



Fit For 90

Player monitoring and injury prevention software for soccer teams, providing readiness scores, training load analysis, and periodized training plans.

<https://www.fitfor90.com>

Overview

Fit For 90 is a sports performance and injury prevention software platform primarily used by professional, collegiate, and youth soccer teams. The core of the platform is its proprietary **readiness score algorithm**, which analyzes player feedback on metrics like fatigue, soreness, mood, stress, and sleep quality to quantify daily readiness on a 100-point scale. This allows coaches to proactively identify players at a higher risk of injury due to under-recovery before each training session or match day.

Key Features and Capabilities

Injury Risk Prediction: Uses the readiness score to accurately predict players more prone to injury, allowing for timely intervention and training load adjustment.

Training Load Management: Quantifies the cumulative training load placed on players using the subjective Rate of Perceived Exertion (sRPE), which is highly correlated with heart rate data, providing an affordable alternative to heart rate monitors. Coaches can easily adjust daily training loads based on player readiness.

Corrective Exercises: Provides specific corrective flexibility routines to both coaches and players, tailored to address current and historical muscle soreness issues identified by the platform.

Periodization & Training Plans: Delivers comprehensive, periodized training session structures (including dynamic warm-ups, speed/agility drills, sprints, and training games) designed by Dr. John Cone to maximize team fitness while ensuring recovery and freshness for peak match-day performance.

Injury & Illness Reporting: Players can report injuries or illnesses directly through the interface, immediately alerting the coaching and medical staff via email to enhance communication.

Target Users and Use Cases

Fit For 90 is designed for coaches, athletic trainers, strength and conditioning staff, and players (ages 13 and older) in soccer. It is used by teams at all levels, including the U.S. Women's National Team,

MLS, NWSL, and collegiate programs.

Primary Use Cases:

Injury Prevention: Reducing overuse and non-contact injuries by monitoring recovery and stress levels.

Performance Optimization: Maximizing player performance by adjusting training sessions to match daily readiness.

Coaching Education: Providing sports science and periodization knowledge to coaches through dedicated courses.

Key Features

- Player Readiness Score Algorithm
- Injury Risk Prediction and Alerts
- Training Load Quantification (sRPE)
- Corrective Flexibility Exercises
- Injury & Illness Reporting
- Detailed Periodized Training Plans
- Real-time Player Data Access for Coaches

Pricing

Model: subscription

The Team Monitoring platform is typically priced at \$3,000/year per team. Individual recovery/performance apps are available, and the company offers various coaching education courses (e.g., \$399 for the Sports Performance course). Limited-time or seasonal free access to the summer training app is offered to partners.

Starting at: USD \$3000

Target Company Size: small, medium, enterprise

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