

OPTIMISE YOUR TRAINING WITH ATHLETE MONITORING

for **FREE**

WHY USE AN ATHLETE MONITORING PROGRAM?

Athletic preparation requires the careful balancing of stress (training) and recovery. Insufficient stress leads to under-performance, whereas insufficient recovery leads to overtraining, injury and illness. Therefore it is important to monitor the balance of stress and recovery throughout the season to:

- detect and intervene when things aren't going as planned,
- look back and learn from, and
- ultimately improve athletic performance.

However anecdotal evidence and previous research by our team suggest there may be further beneficial outcomes beyond this which warrant further investigation.

INVITATION TO PARTICIPATE IN RESEARCH

As an athlete, we invite you to help us learn more about the benefits of athlete monitoring.

You will be offered free use of the online athlete monitoring program Metrifit (metrifit.com) for 16 weeks in return for completing an online survey on 4 occasions.

You will also go in the draw to win a \$60 voucher to online sports store Wiggle (wiggle.com).

The survey will take approximately 10-15 minutes to complete each time at 0, 4, 8 and 16 weeks from the commencement of using Metrifit.

For further information and to participate in the study, please follow the link below.

freeathletemonitoring.questionpro.com

Once you complete the first survey, you will receive instructions to get your free Metrifit account.