



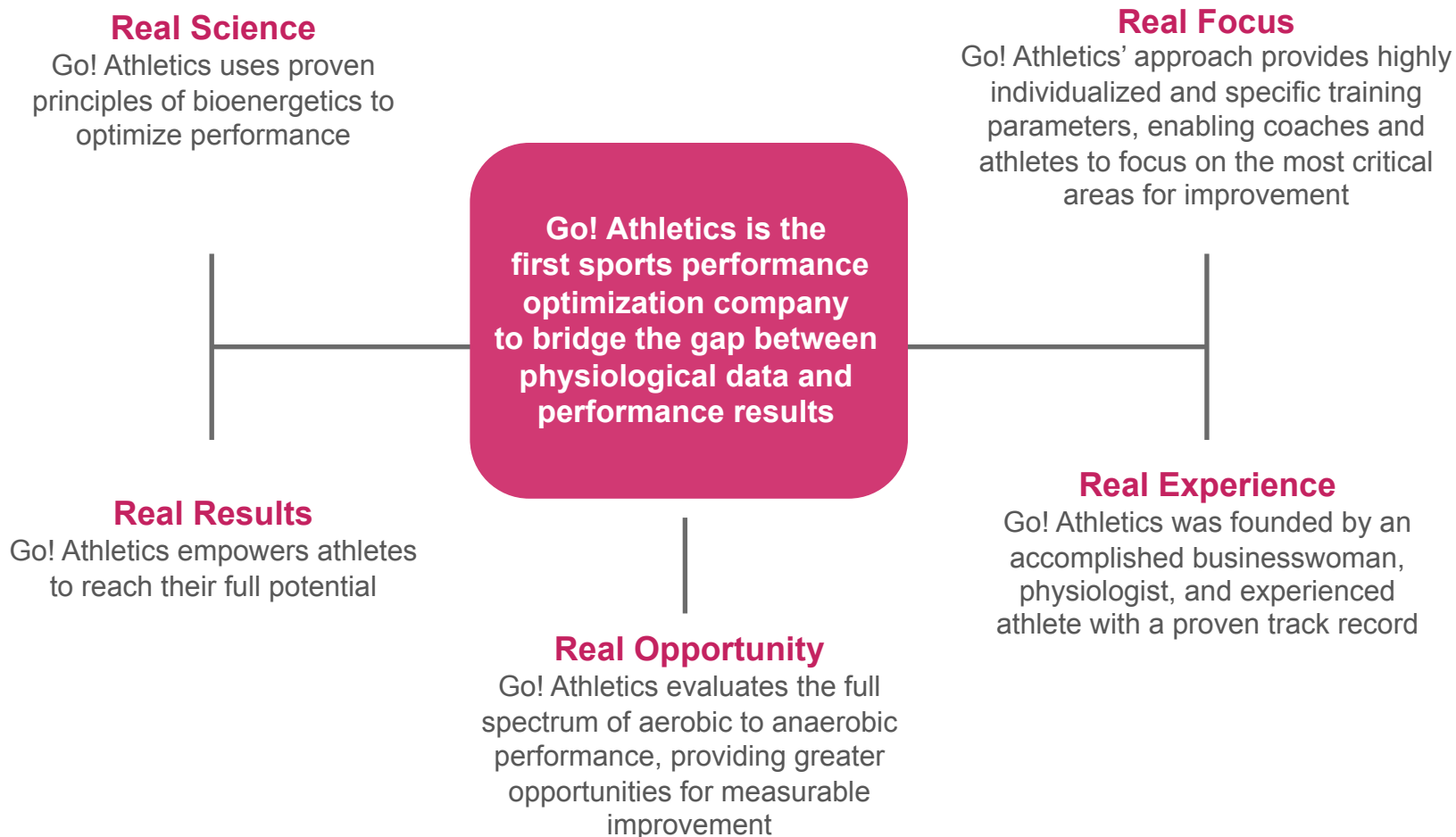
Overview of System Based Training

Winning with Science

August 2015

Go! Athletics

Founded in 2001, Go! Athletics has improved the performances of thousands of athletes through targeted physiological analysis and application



About Go! Athletics

Go! offers many different services and has partnered with leading professional, collegiate, and high school teams across the country

Services

- 1 Physiological Testing
- 2 System Based Training
- 3 1-on-1 Coaching
- 4 Consulting Services
- 5 Training Camps

Select Clients

Collegiate



Professional



High School

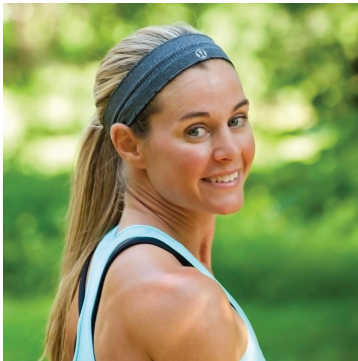


The Team

The Go! Athletics team is comprised of 7 experienced professionals who conduct physiological testing and consultation in the Northeast, Southeast, and West regions

Leadership

Shannon Grady, Founder / CEO



- M.S. Exercise Physiology, University of Florida
- 15 years experience as a physiologist, sport performance expert, and coach
- Competed professionally for FILA Discovery USA, PowerBar Team Elite, and 5x Triathlon TeamUSA

Hazel Clark, Dir. of Development



- B.S., University of Florida
- 3x Olympian, 2x Olympic Trials Champion, Olympic Finalist, 9x US champion in 800m
- USOC Team USA Ambassador
- Spokesperson for Nike, Hershey, Home Depot, AT&T and CVS Caremark

Selina Weller, Head Physiologist



- B.S. Exercise Science, University of Florida
- Division I Tennis player & Track/XC runner
- Performed physiological testing and evaluations for the past 10 years
- Manages program implementation in all regions

Staff

Scott March, Director Northeast

Chris Benassi, Director West

Deb Hellman, Director Colorado

Sydney Harris, Director Northwest

Introducing System Based Training

Go! Athletics has developed a sophisticated sports performance monitoring and assessment platform for analysis, evaluation, and training prescription parameters called System Based Training™ (“SBT”)

What is System Based Training?

- SBT uses applied biochemistry and applied physiology principles to develop individualized training parameters to ensure optimal physiological responses
- System analysis performed via proprietary algorithms and BioEnergetic Power Score calculations provides a previously unexplored perspective into individual performance dynamics

How was it developed?

- Developed over 15 years from analysis of biochemical and physiological data from 90,000+ athlete testing samples
- Physiological Profile Testing (PPT) performed and validated with 8,500 heterogeneous athletes, predicted performance results, athlete/coach input, and physiologist peer reviewed

- Successfully used by over 8,500 athletes in the last 15 years including world champions, NCAA champions and record holders in multiple distances in track and triathlon
- Typical performance gains over 4 year period among NCAA runners on standard training methods is just 0.7-2%; SBT performance gains over one season among NCAA runners has been 16-20%
- SBT Team athletes (soccer, lacrosse) improved individual BioEnergetic output and physiological functional capacity by 25-30% within 1 season which yielded stronger team performances

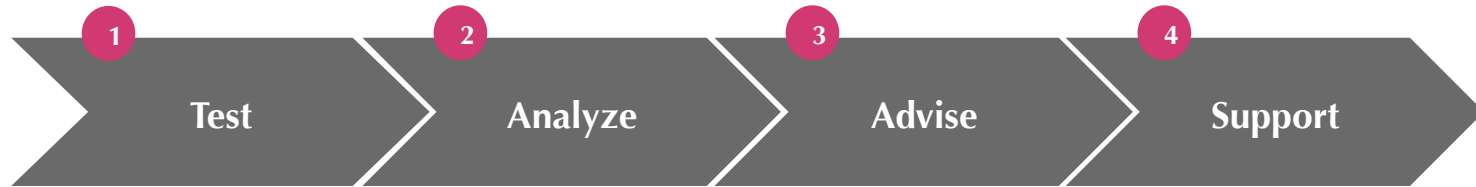
The SBT Difference

System Based Training is the perfect solution for teams, coaches, and athletes for four key reasons

- 1 SBT is Proven:** SBT has been tested and proven to provide optimized and accelerated performance responses
Coaches and athletes who use SBT have seen significant improvements in performance. With SBT, coaches and athletes can identify which training will be most effective.
- 2 SBT is Actionable:** SBT translates physiological data into actionable and specific training parameters that help coaches and athletes optimize training and performance
Measurement and proper application of physiological information is the only true way to individualize and differentiate training responses. SBT provides training parameters that are a direct reflection of the athlete's current physiological data and equips coaches with information to optimize training.
- 3 SBT is Easy:** SBT is easy to administer and easy to understand
SBT testing consists of approximately 30-45 minutes of exercise protocols per person. Team testing can be completed in one day. Exercise protocols are done at your facilities, at your convenience and require no advanced preparation.
- 4 SBT is Unique:** SBT takes a comprehensive approach to performance improvement, training across the full spectrum of aerobic and anaerobic states
SBT uses proven principles of bioenergetics to evaluate lactate levels at multiple points across the aerobic and anaerobic spectrum. Within that spectrum, SBT pinpoints areas of opportunity where training will be most impactful. Uniquely, SBT looks beyond the traditional metric of lactate threshold to determine each athlete's potential and optimal training parameters.

The SBT Process

SBT takes a comprehensive approach to performance improvements through in-depth analysis, through data application, and through support to coaches, athletes, and athletic staff



- On-site/field testing using portable lactate analyzers
- Specific physiological protocols are administered based on sport and/or event
- Evaluates complete energy spectrum required for performance in any sport or event

- Input testing data into proprietary algorithm for analysis
- Formula generates results for physiological functioning/capacity, System evaluation, training parameters, and BioEnergetic Power Scores

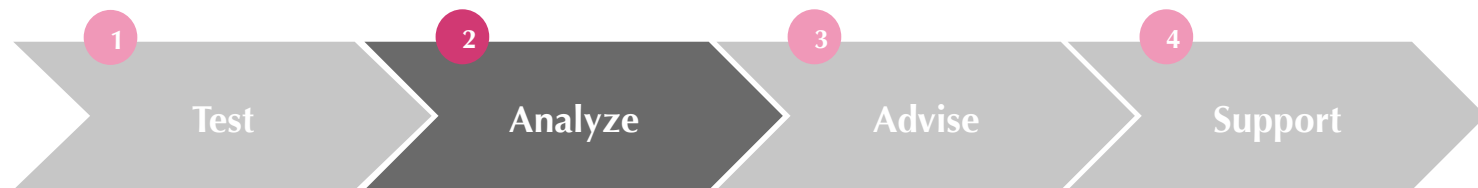
- Translate physiological data into actionable parameters
- Assimilate athlete data into existing daily, weekly, and/or yearly training program

- Continued support and consulting for effective data application and implementation
- Repeated evaluations provide continuous feedback on athlete response

Go! Athletics empowers coaches and athletes to optimize potential by uniquely focusing on the full trainable spectrum, identifying where the greatest improvement can be achieved

Analysis In-Depth

System Based Training offers a unique and proprietary analysis of physiological information that no other service can provide, and this component is the differentiating element of the process



Each athlete's Systems are analyzed, measured, and quantified through various SBT physiological testing protocols

Each System correlates to the conceivable physiological capacity that can be developed by the desired physiological objective

BioEnergetic Power Scores (BEPS) over time show individual responses to various types of training stimulus and enable coaches gain valuable insight to develop a highly specific, individualized training plan

Biochemical Systems Measured

Eight Biochemical systems are measured to identify overall functioning across the human bioenergetic spectrum. BioEnergetic Power Scores quantify athletes ability to achieve performance objectives

BIOENERGETIC POWER MEASURES	DESCRIPTION
1. AF	Aerobic Foundation: Develop foundation of the aerobic system in order to adequately and optimally develop all other systems
2. PAC	Prolonged Aerobic Capacity: Develop maximum velocity in which one can train for 60 minutes or longer
3. LTCC	Lactate Tolerance, Clearing, and Capacity: Increases lactate clearing, lactate tolerance, and sub-maximal aerobic capacity
4. ARC-3	Aerobic Rate Capacity: Develop and increase fundamental training adaptations; stroke volume, maximum aerobic capacity, maximal aerobic velocity, and lactate tolerance, buffering, clearing capacity.
5. ARC-2	
6. ARC-1	
7. ANRC-2	Anaerobic Rate Capacity: Increases maximum lactate production, maximum anaerobic capacity, lactate buffering capacity, and rate of anaerobic respiration
8. ANRC-1	ANRC-2, ANRC-1: differ in velocity and maximal capacity

System Shutdown Classifications

Athletes with performance stagnation or declines and symptoms of overtraining syndrome demonstrate physiological dysfunction evidenced by System shutdown. Precise training and nutritional prescriptions can remedy all levels of System Shutdown and positively impact performance outputs

CLASSIFICATION OF SYSTEM SHUTDOWN	DESCRIPTION
Full System Functioning	No System Shutdown: 6 or more Systems functioning
Stage I: Mild System Shutdown	4-5 Systems functioning
Stage II: Moderate System Shutdown	2-3 Systems functioning
Stage III: Severe System Shutdown	2 or fewer Systems functioning

The value of Physiological Profile Testing analysis as a diagnostic tool for training optimization and as a preventative measure for performance declines is unparalleled in human physiological performance evaluations

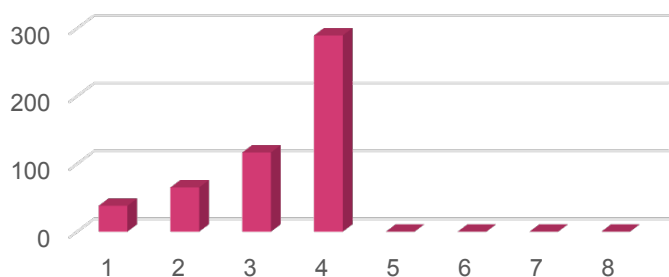
Use Case Example #1: Elite Rower

A US Men's National Team Lightweight Rower showed remarkable improvement of functional systems by implementing System Based Training

Pre-System Based Training (Jan 2014)

4 functional Systems
2k Erg Time: 6:36

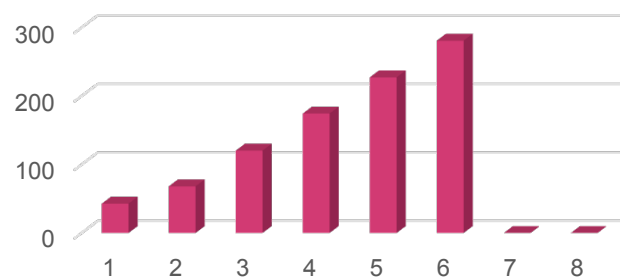
BioEnergetic Power Scores



Post-System Based Training (March 2014)

6 functional Systems
2k Erg Time: 6:19

BioEnergetic Power Scores



BEPS Key:

- 1: AF
- 2: PAC
- 3: LTCC
- 4: ARC-3
- 5: ARC-2
- 6: ARC-1
- 7: ANRC-2
- 8: ANRC-1

When initially tested, the rower was dysfunctional in Systems 5-8, but by targeting Systems 5-6 through use of SBT, the rower achieved Full System functioning and showed significant System and performance improvements within 2 months. His 2k Erg time improved by 17 seconds

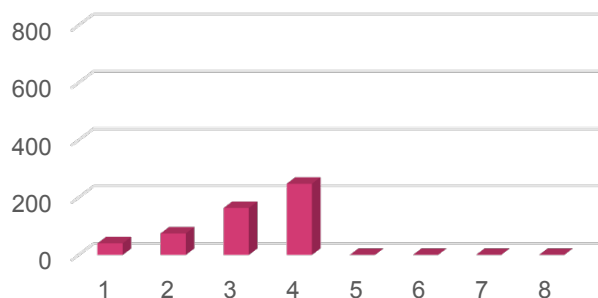
Use Case Example #2: Elite Runner

SBT generates similar improvement for runners, as evidence by a high school junior boy who developed into one of the country's best runners

Pre-System Based Training (March 2014)

4 functional Systems
Mile: 4:23 / 800m: 2:01

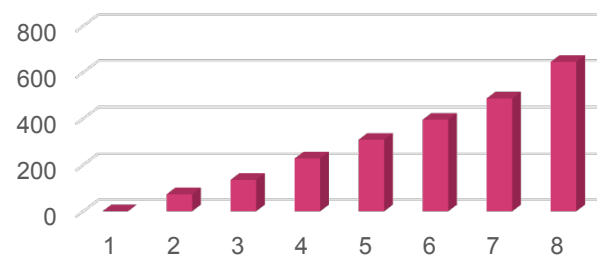
BioEnergetic Power Scores



Post-System Based Training (December 2014)

7 functional Systems
Mile: 4:07 / 800m: 1:50 (US #1)

BioEnergetic Power Scores



BEPS Key:

- 1: AF
- 2: PAC
- 3: LTCC
- 4: ARC-3
- 5: ARC-2
- 6: ARC-1
- 7: ANRC-2
- 8: ANRC-1

When initially tested, this runner was dysfunctional in Systems 5-8, but by targeting Systems 5-8 over the next 9 months, the athlete achieved Full System functioning and showed significant System and performance improvements. His mile time improved 16 seconds and 800m improved 11 seconds

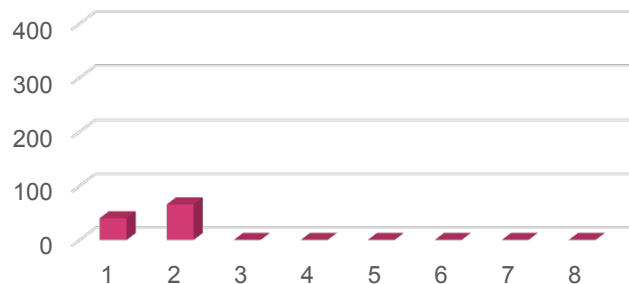
Use Case Example #3: Novice Runner

Young athletes and novice athletes also experience demonstrable improvement through the use of SBT

Pre-System Based Training (March 2014)

2 functional Systems
Mile: 5:05 / 800m: 2:24

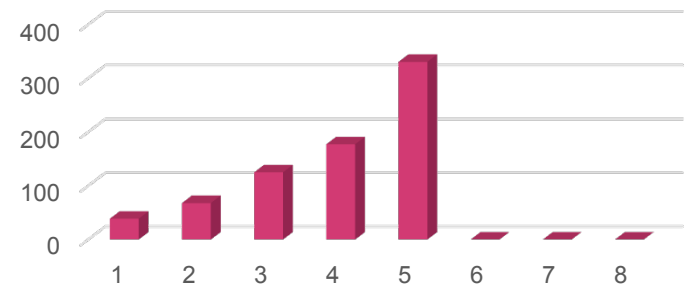
BioEnergetic Power Scores



Post-System Based Training (March 2015)

5 functional Systems
Mile: 4:33 / 800m: 2:05

BioEnergetic Power Scores



BEPS Key:

- 1: AF
- 2: PAC
- 3: LTCC
- 4: ARC-3
- 5: ARC-2
- 6: ARC-1
- 7: ANRC-2
- 8: ANRC-1

When initially tested, this runner was dysfunctional in Systems 3-8, but by targeting Systems 3-6 over the next 12 months, the athlete achieved Mild System functioning and showed significant System and performance improvements. His mile time improved 32 seconds and 800m improved 19 seconds

Use Case Example #4: D1 Cross Country Team

System Based Training can be successfully applied to teams as well, as evidenced by the following Division 1 XC team which displayed significant improvement at conference and regional meets following the implementation of SBT

Race	Team Score	Team Place	5 th Runner	7 th Runner	9 th Runner
Conference Pre-SBT	114	5 th	31 st	44 th	59 th
Conference Post-SBT	36	1st	14th	16th	24th
Regional Pre-SBT	57	2 nd	19 th	50 th	n/a
Regional Post-SBT	41	1st	12th	39th	n/a

