

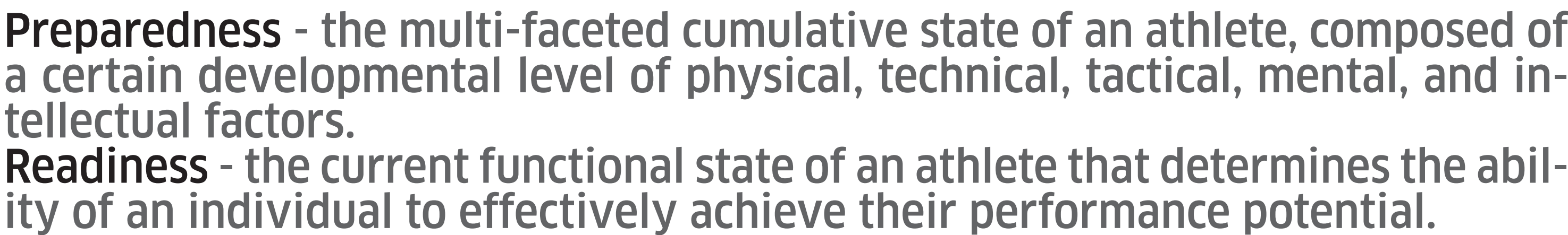
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Without objective feedback on the changes taking place in the functional state of the athlete's organism in response to training sessions, a coach cannot properly evaluate the athlete's Readiness for training and to implement training sessions accordingly. Hence, the knowledge and understanding of the adaptational changes that take place in the athlete's organism during and after training are key to enhancing the approach to the athlete preparation process. The coach also needs to be able to manage these changes when and as required in order for performance objectives to be realised.

Each athlete is unique, so the approach to the athlete's preparation must also be individually specific. Only by using principles of individualization and optimization of the training process will coaches be able to manage the quality of the athletes' reactions to training sessions and the preparation of the athlete as a whole. In addition, without specific physiological feedback on the athlete's functional state, coaches will be unable to select the optimal amount of volume and intensity of training, to effectively manage and correct training loads, or to organize recovery and recuperation activities in a timely manner.

The Concept of Readiness in Managing of the Training Process of Athletes



To help achieve optimal athletic performance without associated health risks, Omegawave developed a unique technological solution for the most effective management of the athlete's preparation.

The Omegawave technology is based on the assessment of the Readiness of the following physiological systems and the organism as a whole.

- ### **Omegawave Cloud Technology**
- The Omegawave cloud technology offers new and unique opportunities for the fastest method of processing and assessing information, thereby allowing coaches and athletes to use it for optimal management of the training process.

The diagram illustrates the three-step process of the Readiness tool:

- Step 1:** Two minute non-invasive measurement using 1-2 sensors. Instant feedback.
- Step 2:** Quick analysis providing clear picture of Readiness / current functional state.
- Step 3:** Advanced reporting and analysis options for individual and group trends.

Below the steps, three icons represent the data flow:

- RAW DATA:** Represented by a red circle and arrow.
- FEEDBACK:** Represented by a green circle and arrow.
- IN-DEPTH DATA:** Represented by a blue circle and arrow.

- Pioneering mobile technology and cloud service that uses a patented combination of specific scientific methods to comprehensively assess the overall Functional State and Readiness
- Frequent, daily Readiness assessments can be measured in the field with minimal investment of time and exertion using non-invasive, safe, reliable, and easy to use technology
- Omegawaves methods for assessing Readiness are validated by solid science and assessment data from more than ten thousand elite athletes
- A team of elite coaches and leading scientists provide timely, expert support to assist with Readiness analysis and the preparation of guidelines and training plans



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