

Firstbeat Sports

Example SMFT Protocols

General Information about SMFT Protocols:

Protocol duration: 3-4 minutes + 1 minute HRR.

Use fixed intensities that serve the training purpose (integrated as part of warmup) and can be easily repeated throughout the season.

Running **speed 10-14 km/h**, depending on level and sport (likely to elicit H_{rex} 75-85% of H_{rmax} in all team members).

Prefer **long shuttles** to minimize change of direction and easily keep the pace.

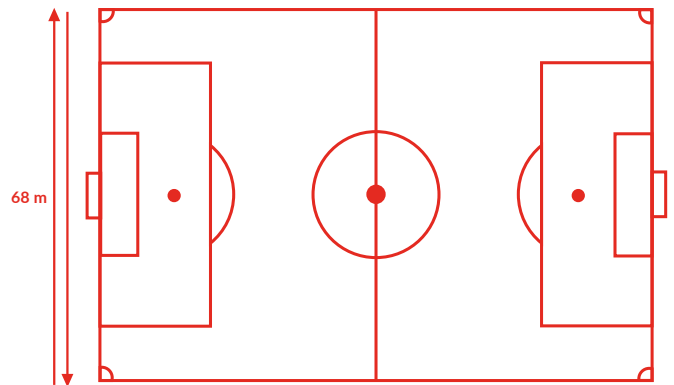
Check data quality for possible **outliers**.

Soccer

Duration: 4 min + 1 min of HRR

Example Pacing

Distance 68m x 13, pace 18.5s per 68 m = 14.7 km/h*

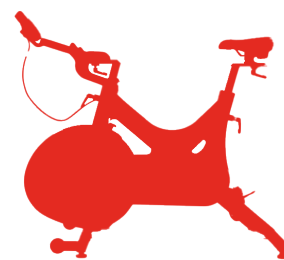


Ice Hockey

Duration: 4 min + 1 min of HRR

Exercise bike: 200w

Fixed watts not comparable between athletes. If you want to compare athletes you need to use W/kg.

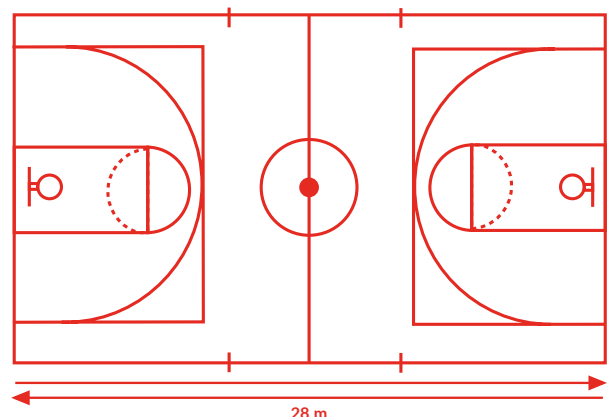


Basketball

Duration: 4 min + 1 min of HRR

Example Pacing

Distance 28m x 30, pace 8s per 28 m = pace of 13.9 km/h*



*if COD is 0.7s (Buchheit, 2008)