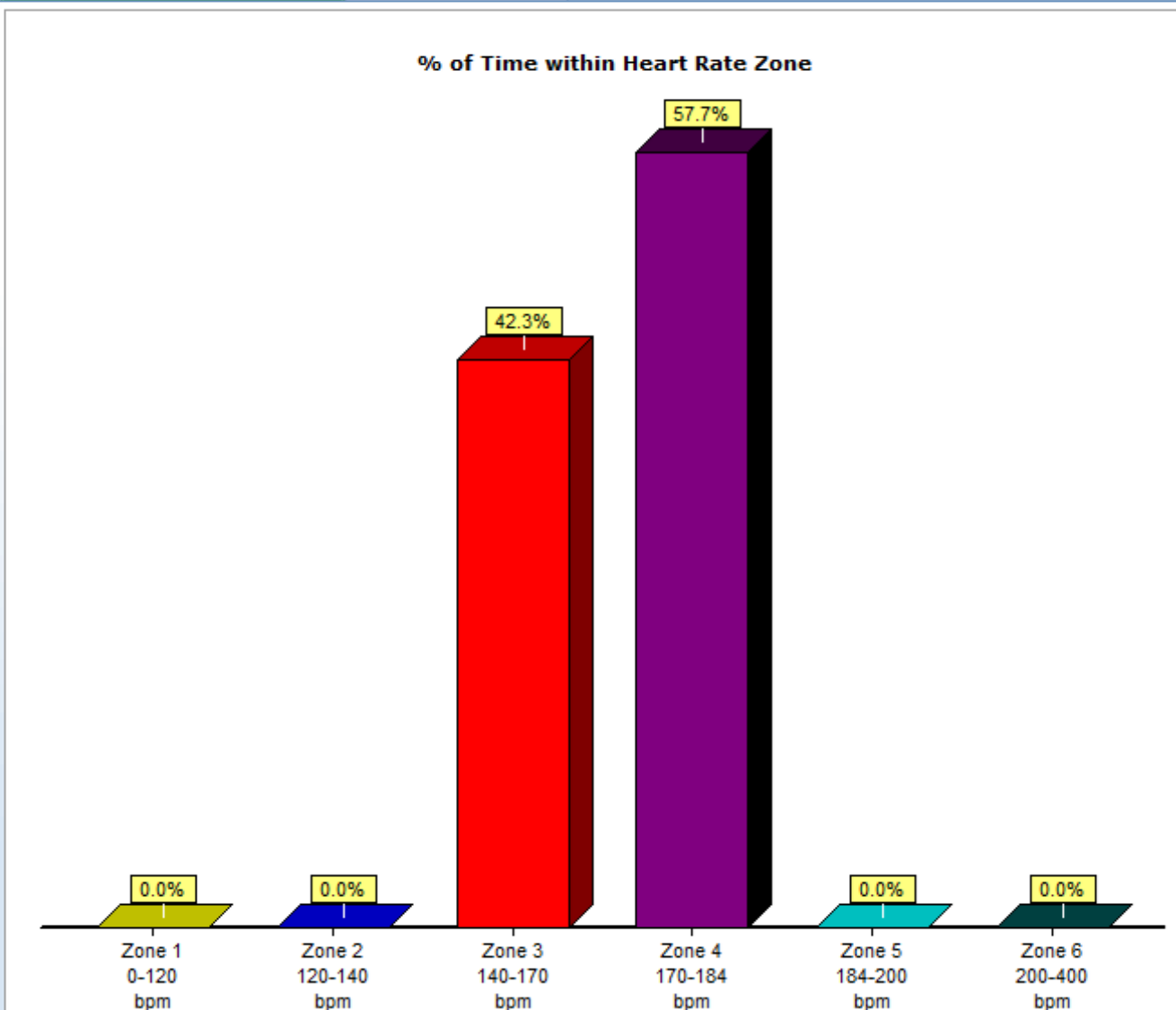
MHR

Maximum Heart Rate Based Exertion

MHR Exertion

MHR Time

% Time within Heart Rate Zone



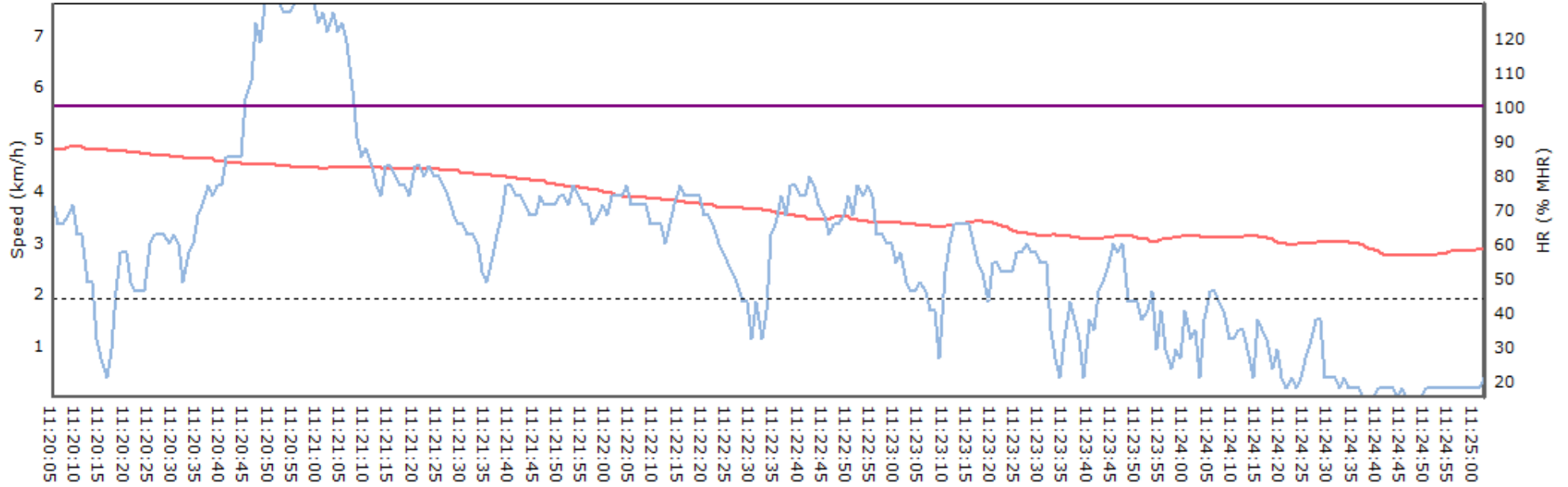
Analysis - VCE PE Female Student Yo-Yo : Yo-Yo recovery

Graph Table Summary Sprint Map Zones Accelerometer



MHR % MHR MSPD % MSPD

Player : VCE PE 2012, Session : Maddy Yo-Yo



HR (% MHR) Speed (km/h) MHR Multi Select SeriesBottomQuarter