



FIBA

We Are Basketball



GUIDE FOR POLAR TRAINING SET – M430 & H10

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FIBA - International Basketball Federation

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GUIDE FOR POLAR TRAINING SET M430 & H10

FOREWORD

The purpose of this Guide is to help you to set up the FIBA Polar Training Set (M430 & H10) and Polar account to record and upload your training and games.

This Training Guide compliments the Manual for Basketball Referees' Physical Training (downloadable at FIBA iRef App). It is important to get familiar with all the sections and terms.

Now that you have a FIBA Polar Training Set (including M430 & heart sensor H10) you will be able to upload your training sessions and games. This will allow for these training sessions and game data to be analyzed by the FIBA Referee Fitness Coordinator(s).

Please follow the instructions below to create your Polar Flow account and upload your training sessions and games.

For further inquiries of the content, please contact referees.fitness@fiba.basketball.

Enjoy the training!

FIBA Referees Fitness Team

FIBA POLAR TRAINING SET

The training set includes following products:

1. Polar M430
2. Cable for M430
3. Heartrate sensor H10
4. Black strap for H10
5. "Get started" manual for M430



The ID of the H10 is located in the side of the sensor.

Setting up Polar M430

Once you receive the Polar M430 please check the Technical Instructions with the Polar M430 User Manual. This manual is in English and in many other languages.

It is mandatory that you familiarize yourself with the use of the Sport watch.

Getting started

https://support.polar.com/e_manuals/M430/Polar_M430_Getting_Started_Guide_English.pdf

Manual (English)

https://support.polar.com/e_manuals/M430/Polar_M430_user_manual_English/manual.pdf

Uploading your training sessions;

Creating your Polar Flow account and uploading sessions to the Flow web service.

Polar Flow is designed to track your activity and progress by recording all your training data and analyzing your performance. It offers an easy way to follow your training activity and progress in the Polar Flow web service. It allows you to easily analyze every detail of your training and long-term physical activity in the Flow web service.

To start using the Flow web service, go to flow.polar.com/start, and create your Polar Flow account. Download and install FlowSync software from the same place to allow you to sync data between your Polar watch and Flow web service.

Also download the Polar Flow App to your mobile for instant analysis and data sync to the web service. Flow app is the easiest way to sync your training data from your Polar M430 with the Flow web service.

Once you create your account please send an email to the FIBA Fitness Coordinator (referees.fitness@fiba.basketball) with the email address you used when you created your Polar Flow account. In the next days you will receive an invitation from the Polar Coaching Online solution by the Referees Fitness Coordinator (referees.fitness@fiba.basketball) to join the group. You need to accept the invitation to be part of the group. This invitation will appear clicking in the up-right side of your browser inside your Polar Flow account (message icon).

So, when you join the training group, the FIBA Referees Fitness Coordinator will be able to analyze all your sessions, interact with you and offer you some comments and guidance.

It is really important that you know how to use the device and how to upload the information to your account because it will be the best way to communicate with the FIBA Referees Fitness Coordinator.

In order to follow the program, you **must** upload the Training sessions every week (latest every Sunday) to the Flow web service.

The training sessions that will be analyzed are **only** the training sessions designed in the training plans that you will receive from the FIBA Referee Operations.

If you want to train more please feel free to do so, however don't forget to upload all these training sessions also. In some situations, this will help us to have more detailed information from you.

Training with your M430

Polar M430 is a wrist-based heart rate measurement that integrates your heart rate into a device that can be worn on your wrist. It enables you to quickly and easily check your heart rate by activating the training mode in your device. It measures your heart rate accurately and easily, and gives training guidance on how to train at the right intensity.

One of the key factors to accuracy in wrist-based heart rate measurement is ensuring a proper fit. The watch should sit behind the wrist bone, with the back of the watch fitting snugly against your wrist, but not so tight as to prevent blood circulation or to feel uncomfortable.

Built-in GPS provides accurate speed and distance measurement for a range of outdoor sports, and allows you to see your route on the map in the Polar Flow App and web service after your session. It provides a fast GPS satellite fix. A-GPS data tells your wrist device the predicted positions of the GPS satellites and makes it possible to get signals from them within seconds, even under difficult signal conditions.

Every session planned in your Training Plan **must** be recorded with your Polar M430.

Heart rate (HR) is an excellent measure of exercise and your training intensity and it will be the way we will measure it. Heart rate can be expressed as the absolute number of beats per minute (bpm) or as a percentage of your maximum heart rate (% MaxHR). Maximum heart rate (MaxHR) is the highest number of heart beats per minute (bpm) during physical exertion. MaxHR is individual and may somewhat decrease as you age. It sets the individual reference value for your training intensity and is used in the calculation of the default heart rate zones.

An age-based MaxHR is a rough estimate of your maximum heart rate, and it is used as default in the Polar M430. The most reliable and safest way to determine your MaxHR is to have it measured in a FIBA Referees Elite Yo-Yo Fitness Test.

How to obtain your MaxHR?

Your MaxHR can be achieved by running the FIBA Referees Elite Yo-Yo Fitness Test and completing as many laps as possible (not just the FIBA Levels for male and female). The MaxHR achieved in this training session will be your recorded MaxHR.

Your heart rate value in beats per minute (e.g. 125 bpm) is individual and cannot be compared to another person's value. A percentage of your maximum heart rate value on the other hand is comparable. The training sessions show you the type of workout to realize, duration and also the intensity. Eg.- Running 30´(60-65%). If your MaxHR is 200 that means that the intensity during the 30´ has to be between 120-130 bpm.

The default heart rate zones are divided into five intensity zones based on the percentage of your maximum heart rate. It provides an easy way to adjust and monitor the intensity of your training. By using heart rate zones you can also follow heart rate-based training programs as these will be the programs that you will receive. The default zones are based on your MaxHR.

Different training intensities have different training benefits, for instance light intensity enhances basic aerobic endurance and hard intensity improves your body's ability to sustain high intensity exercise and your maximal oxygen uptake;



If for any reason during the training plans, and **after confirming** with the FIBA Referees Fitness Coordinator, you have to realize a different workout (for example, on the bike, cross trainer, water workout,..) please select the correct training mode in your watch. Remember that the GPS only works outside but the watch allows you to do these different activities.

Recording Games (H10 sensor)

During the Training period you will have official games. We will use the games as the most specific workout, so please try and use the H10 belt in **all** your games.

This information will help us in the training process and to control your training load.

For this purpose, we will use the H10 memory belt. With the H10 belt you just need to wear the belt and it will synchronize after the game with your cell phone. You have to download in your cell phone the App Polar Beat and start the recording from there.

Make sure to start recording the game 20 minutes before you start the specific warm up on the court. The most suitable situation is that you start recording whenever you are ready to leave the locker room and go to the court.

Setting up your H10 belt (and Polar Beat app)

The improved electrodes make Polar H10 one of the most accurate heart rate sensor in the market. Polar H10 is fully waterproof and transfers heart rate data in water with 5 kHz transmission. The data can be transferred to Polar Beat. Polar H10 has a built-in memory for heart rate data from one training session.

Hook up the Polar H10 with Polar Beat and get accurate real-time heart rate directly to your phone. With Polar H10 you can track your training session without your phone with you and transfer your heart rate data to Polar Beat after you finish. Just start a training session in the app, leave your phone waiting and get going.

Note: You are responsible to take good care of the FIBA Referees Physical Training Set and to read carefully all instructions for cleaning and maintenance. The set is individual and FIBA reserves the right to ask you to return the set back to FIBA, if necessary.

STANDARD QUALITY GLOBAL CONNECTION



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