Additional Reading: AI optimization vocabulary

Deep Dive into additional reading on some of the new KPI's that you'll need to master for [Optimized Training™](): Data iQ™, Normalized Training Stress® (NTS™), Residual Training Stress™ (RTS™), RTS7™, Normalized Training Load® (NTL™), Performance Readiness™, Fitness, Stress, & Readiness™ Graph, Training Stress Profile® (TSP™).

Further, it is always good to know the underlying terminology that's at the cusp of coaching technology:

- **Artificial Intelligence (AI):** Machines' ability to perform cognitive human-like functions
  - **Machine Learning (ML):** Subset of AI, that uses trained algorithms to perform tasks
    - **Deep Learning:** Subset of ML that uses multiple layers of neural networks
- **Data Science:** A discipline that combines math, statistics, programming AI and ML to discover meaningful information and actionable insights.
  - **Data Analytics:** Collection and transformation of raw data into meaningfully organized data that can be used in Data Science
  - **Big Data:** Extremely large and complex data sets, that cannot be dealt with by traditional data-processing applications