



**Pegasus Sports Performance, Inc.**

**Metric Summary Report**



**September 2013**

**Metric Summary**  
**Summary Observations and Recommendations**

The following table summarizes your results relative to the target metric values. Metrics that are recommended to seek urgent advances are noted below in red (⚠️) while those needing moderate improvements are noted with an orange (⚠️). A green (✅) indicates you are running at the most efficient range.

Run Date	Cadence	Stride	GCT	KD	Pronation	Urgent Advancements Recommended
9/24 7.87 mi 5:46pm	⚠️	⚠️	⚠️	⚠️	⚠️	<ul style="list-style-type: none"> <li>• Lower amplitude (speed&amp;height) of the right leg (asymmetrical leg amplitude on back kick)</li> <li>• Overpronation noted on left leg (asymmetrical rotation of the foot)</li> <li>• Long ground contact time (seek to improve)</li> </ul>

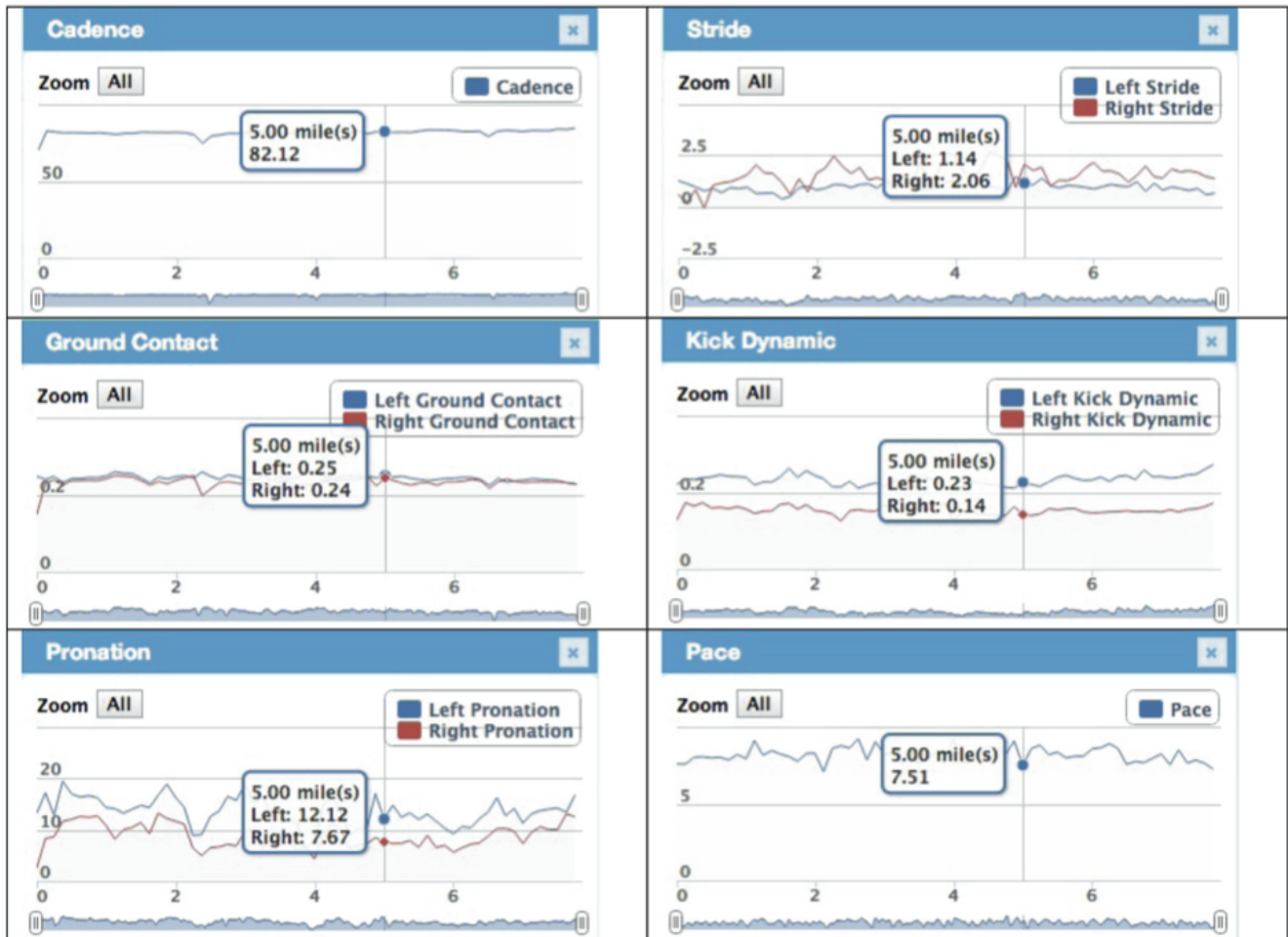
Your individual metric report, including a running dashboard and analysis, for each of the above run is included. An assessment of the metrics and suggested stretches, corrective drills, and strengthening exercises are also included.

## Metric Dashboard

Sep 24 5:46 Session

Distance 7.87 Miles

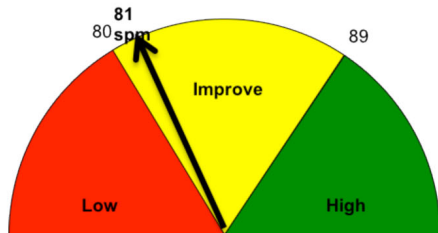
Recorded Time: 1h 4m 21s



Splits										
Distance	Elapsed	Cadence	Stride (L)	Stride (R)	Ground Contact (L)	Ground Contact (R)	Kick Dynamic (L)	Kick Dynamic (R)	Pronation (L)	Pronation (R)
1	00:07:55	79.91	0.93	0.79	0.24	0.22	0.24	0.16	16.09	10.02
2	00:08:05	81.10	0.70	1.34	0.25	0.24	0.24	0.16	15.04	10.63
3	00:08:34	79.69	0.98	1.76	0.25	0.23	0.22	0.15	13.35	7.55
4	00:08:09	81.14	1.01	1.56	0.24	0.23	0.23	0.16	13.16	7.74
5	00:08:29	81.03	1.09	1.96	0.25	0.24	0.22	0.14	12.39	7.87
6	00:08:08	82.28	1.06	1.56	0.24	0.23	0.23	0.15	12.47	7.40
7	00:08:17	81.94	1.00	1.67	0.24	0.23	0.24	0.15	12.32	8.17

Metric Summary  
**Preliminary Observations and Recommendations**  
*Observed from 7.87 mile run on Sep 24, 2013*

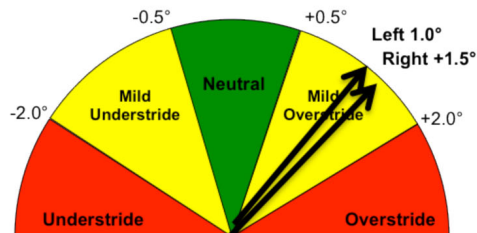
***Cadence*** (strides per minute)



**Observations and Recommendations**

- Cadence just above than 81 spm
- Stretches focus on the hips and lower legs
- Corrective drills [redacted]
- Strength drills include [redacted]

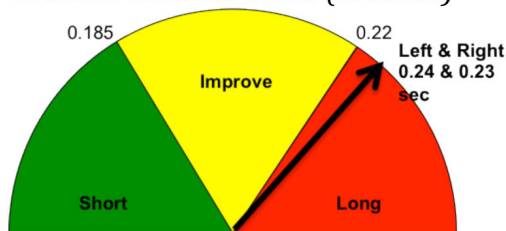
***Stride*** (angle in degrees of leg at ground contact)



**Observations and Recommendations**

- Mild overstride at 1.0-1.5 degrees
- Slightly more overstride on right leg
- Stretches for quads, hips, and abs
- Corrective drills include [redacted]
- Strength drills include box steps-ups

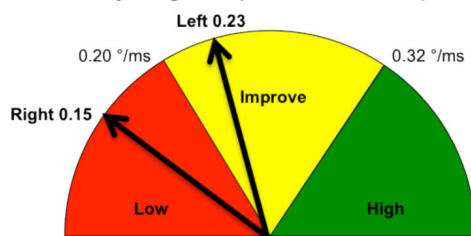
***Ground Contact Time*** (seconds)



**Observations and Recommendations**

- GCT is long at around 0.23 sec per stride
- Stretches for lower legs and feet
- Corrective drills include [redacted]
- Strength drills include [redacted]

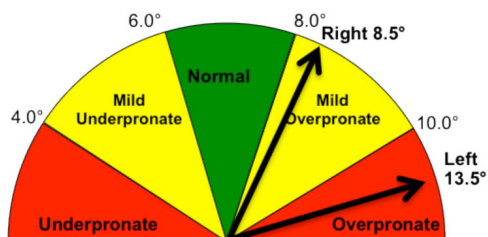
***Kick Dynamic*** (knee flexion velocity in units of degrees/milliseconds)



**Observations and Recommendations**

- Asymmetry between left and right leg
- Right leg is consistently lower than left leg
- Stretches for quads, IT band, and soleus
- [redacted]
- [redacted]

***Pronation*** (angle in units of degrees)



**Observations and Recommendations**

- Asymmetry between left and right foot
- Left foot overpronation and right foot mild overpronation
- [redacted]
- [redacted]
- [redacted]