

## **BOROONDARA EXPRESS: Victorian Netball League Club**

Managed & supported by: **Boroondara Netball Association Inc.**

Registration No: AOO33297P  
ABN: 82656813717

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# What is HRV Monitoring?

Heart Rate Variability is measured as the time interval between your heartbeats. By accurately measuring the time interval between heartbeats, the detected variation can be used to measure the psychological and physiological stress and fatigue on the body during training. Generally speaking the more relaxed and unloaded (free from fatigue) the body is, the more variable the time between heartbeats. HRV data can indicate the impact of fatigue due to prior exercise sessions, hydration levels, stress and even the degree of performance anxiety, nervousness or other external stressful influences.

Daily monitoring using standard HRV methods provides a personalised, objective measurement of overtraining and “wellness”, making your training more effective.

### **1) Heart Rate Sensor:**

Each player will be required to have either a finger sensor or chest strap sensor.

- Finger sensor - available from the UK. We have purchased a number of them @\$78 each (incl. a bulk order discount)
- Chest sensor – available from most sporting goods / fitness stores. The Polar H7 chest strap is recommended.
- If you have an android phone, you are best to use the chest sensor; if you have an i-phone you will need the finger sensor.

### **2) App for your phone:**

The *ithlete* app can be downloaded from the App store of Google Play. Cost approx. \$10.50

### **3) Daily measurements:**

After waking each morning relax and sit comfortably, slip on a chest strap or finger sensor and follow the on screen instructions to get an accurate reading of your heart rate variability – takes about one minute. The Daily Change indication will give you a recommendation for today’s training intensity depending on the difference from your previous measurements. These are reflected in traffic lights for the day’s training and in a chart to help you track trends.

### **4) Software:**

To allow the information to be uploaded and available to coaches, **Boroondara Netball Association** has generously agreed to purchase the software @\$165 per player. Coaches (Simon) will then be able to monitor each player’s training programs and effectiveness.

“Training is all about stress and recovery. A hard session, lack of sleep, mental stress etc. will lower your number. If your reading drops significantly, take this as an early warning that you are overloading the system. On the other hand a high score lets you know you should make the most out of the day. Benefits of this include avoiding overtraining, workout optimisation, guilt free rest days, improved performance and much more!”

For further information on HRV, please speak with Simon Moule.

