

“TRIMP” Performance, Athletic Training Optimization Software

TRIMP is an easy-to-use software program that allows athletes to customize a schedule to optimize their training. Dr. Eric Banister, SFU School of Kinesiology, has developed a method to quantify training-induced changes in fitness and fatigue so that TRIMP carefully monitors training to optimize performance and prevent over-training. An entire training program strategy for a series of optimal performances can be viewed graphically by inputting regular workout information. TRIMP presently handles data for runners, and future versions will allow for cycling and swimming input. This application of simple principles of training theory results in greater efficiency in workouts, producing greater energy and thus allowing for optimal peak performance.

Applications

TRIMP is available as a Windows-based software package for recreational and competitive runners. Future versions will allow for input from cycling, swimming and other sports as well as cardiac rehabilitation and prescribed exercise.

Advantages

Existing training software packages simply record training information; TRIMP makes recommendations on the intensity of training to enable the athlete to be optimally prepared for a major event.

Intellectual Property Status

Copyright protected.

Stage of Development

A commercial shrink-wrapped version is presently being developed. Beta testing is complete.

Business Opportunity

TRIMP Technologies has been incorporated to commercialize the software. Potential licensees are sought to market and distribute the product.

Contact:

Elmer K. Sum, MSc., P.Eng
Technology Manager, Innovation &
TIME New Venture Incubation Centre
Tel: 778-782-7750
Email: elmers@sfu.ca