



In-shoe load monitoring for analysis of running technique

loadsol® key benefits for athletic coaches:

- Measure during training in any environment with an easy-to-use and light-weight system, that does not alter the athlete's natural movement
- Collect important running parameters like cadence, ground contact times, initial contact and symmetry to adapt training
- Benefit from remote and real-time measurement for several athletes at the same time
- Correlate with video to better analyze the athlete's movement

loadsol®

in running training

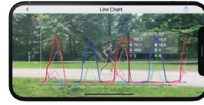
Use loadsol® to **identify strengths and weaknesses** of your athlete's technique and adapt the training.

Utilize datapoints and **map progress** to **optimize the training approach** and **detect risks of injury**.



Application package

Utilized system and software





Insoles:
6 x loadsol® of each size + Measurement: **loadapp** + Evaluation: **loadpad Analysis**

For use in training of athletes, we recommend 6 pairs of loadsol® in various sizes and the loadpad® analysis software to comprehensively evaluate the athletes progress.

References and publications

Published literature and users of the loadsol® for evaluation of training

-  **Accuracy and precision of loadsol insole force-sensors for biomechanical running parameters**
Journal of Sports Science (Seiberl, W. et al., 2018).
-  **The Reliability and Validity of the Loadsol® under Various Walking and Running Conditions**
Sensors (Renner K. E. et al., 2019)

Used by the World Olympic Association for Athlete Evaluation

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