

ATHLETE TWIN REPORT



**Laura Veum**

Demo Team / Central Midfielder

Team: Demo Team

Data window: Jun 8, 2026 - Jun 22, 2026

Coach: demo

Position: Central Midfielder

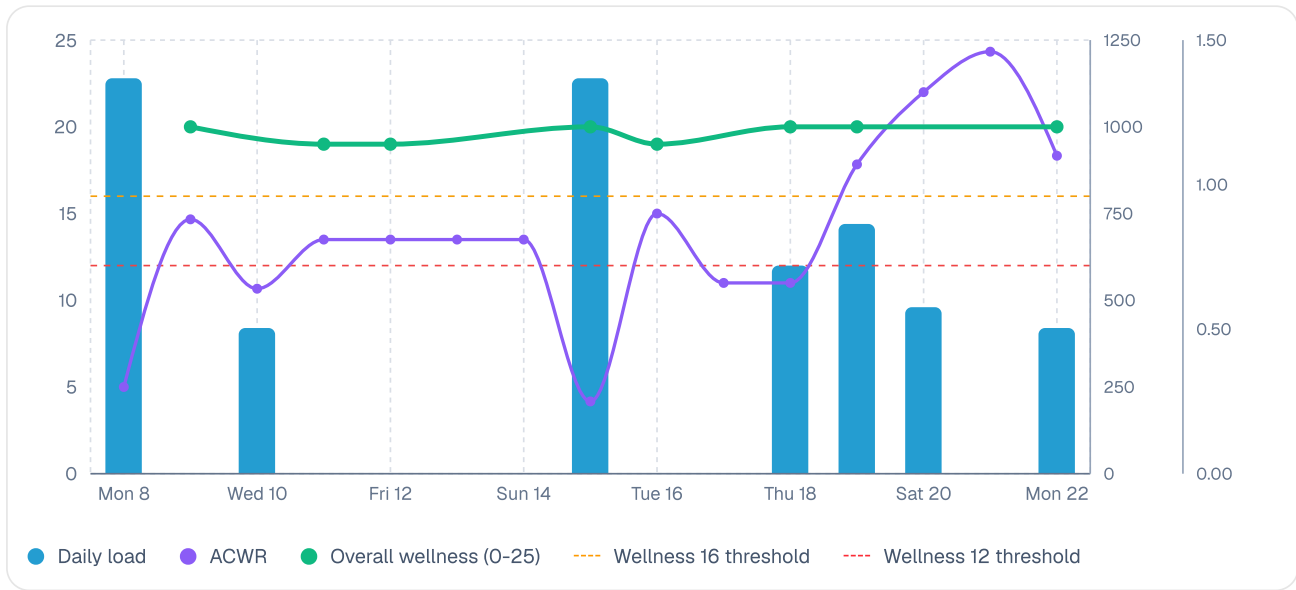
Snapshot date: Jun 22, 2026

Club: demo

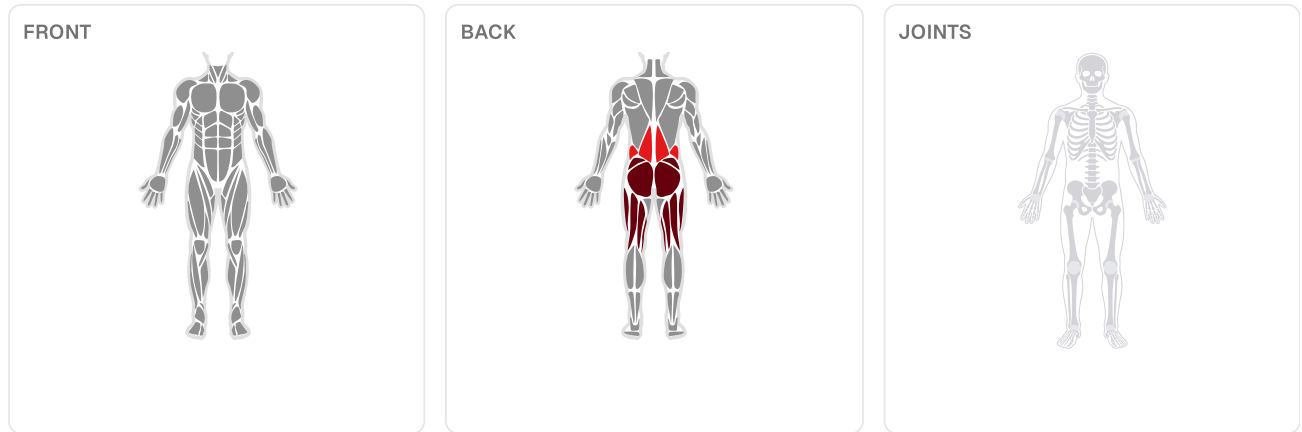
**Training Load vs Wellness Trend**

Jun 8, 2026 - Jun 22, 2026

<b>AVG WELLNESS</b> <b>19.6 / 25</b> Average in selected range		<b>AVERAGE TRAINING LOAD</b> <b>328</b> Average in selected range
<b>AVERAGE ACWR</b> <b>0.83</b> Avg in selected range, sweet spot: 0.8-1.3		<b>TRAINING MONOTONY</b> <b>0.70</b> Average in selected range
<b>TRAINING STRAIN</b> <b>2627</b> Average in selected range		



## Body Pain Visuals



No reports
  1 reports
  2 reports

## Body Pain Details

Date	Intensity	Body Part	Note
Jun 16, 2026	4	Hamstring (Left)	--
	4	Hamstring (Right)	--
	4	Lower Back (Left)	--
	4	Lower Back (Right)	--
Jun 12, 2026	4	Gluteal (Left)	--
	4	Gluteal (Right)	--
Jun 11, 2026	4	Gluteal (Left)	--
	4	Gluteal (Right)	--
	4	Hamstring (Right)	--
	4	Hamstring (Left)	--

## WELLNESS SUBMISSIONS

Date	Overall	Sleep	Soreness	Stress	Mood	Fatigue	Body Pain
Mon Jun 22, 2026	20.0	4/5	4/5	4/5	4/5	4/5	0
Fri Jun 19, 2026	20.0	4/5	4/5	4/5	4/5	4/5	0
Thu Jun 18, 2026	20.0	4/5	4/5	4/5	4/5	4/5	0
Tue Jun 16, 2026	19.0	4/5	3/5	4/5	4/5	4/5	4
Mon Jun 15, 2026	20.0	4/5	4/5	4/5	4/5	4/5	0
Fri Jun 12, 2026	19.0	4/5	3/5	4/5	4/5	4/5	2

Date	Overall	Sleep	Soreness	Stress	Mood	Fatigue	Body Pain
Thu Jun 11, 2026	19.0	4/5	3/5	4/5	4/5	4/5	4
Tue Jun 9, 2026	20.0	4/5	4/5	4/5	4/5	4/5	0

RPE SUBMISSIONS

Date	Session	RPE	Duration	Load
Mon Jun 22, 2026	GYM SESSION	7.0	60 min	420
Mon Jun 22, 2026	SANDF friendly	4.0	120 min	480
Mon Jun 22, 2026	MD-1	6.0	120 min	720
Mon Jun 22, 2026	Training Session	5.0	120 min	600
Mon Jun 22, 2026	TRAINING SESSION	6.0	120 min	720
Mon Jun 22, 2026	GYM SESSION	7.0	60 min	420
Mon Jun 22, 2026	GYM SESSION	7.0	60 min	420
Mon Jun 22, 2026	TRAINING SESSION	7.0	120 min	840
Mon Jun 22, 2026	GYM SESSION	5.0	60 min	300