

# How can analytics help athletes perform at their best?

Coaches at US Speedskating use IBM Analytics to gain instant insight into athletes' lap-times, performance and progression, as well as their physical and mental condition both on and off the ice.



**Individualized data**  
helps coaches shape optimal training plans for each skater



**Deeper analysis**  
of training-loads helps avoid overtraining and reduce injuries



**Immediate insight**  
into progress and goals helps skaters stay on track to win

