FVP.run

WATCH THE VIDEO

Profile your athlete's power based on their SMARTSPEED split times to accurately identify what you need to train.

FVP.run can help to suggest changes in training focus for improved speed development and sprint performance. Automated by SMARTSPEED, FVP.run will change the way you train your athletes.

CHANGE THE WAY YOU TRAIN

WHY FVP.RUN?

An athlete's sprinting performance is determined by a combination of their force and velocity capabilities. By looking at these two elements separately, you can determine which of these areas to focus on in training, in order to improve sprinting ability.

However, it is difficult to separate these elements without expensive equipment such as force plates, 3D motion capture systems and a thorough understanding of computer programming.

That's where FVP.run from SMARTSPEED comes in. FVP.run provides a cost effective, easy and accessible solution to force velocity profiling.

LEARN MORE

info@fusionsport.com | facebook.com/FusionSportInc | @FusionSport

BASED ON **CUTTING EDGE RESEARCH**

HOW DOES IT WORK?

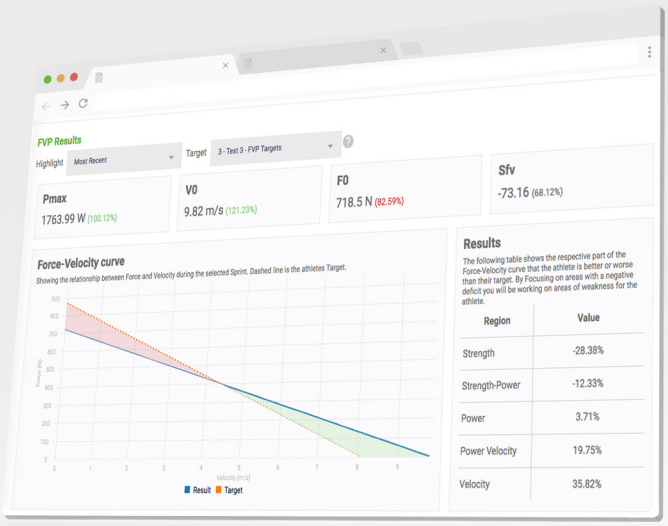
For decades, coaches and athletes have tried to find different ways of interpreting sprint results. Reaching accurate conclusions however usually involved costly lab equipment. Now, FVP.run is the cost-effective solution to sprint profiling.

Simply collect split time metrics and record the environmental conditions during your usual SMARTSPEED session. Utilizing a biomechanical model published by leading researchers*, FVP.run's algorithm automatically determines the force and velocity profile of your athlete.

Even if you don't own SMARTSPEED timing gates, you can still use FVP.Run by entering your results directly or pasting them in from Excel.

You can then view your athlete's results in the FVP.run Report Card dashboard for precise detailed analysis to help guide your training program and monitor changes in your athletes' force velocity profiles over time.

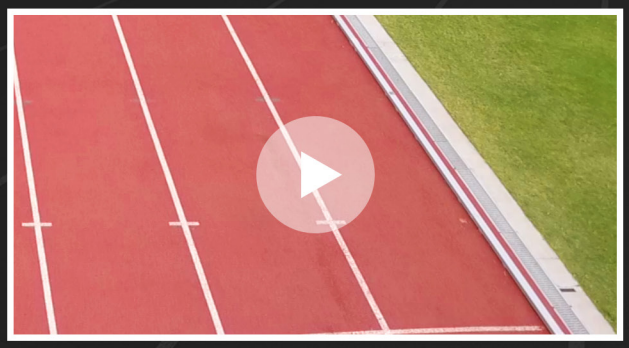
**Please note that unless otherwise specified, none of the authors of published research contributed to the FVP algorithm.*



INTERPRET THE REPORT CARD

View your results in the FVP.run Report Card on SMARTSPEED Online.

Learn more about the FVP.run Report Card >



WATCH THE DEMO

Watch the demo video to learn how easy it is to run an FVP.run session using SMARTSPEED.

SEE DEMO

LEARN MORE

Learn more about force velocity profiling

See our blogs >

FUSION SPORT

76 Neon Street
Sumner Park
QLD, 4074 Australia

Phone +61 (0)7 3123 7124

Fax +61 (0)7 3123 4201

www.fusionsport.com

info@fusionsport.com
support@fusionsport.com