



In-shoe load monitoring for analysis of running technique

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**.

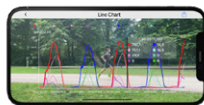
loadsol® key benefits for athletic coaches:

- 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



Application package

Utilized system and software



Insoles:
**6 x loadsol® of each
size**



Measurement:
loadapp

For use in training of athletes, we recommend 6 pairs of loadsol® in various sizes and the loadapp mobile application 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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