

Racer Fitness and Data



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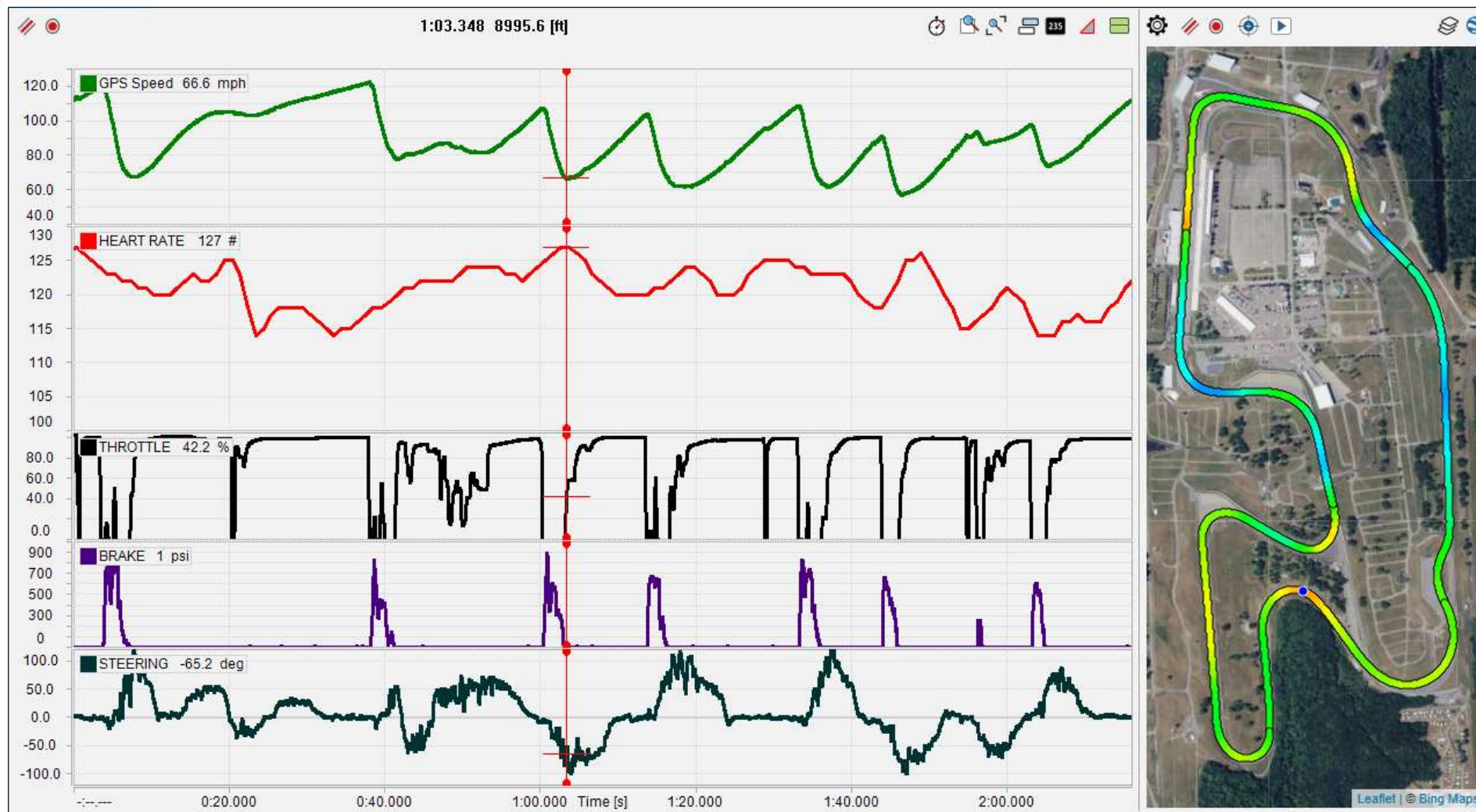
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Biometric/Fitness Topics



- Why do we want to know what our heart rate is while in the race vehicle?
- Pro vs Amateur?
- Young vs Old?
- How much is this part of an overall training plan?
- How do we currently gather biometric data?
- What are some of the constraints/limitations
- How much biometric data is enough?
- What's next in 'in-car' biometric data

Biometric Data Example



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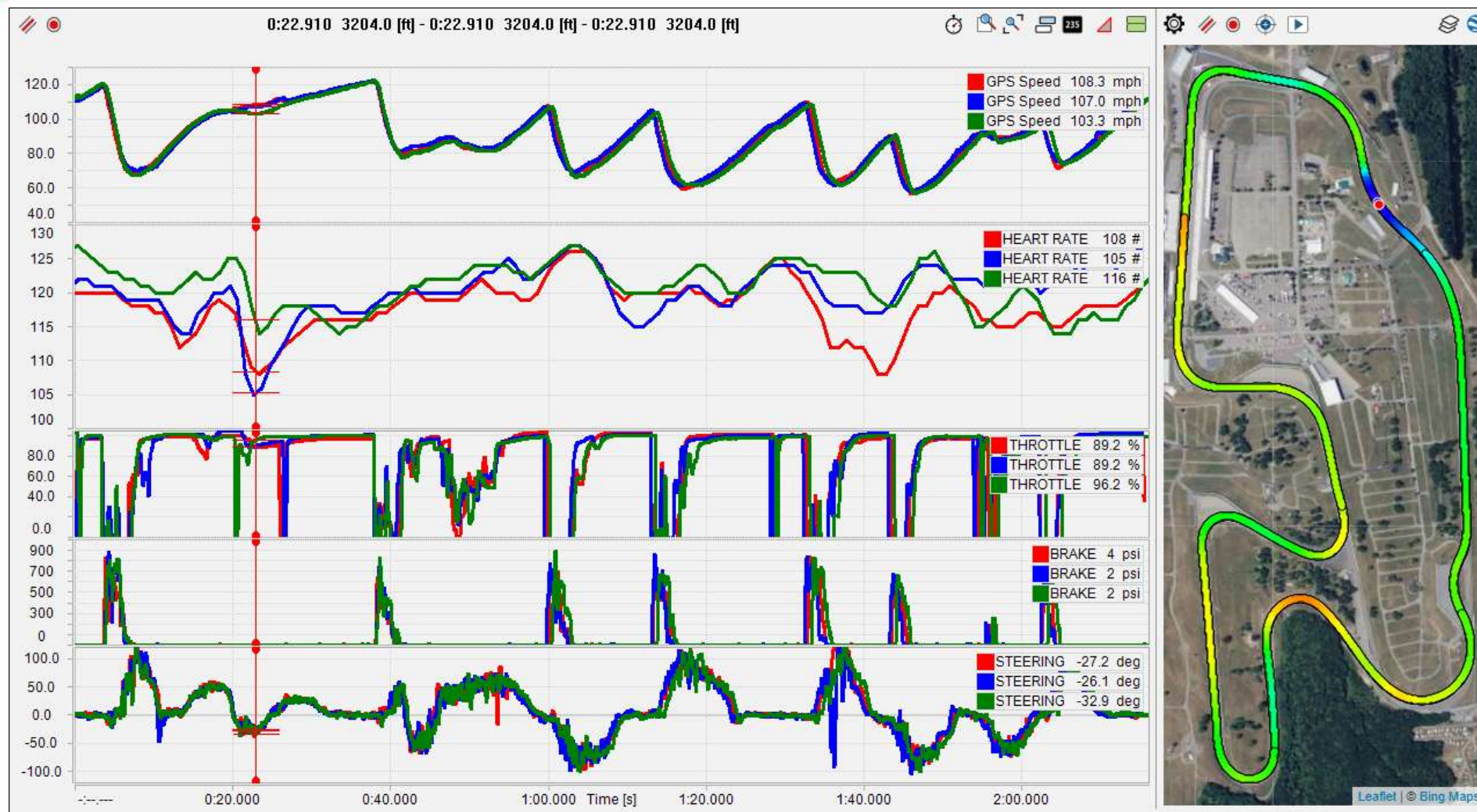
Biometric Data Example

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Biometric Data Example



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Biometric Data Example

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Biometric Data Example



Channels Report									
Lap	Time	Dist [m]	Min [mph] GPS Speed	Max [mph] GPS Speed	Max [#] HEART RATE	Avg [#] HEART RATE	Max [F] CORE TEMP	Max [F] SKIN TEMP	
out	1:45.926								
1	3:21.956	17585.4	0.0	114.8	111	100	98.6	93.8	
2	2:19.788	17566.6	56.0	120.9	116	103	98.6	94.3	
3	2:15.604	17727.7	58.6	125.7	123	113	98.7	94.7	
4	2:15.825	17729.7	57.3	121.9	124	115	98.7	95.3	
5	2:15.589	17745.7	56.9	122.3	126	118	98.7	95.9	
6 (best)	2:15.189	17743.6	58.3	122.5	127	120	98.8	96.5	
7	2:16.131	17735.7	56.9	122.3	127	121	99.0	97.2	
8	2:18.245	17728.4	60.7	121.7	129	120	99.3	97.7	
9	2:18.664	17719.6	58.3	118.9	124	120	99.5	98.2	
in	3:16.294								
average value	2:24.110	17698.0	51.5	121.2	123	114	98.9	95.9	
maximum value	3:21.956	17745.7	60.7	125.7	129	121	99.5	98.2	
minimum value	2:15.189	17566.6	0.0	114.8	111	100	98.6	93.8	
std deviation	0:21.754	69.8	19.3	3.0	6	8	0.3	1.5	

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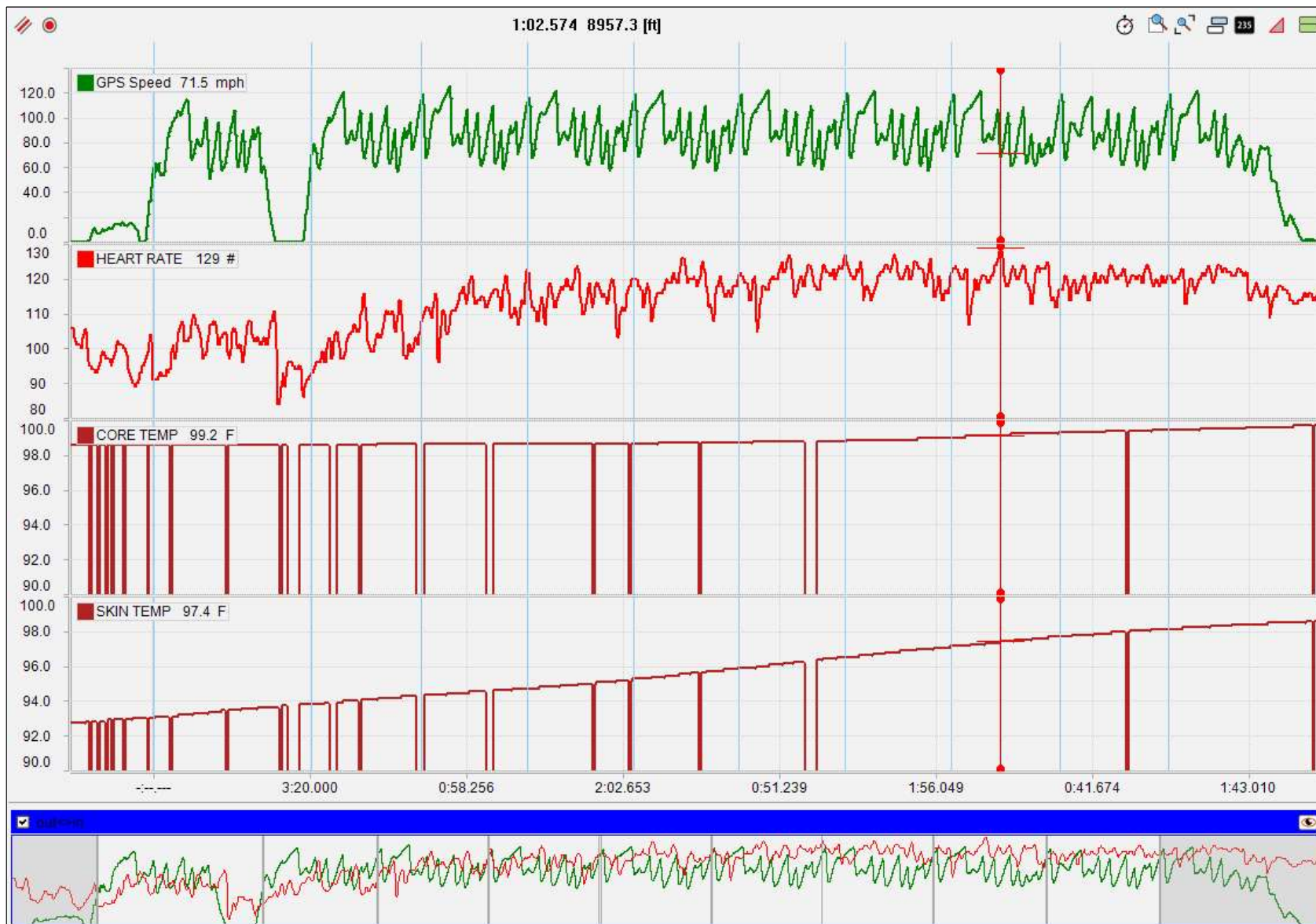
Biometric Data Example



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LearnFast™ E-Training Videos



Currently **269** Videos and Growing

YouTube www.youtube.com/aimdata

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If You Have Questions

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Tuesday January 28th, 2025
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We Have Answers!
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#190

- All New 2020 - 25 Live Webinar Videos
- Software Updates with Race Studio 3
- Pre-Calculated Gear Position Function
- Configuring WiFi Communication
- Customizing AiM Device Logos
- Race Studio 3 Basic Configuration - Part 1
- Race Studio 3 Basic Configuration - Part 2
- **I Have Downloaded my Data, Now What - Part 1*
- **I Have Downloaded my Data, Now What - Part 2*
- GPS Lap Insert
 - Selection Criteria
- Data Views
 - Sensor Calibration
- Measure Units
 - Conditional Alarms
- Sort Channels
 - Gear Position
- Test Properties
 - Firmware Update
- Per Lap Color
 - Solo Configuration
- Export Tests
 - Transmit Tracks
- Channel Reports
 - Gps Manager Overview
- Setting Time
 - New GPS Track
- Track Mapping
 - Webinars
- * *Most Popular and Recommended*

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If You Have Questions

New AiM Sports Hardware

And 2024 PRI Show Review



Roger Caddell
National Training Manager

Robbie Yeoman
Chief Technology Officer

Bryce Talley
AIM Sports Technician




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If You Have Questions



Webinar Series

Bringing Data Support and Training to You

Data Download Options
In Race Studio 3




[www.aimsports.com](http://aimsports.com)
March 31st, 2020
1.800.718.8090

Additional Materials

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Next AiM Sports Webinar

Tuesday, February 11th, 2025 – 6pm Pac / 9pm East



Advanced Kart Data and Video Analysis



Roger Caddell
National Training Manager



David Smith
KartSpeed Solutions

Next Webinar

2nd & Last Tuesday of Each Month



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Contact Information



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