

Recovery Report

Person: Athlete (Example) Jane

Date: 9/2/2006

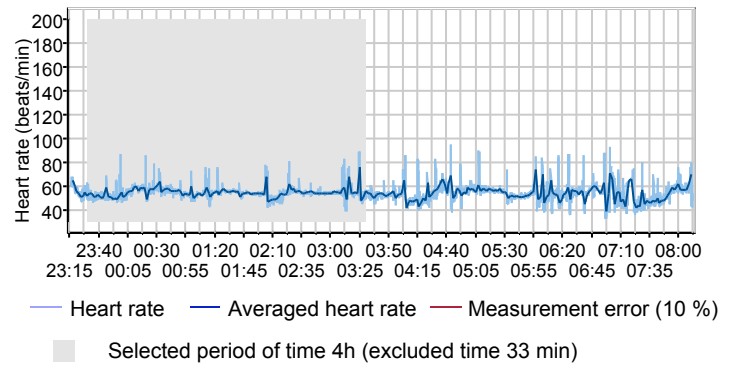
Background information

Age 26
Height (cm) 168
Weight (kg) 55
Resting heart rate 38
Maximum heart rate 196

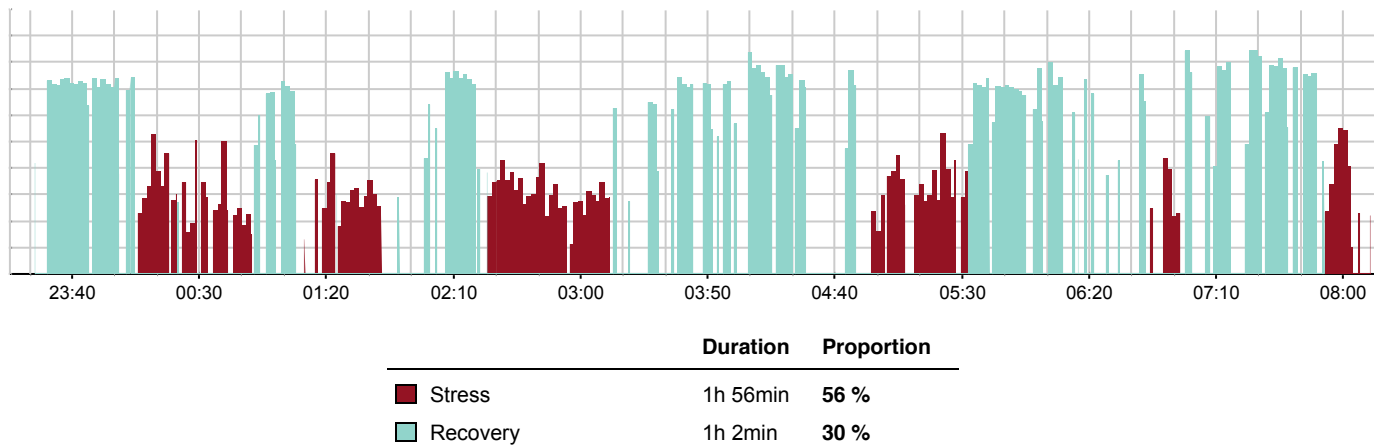
Measurement information

Measurement length 08:56:12
Measurement time 11:15:40 PM - 8:11:52 AM
Lowest heart rate 41
Highest heart rate 86
Average heart rate 54

Notes



Stress and recovery chart



Stress

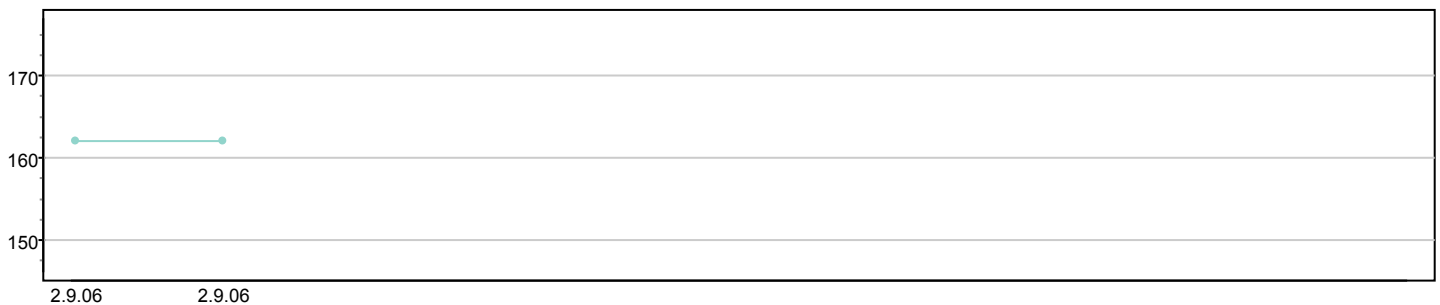
Increased level of physiological activation that may be caused by intensive physical training or other life stressors.

Recovery

Decreased level of physiological activation that may be caused by the absence of intensive physical training and absence of other stressors.

Recovery Index and Follow Up

Recovery Index: 162



Interpretation of results

Recovery index is scaled individually based on person's measurement history. It is recommended to measure the recovery status during both hard and easy training periods for detecting the individual range for the recovery index.

In the follow-up chart the index should vary according to the overall load of training: during hard training periods it should decrease and during recovery training periods it should increase close to the maximum before starting a new hard training period.