



Esperienze di valutazione in situazioni estreme su atleti elite

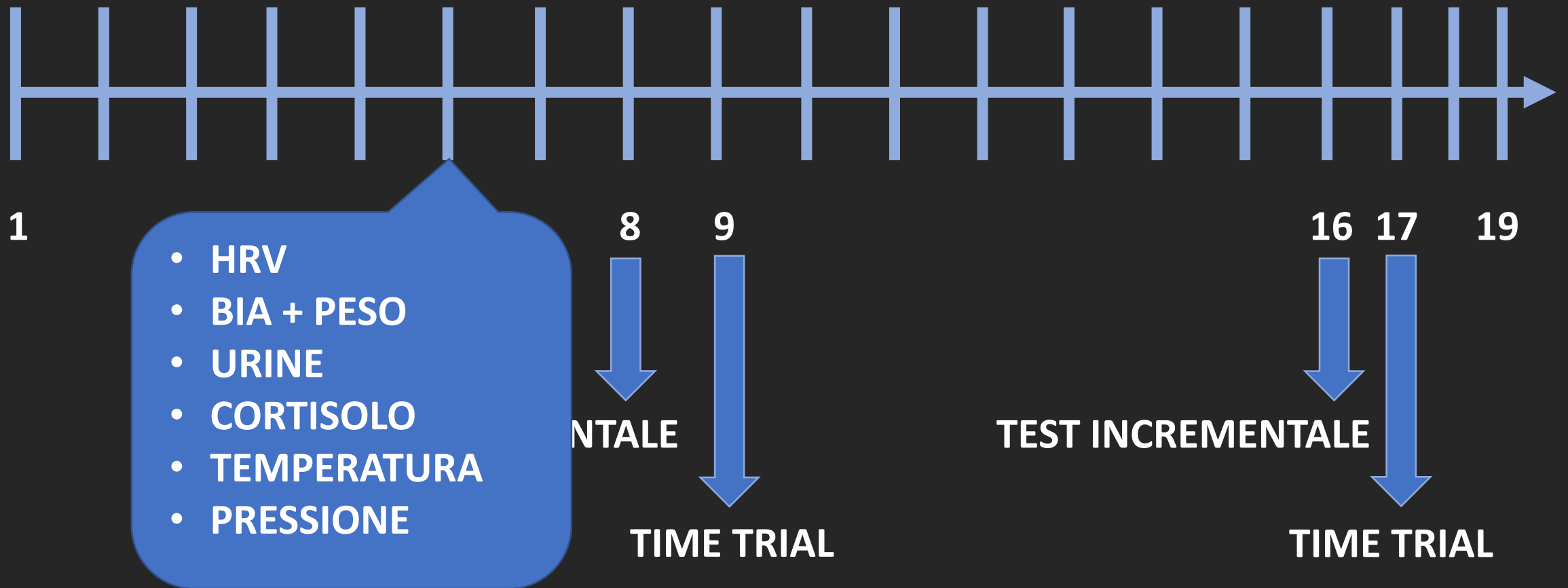
Marco Tengattini

Valutazione della performance + pianificazione generale

- Test incrementale su pista
- Time Trial
- Parametri Metabolici: Consumo d'ossigeno, Quoziente respiratorio
- Parametri Respiratori: Volume corrente, Ventilazione, Frequenza Respiratoria
- Temperatura corporea
- Tasso di sudorazione
- Frequenza cardiaca
- Scala sul Discomfort termico
- RPE
- Lattato Ematico



Linea temporale



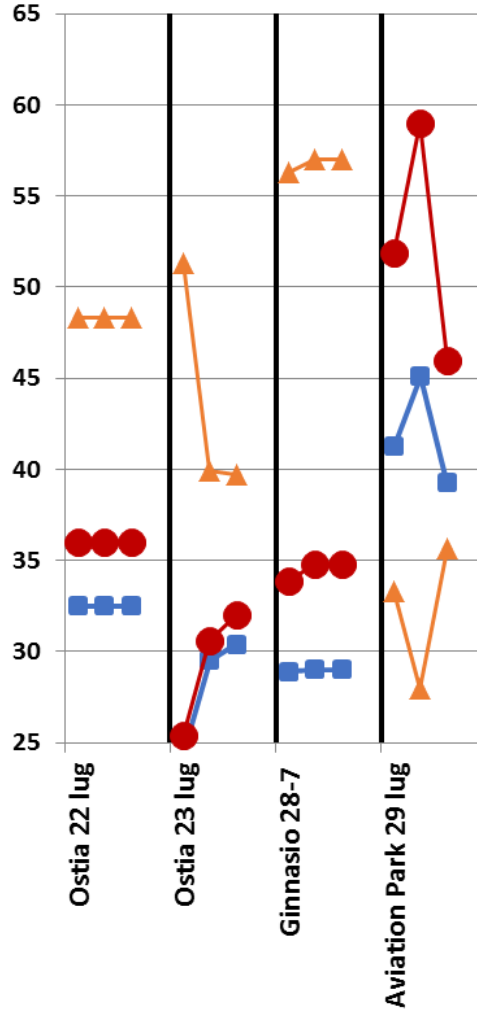
65

36

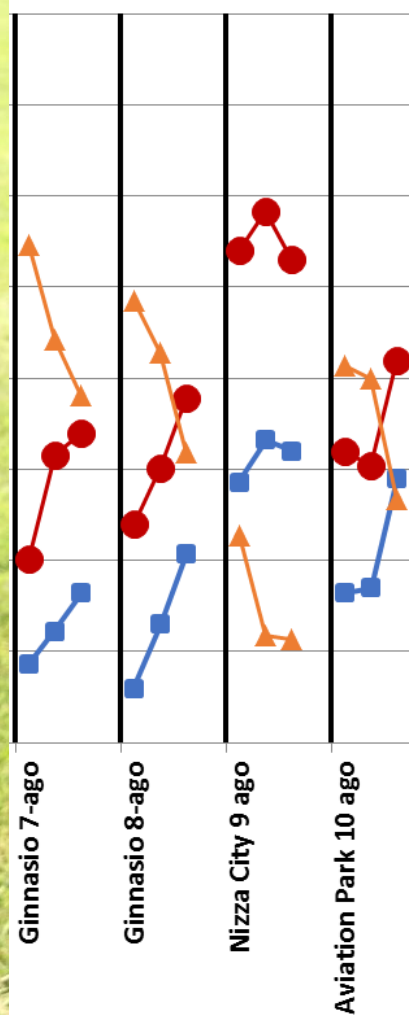
32,5

OSTIA 22 LUG

Temperatura ambientale e Indice di Calore (C°)



■ Temperatura Ambientale (C°)



Tasso di Umidità (%)

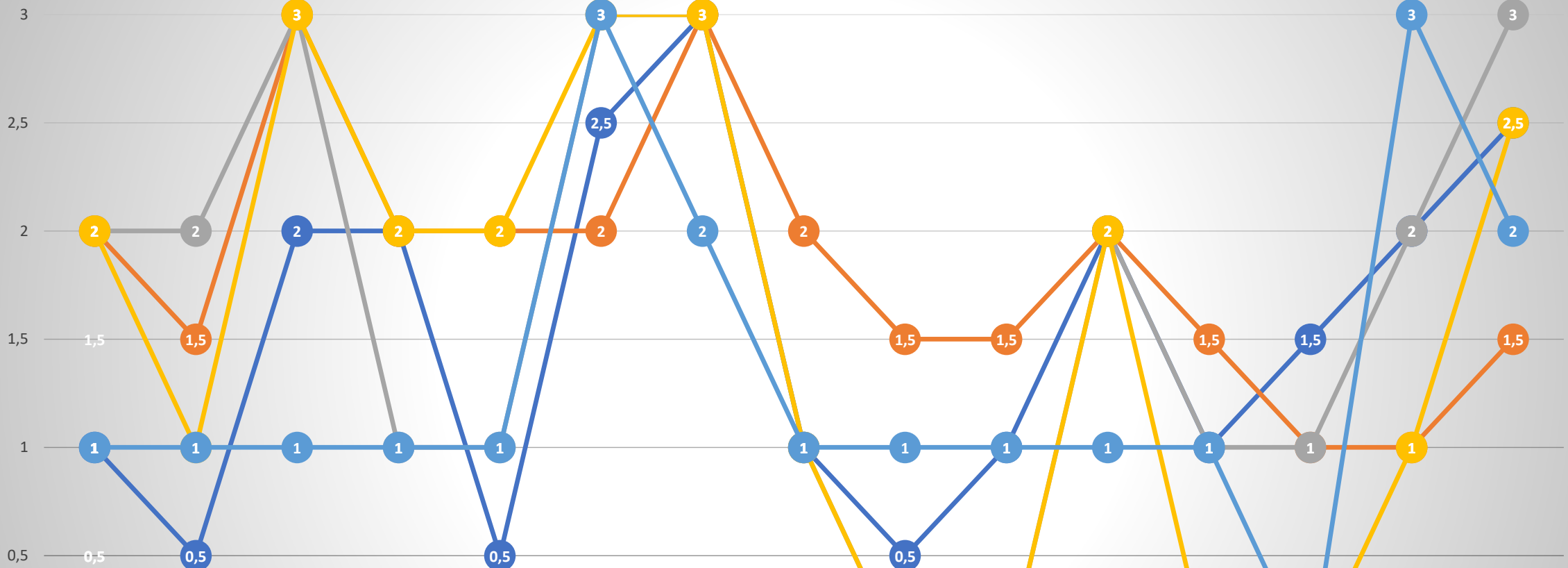
AVIATION PARK 10 AGO

35,8

43,4

54

THERMAL SENSATION

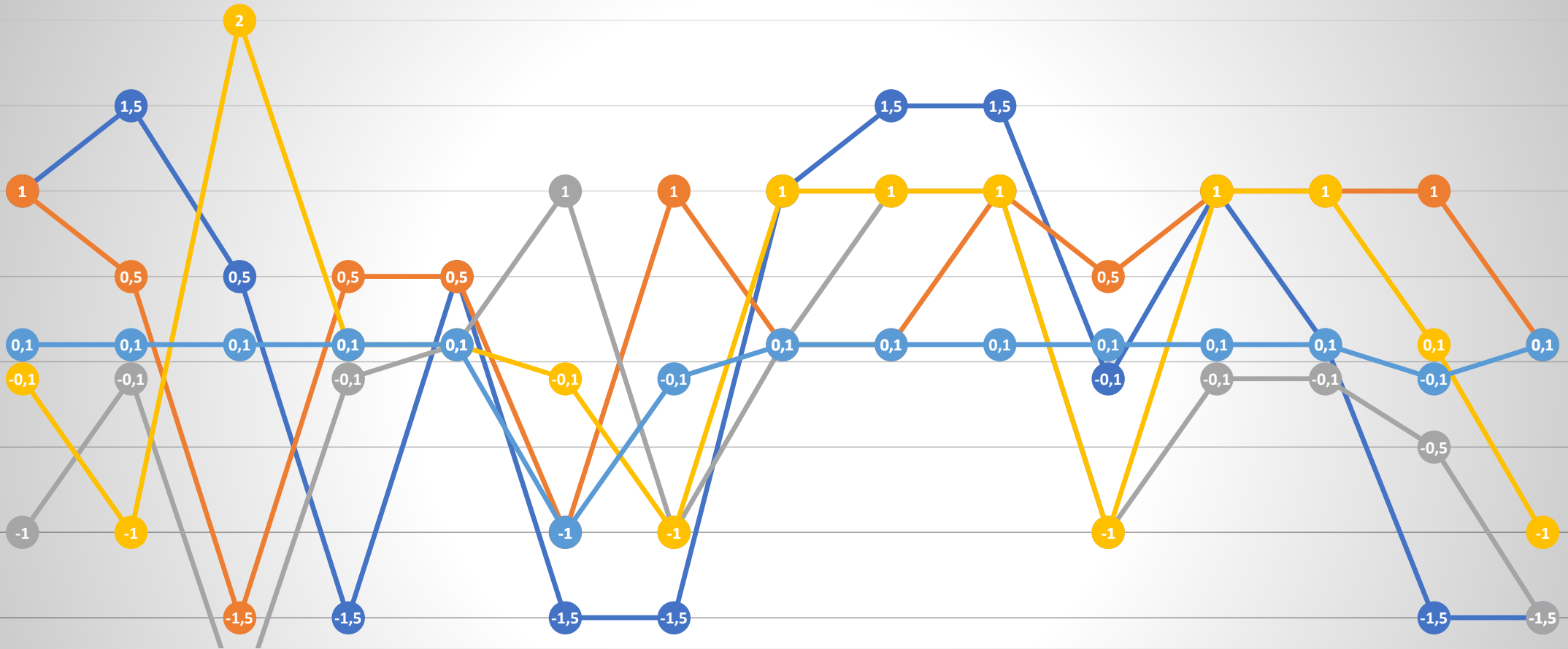


27-LL



10-AGO-19

THERMAL COMFORT



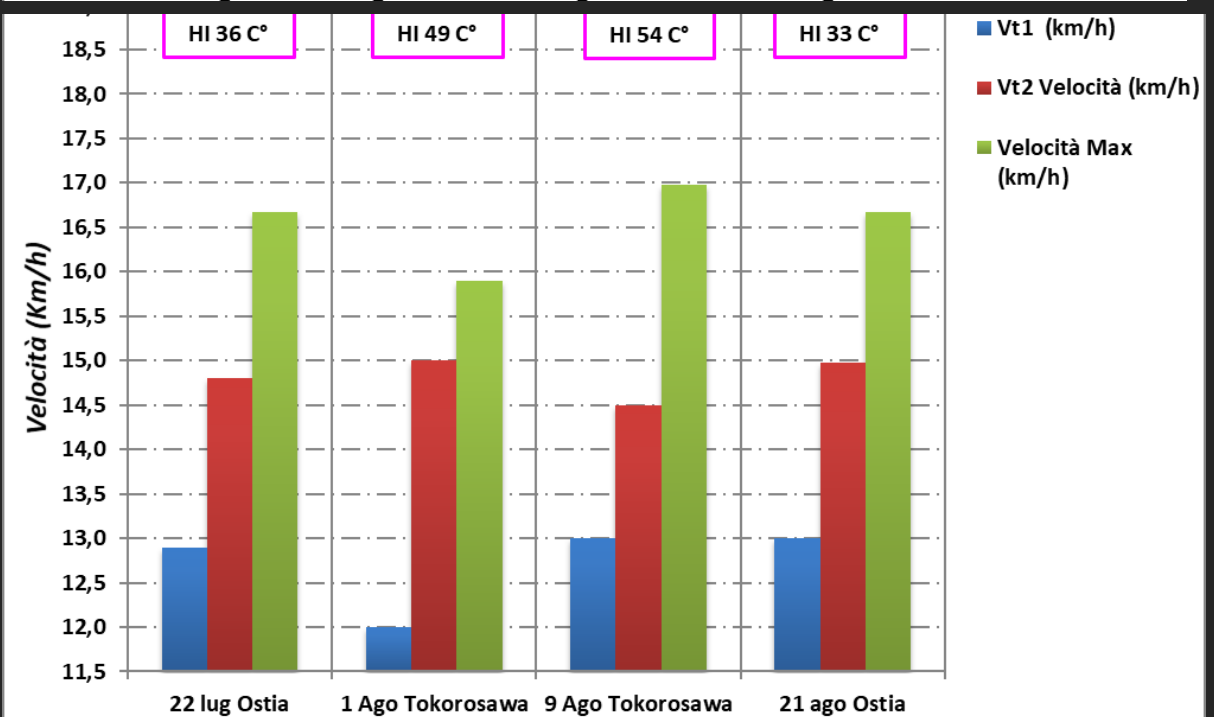
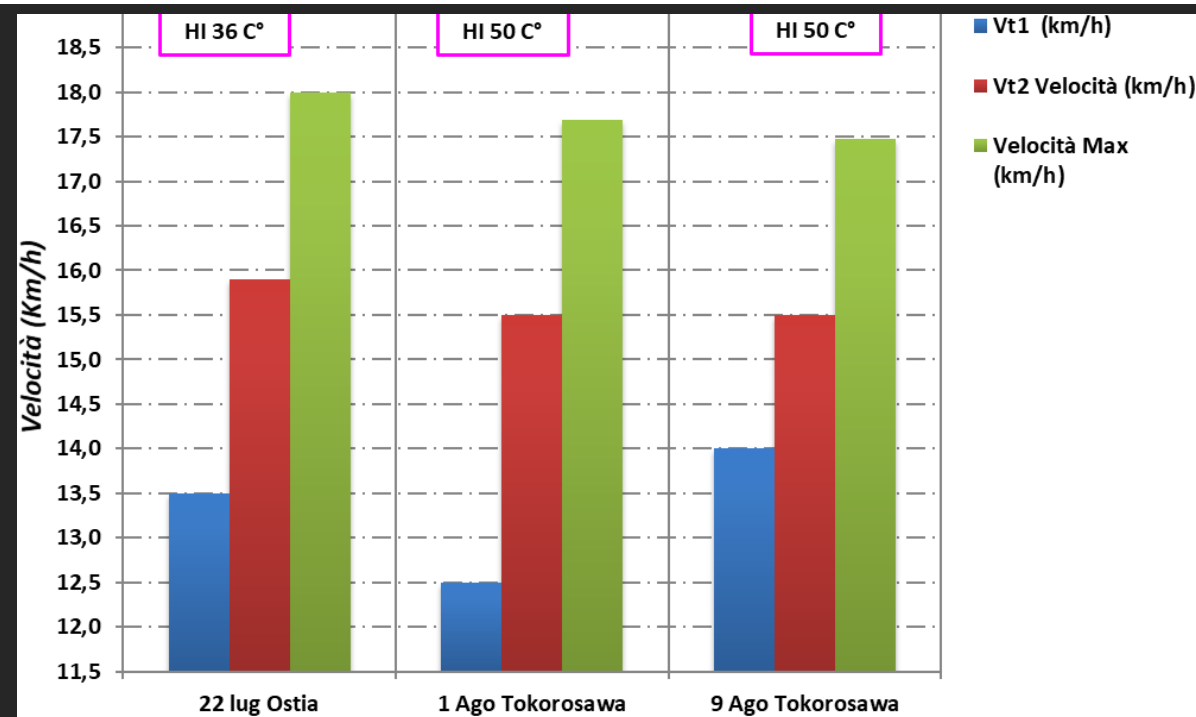
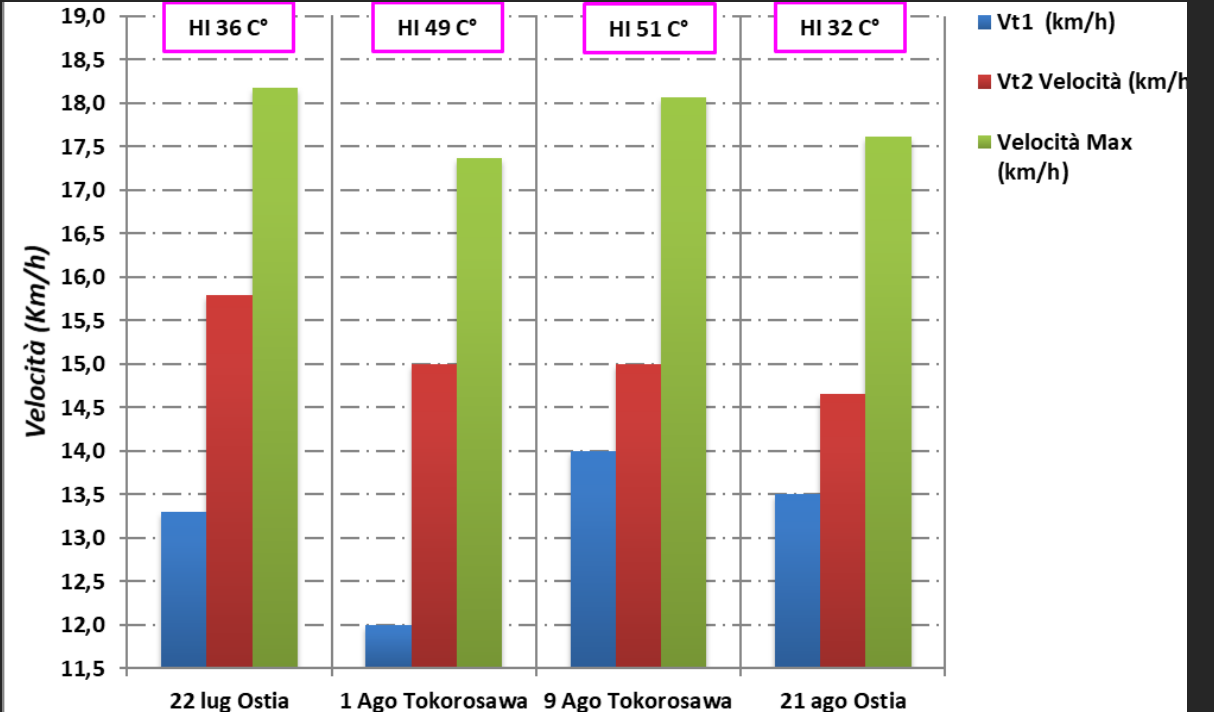
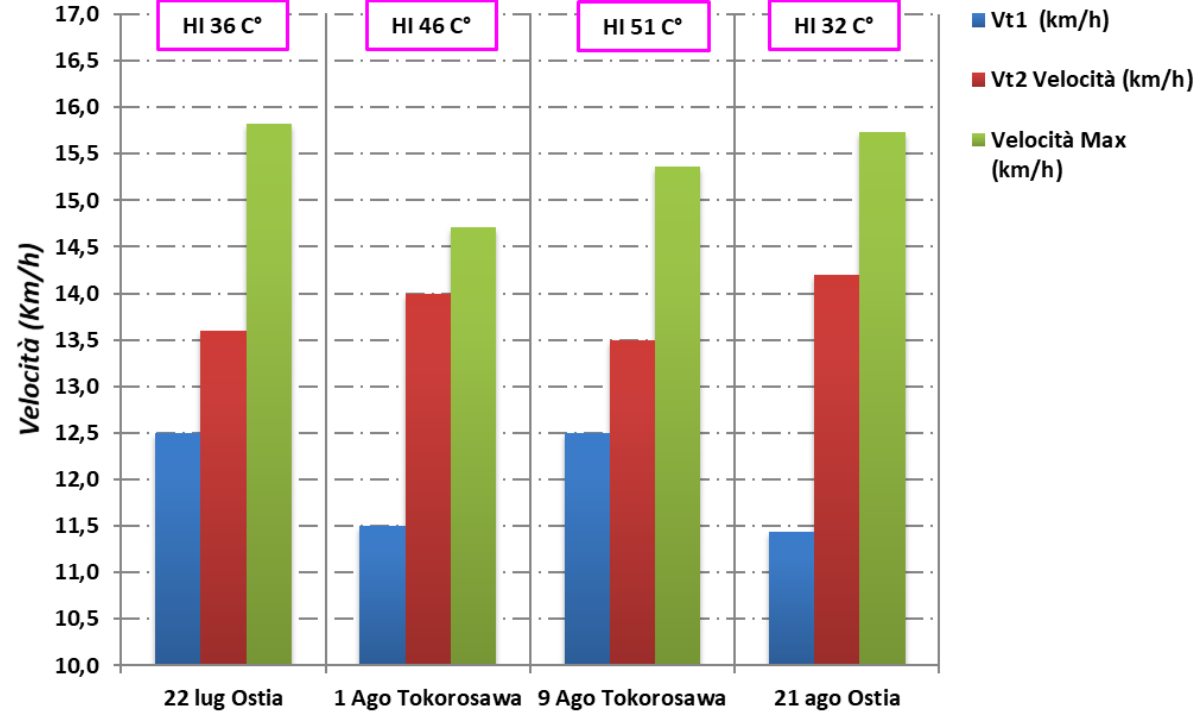
27-LUG-19

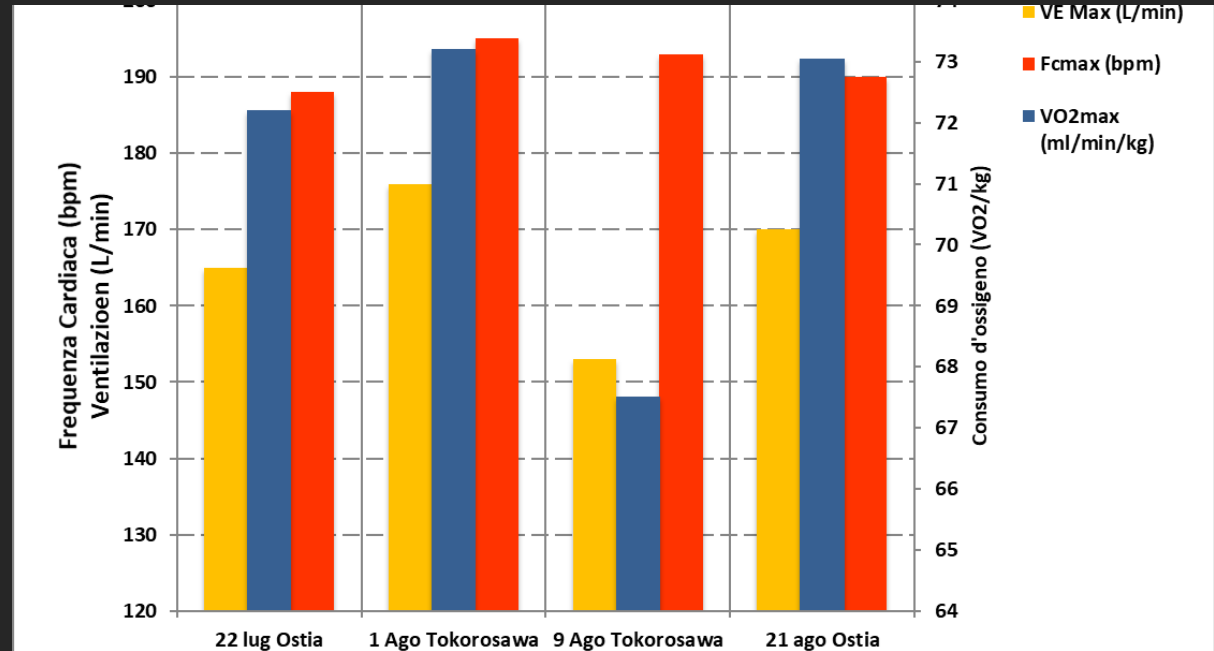
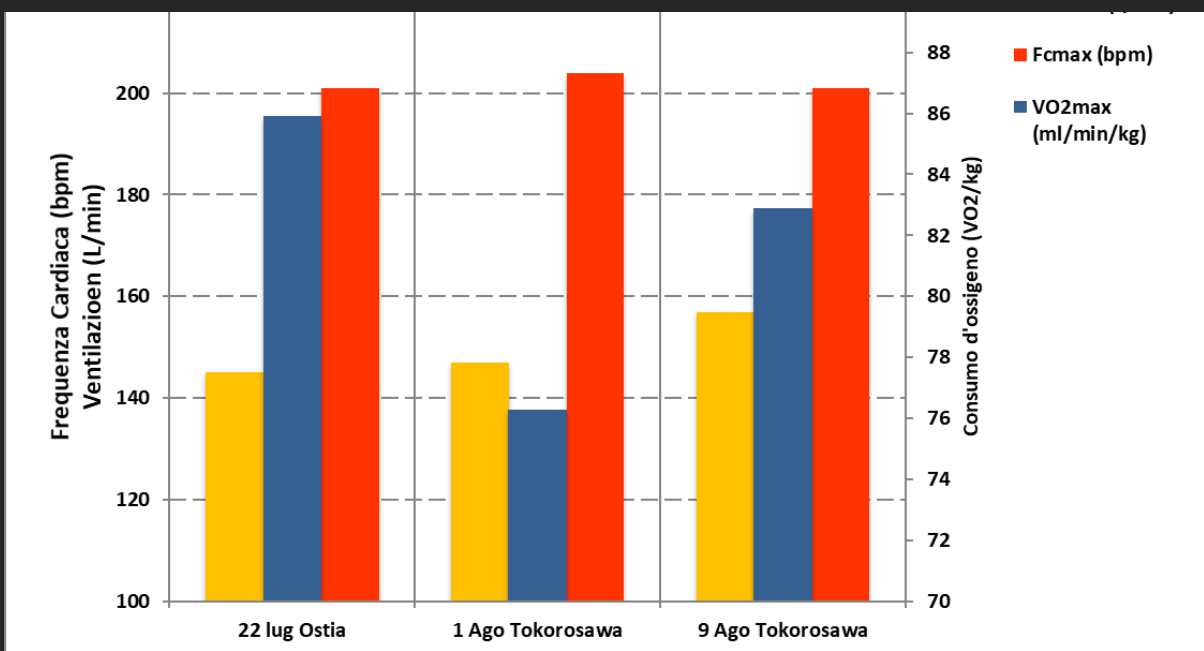
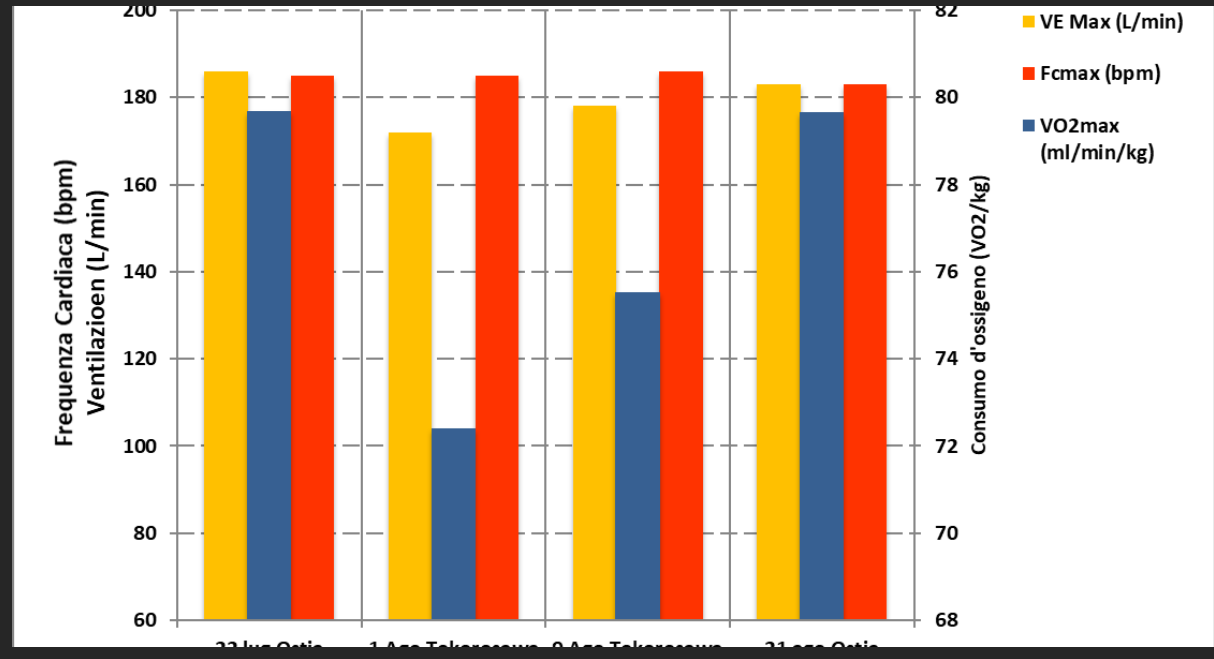
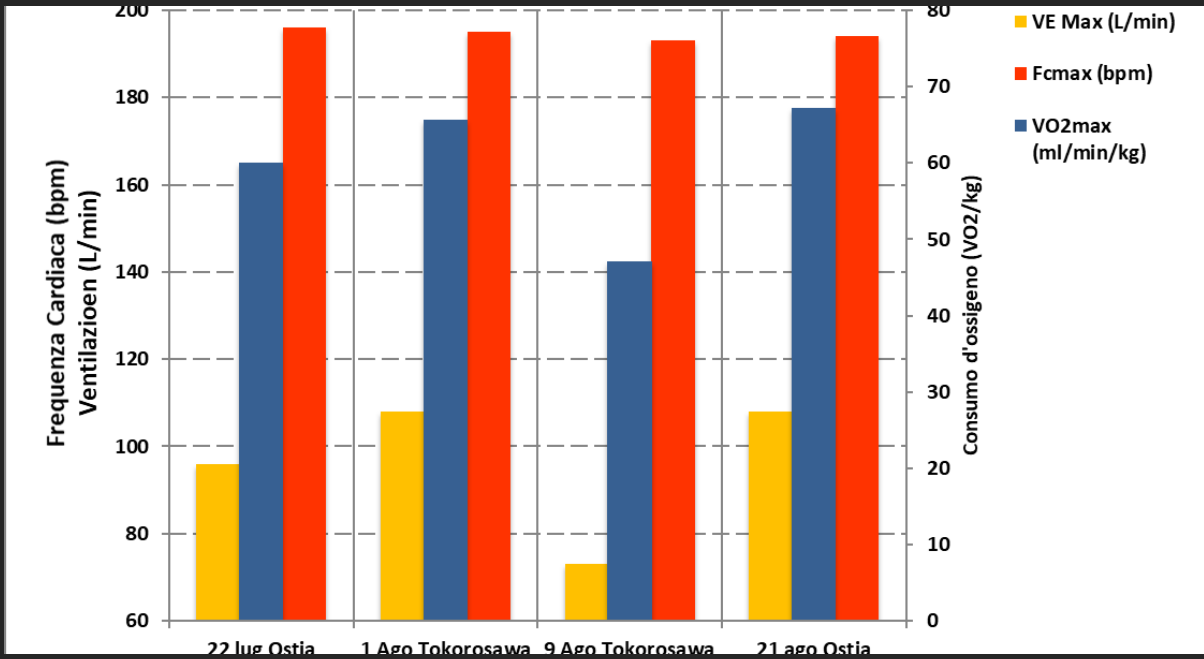


0-AGO-19

TEST INCREMENTALE

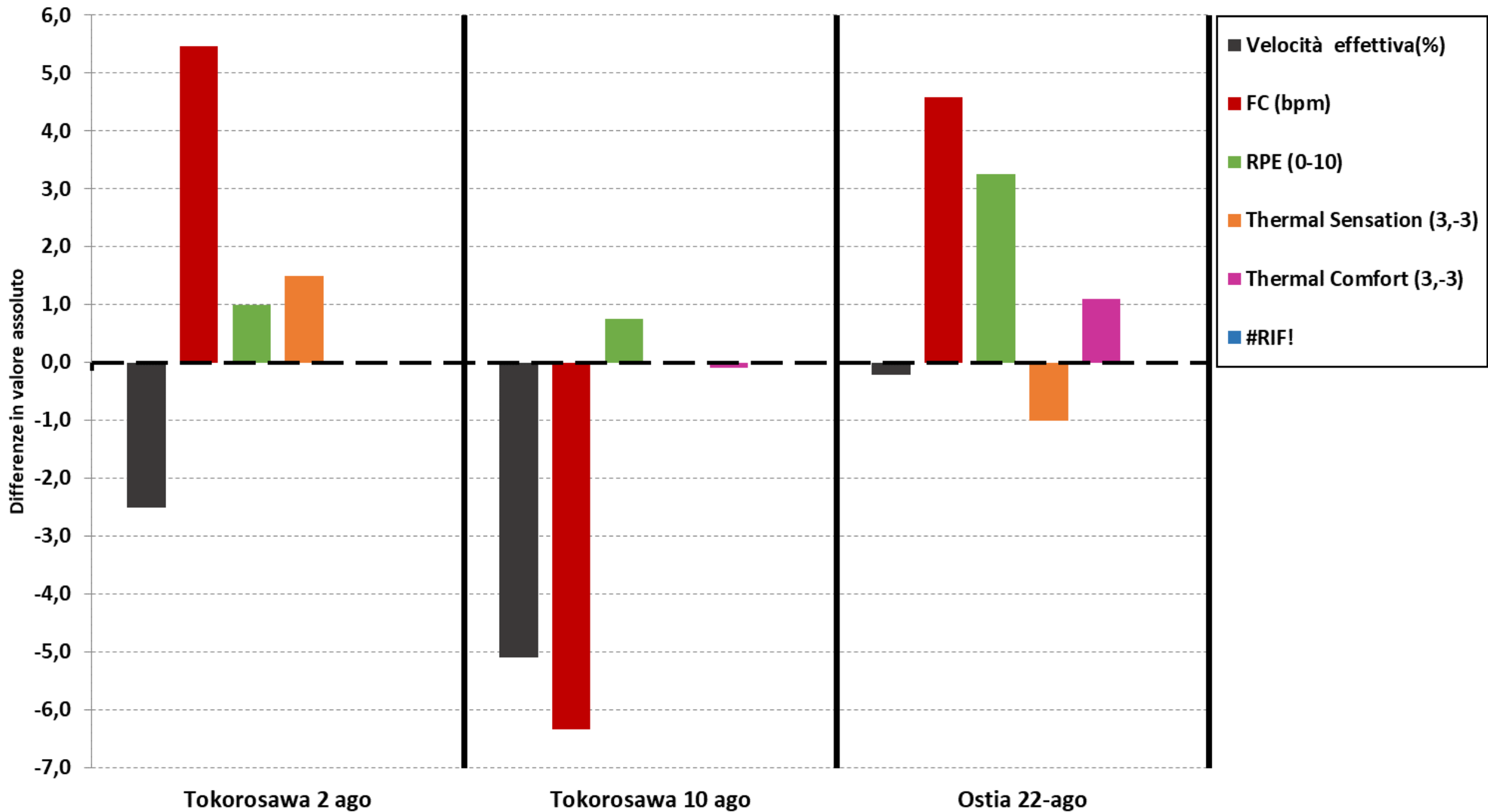


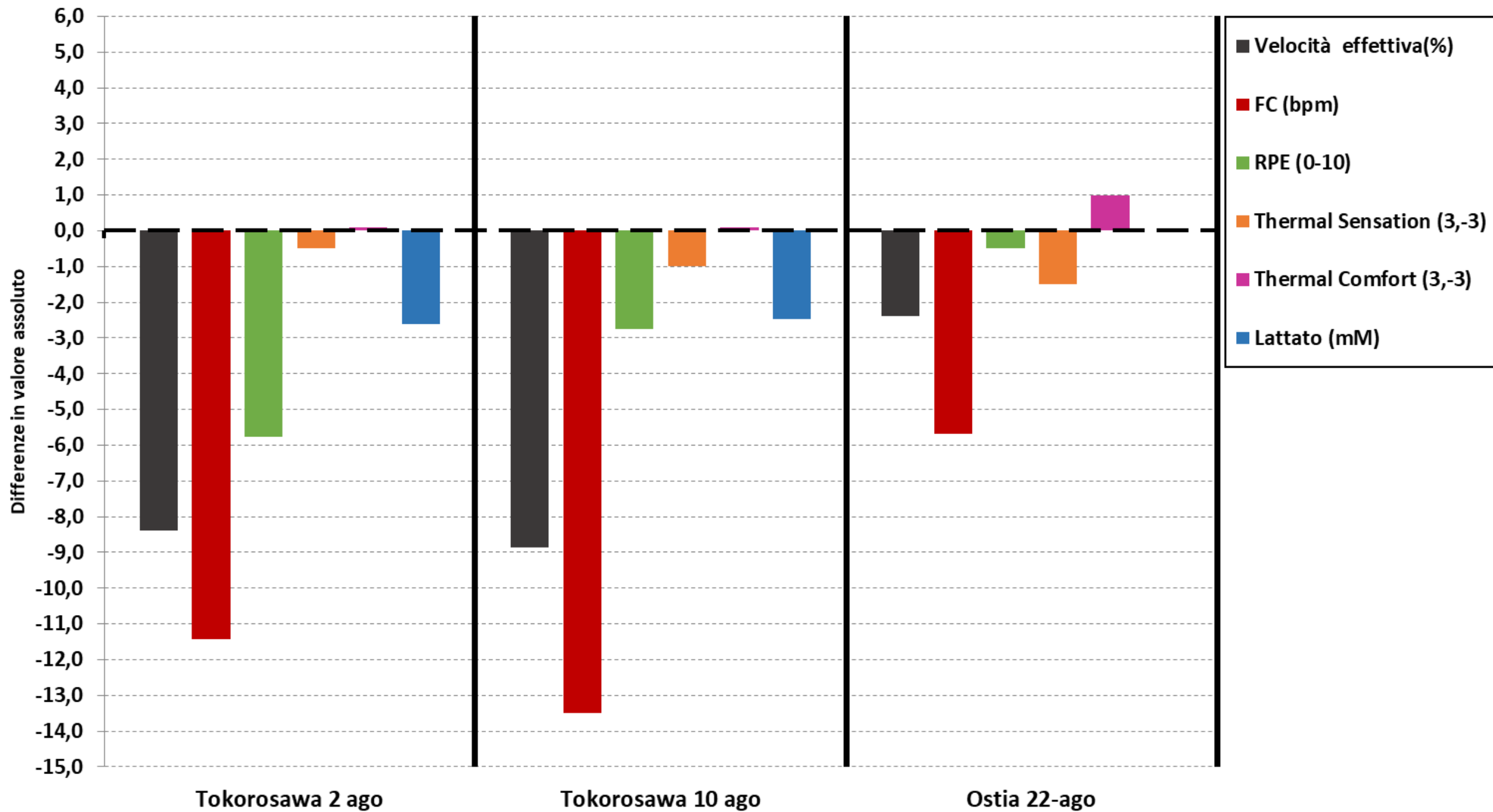


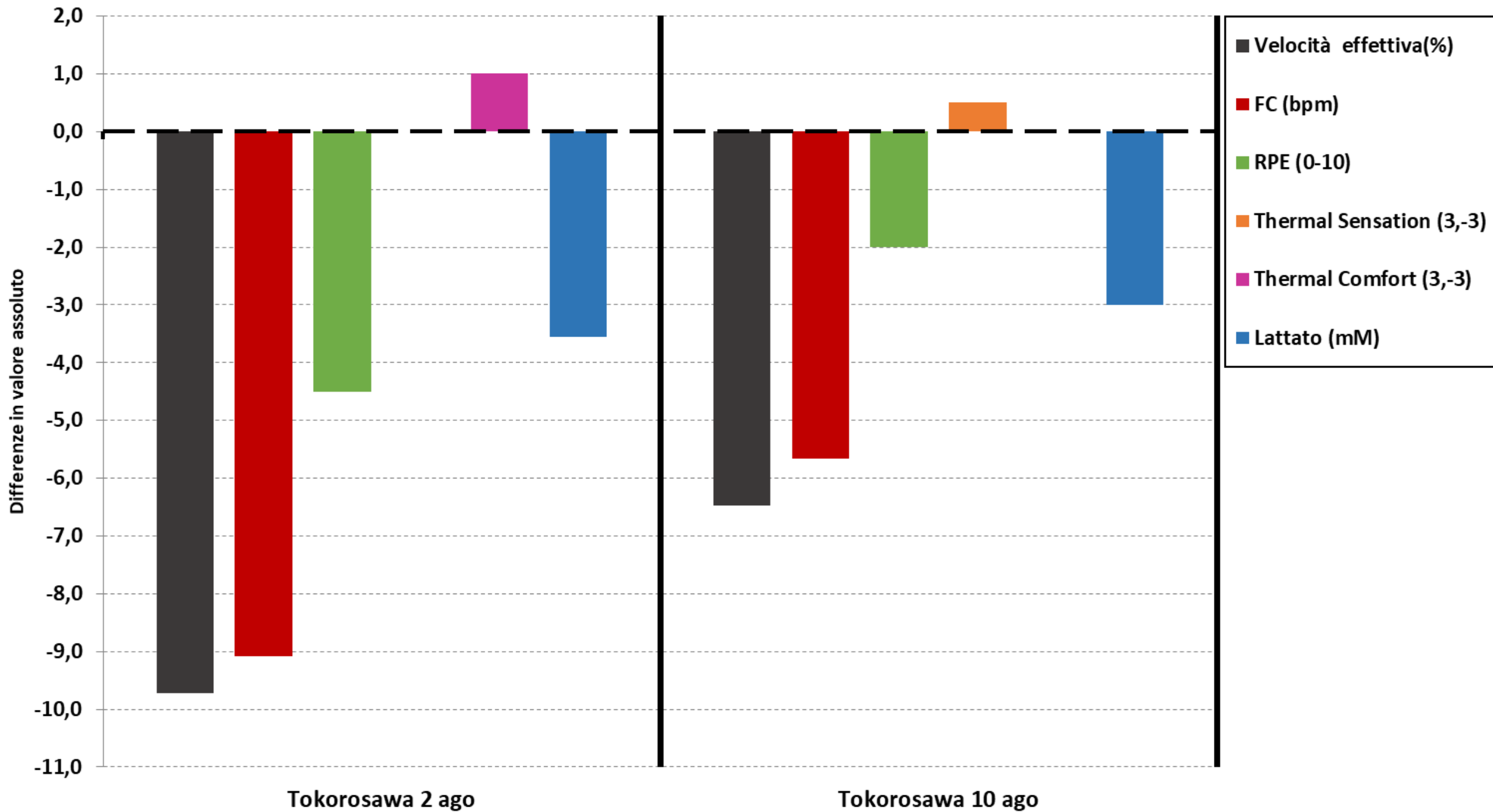


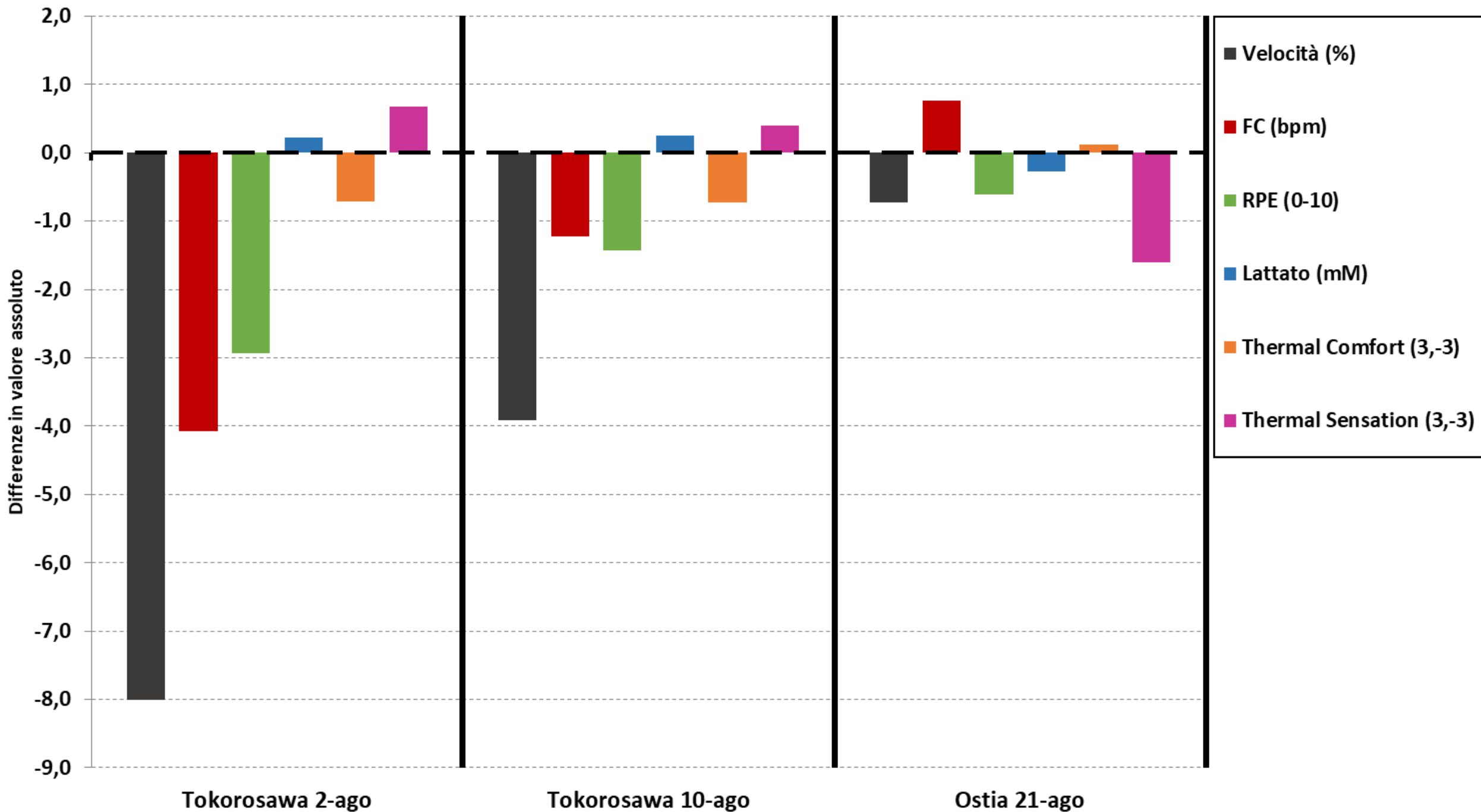
TIME TRIAL











Grazie per l'attenzione

