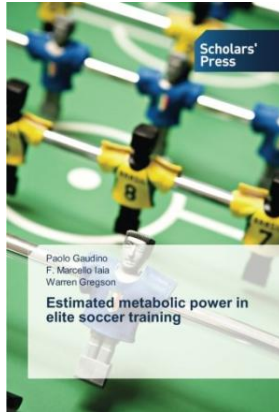


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## ESTIMATED METABOLIC POWER IN ELITE SOCCER TRAINING



SPS Okt 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x5 mm. Neuware - A new method was recently proposed to estimate energy expenditure and metabolic power from acceleration and speed values. In the present investigation data were collected in training during the in-season period from 26 English Premier League outfield players using GPS technology. Distance covered at different speed categories and the number of acceleration and deceleration achieved were reported. By taking into account these parameters estimated energy expenditure and metabolic...

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- Authored by Paolo Gaudino
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