



TRIMP

WHAT IS TRIMP?

TRIMP stands for Training Impulse.

WHAT DOES THE TRIMP SCORE TELL US?

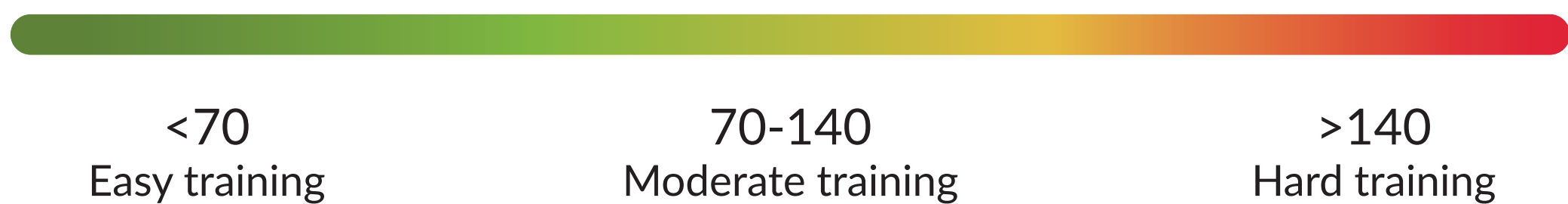
TRIMP quantifies Training Load in a single number.

TRIMP accumulates continuously and the rate of accumulation depends on the intensity of the drill/session.

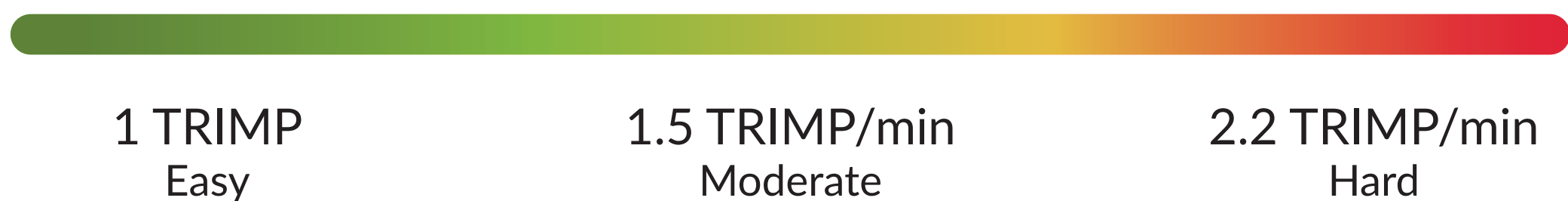
It is a cumulative value so does not decrease during rest periods.

What Does Our TRIMP Score Usually Look Like?

For an "Easy", "Moderate" or "Hard" 60-75-minute training session.



TRIMP/Min Scale



For more information about TRIMP and TRIMP/min, please visit: firstbeat.com/sports/real-time-trimp