

# HRVsport analysis

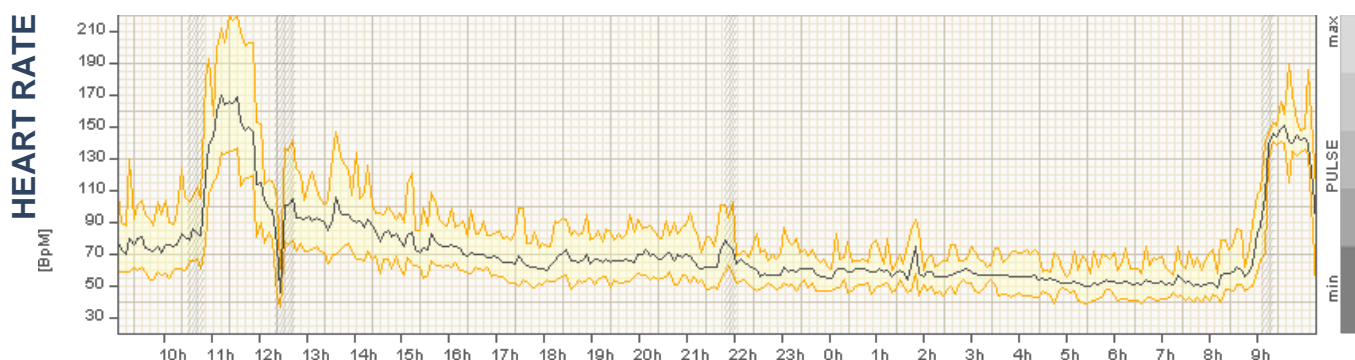
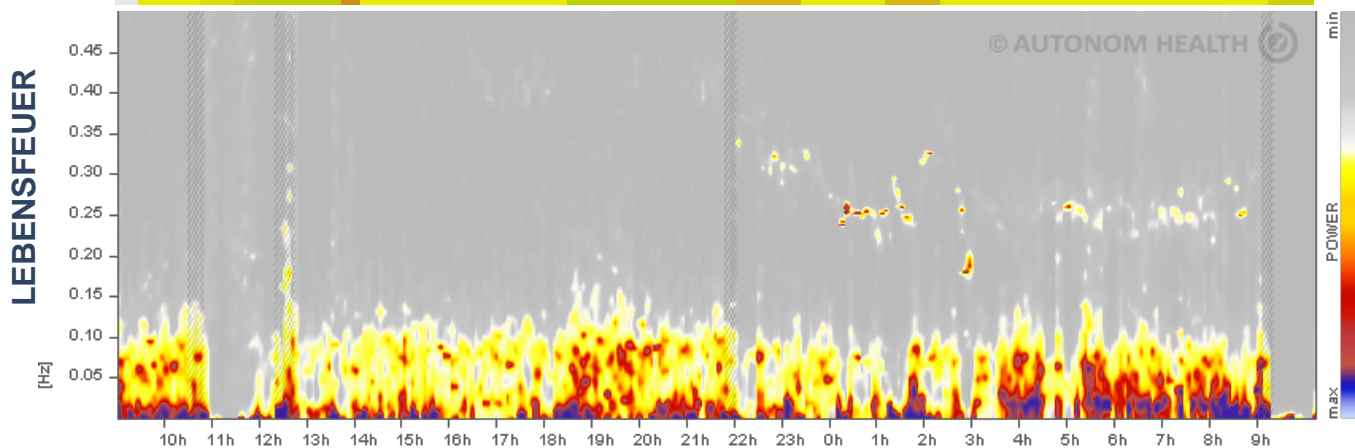
**ambitionierte Hobbyäuferin ♀**

1972-06-30

measurement time 25:13 Hours

Start: 26.12.2015 ⌚ 09:02

End: 27.12.2015 ⌚ 10:15



## analysis-basis data

Parameter	Value	Unit
<b>RR-based data</b>		
amount of heartbeats	93,493	
maximum heartrate	190.48	BpM
minimum heartrate	38.59	BpM
average heartrate	63.72	BpM
STEP	1.53	
RSA	0.26	Hz
pNN50	14.72	%
RMSSD	51.64	msec
<b>FFT-based data</b>		
Total power	4,462.72	msec <sup>2</sup>
HF	377.75	msec <sup>2</sup>
LF	1,744.21	msec <sup>2</sup>
VLF	1,938.21	msec <sup>2</sup>

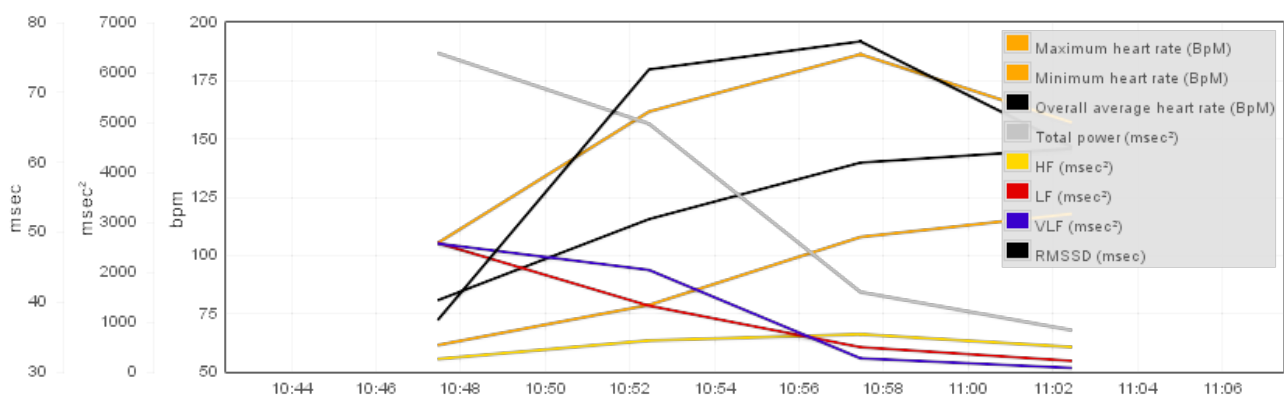
## TRAINING in detail

### sports 1: Running/Nordic Walking/Langlauf

Start: 26.12.2015 🕒 10:50  
measurement time 00:13 min

maximum heartrate	186.34 BpM
average heartrate	114.41 BpM
pNN50	14.37 %
NPB	4.43

Dynamic C	-
intensity SHOULD	<b>Stabilisation</b>
intensity IS	<b>Stabilisation (46.15%)</b>



### training benefit

During the training the metabolism and the cardiovascular system were moderately activated. The obtained performance so far was stabilized. The training, particularly in this area, is suitable for long base units.

For the purposes of the targeted intensity "stabilizing" the training goal was reached.

### Comments



## Test

### Performance test 1: Running/Nordic Walking/Langlauf

Start: 26.12.2015 🕒 11:03  
measurement time 00:30 min

maximum heartrate	217.39 BpM
average heartrate	163.77 BpM

Distance : 6400 m  
Average speed 12.80 km/h

Training area	HR from-til (BpM)	Tempo from-til (km/h)
Renewable	0.00 - 115.00	0.00 - 8.96
Stabilisation	115.00 - 140.00	8.96 - 10.24
Development	140.00 - 155.00	10.24 - 11.52
Borderline	155.00 - 170.00	11.52 - 12.80



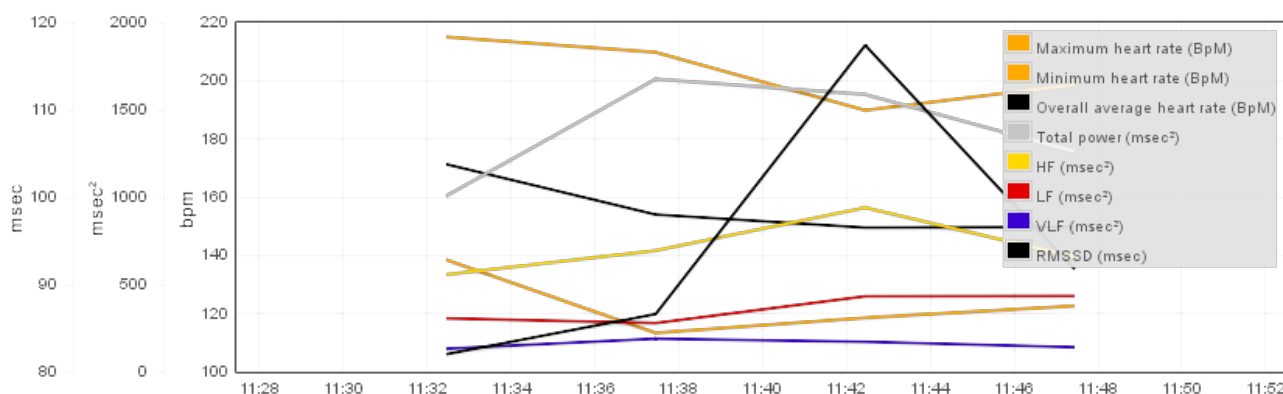
## TRAINING in detail

### sports 2: Running/Nordic Walking/Langlauf

Start: 26.12.2015 🕒 11:33  
measurement time 00:18 min

maximum heartrate	215.05 BpM
average heartrate	155.70 BpM
pNN50	24.41 %
NPB	88.70

Dynamic C	-44.80 BpM
intensity SHOULD	<b>Development</b>
intensity IS	<b>Development (61.11%)</b>



### training benefit

In the course of this training your cardiovascular system was effectively activated.

The result of the NPB indicates a load in the targeted intensity of the exercise. The chosen intensity or the balance between load and breaks should be checked again and possibly corrected before you start the next intensive unit.

Particularly after intensive units pay attention to the **dynamic C** and to the value "**STEP**" during the night to make sure you have a balance in the training and an equalization between load and discharge of all stimuli over 24 hours.

### Comments

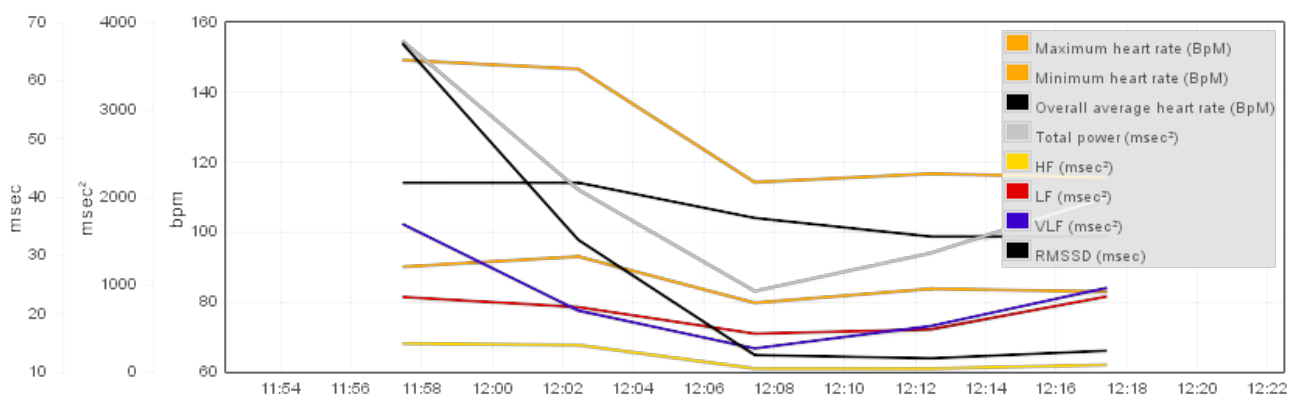
## TRAINING in detail

### sports 3: Running/Nordic Walking/Langlauf

Start: 26.12.2015 🕒 12:00  
measurement time 00:21 min

maximum heartrate	149.25 BpM
average heartrate	104.76 BpM
pNN50	2.57 %
NPB	12.46

Dynamic C	-
intensity SHOULD	<b>Renewable</b>
intensity IS	<b>Renewable (85.71%)</b>



### training benefit

During the training the metabolism and the cardiovascular system were moderately activated. The obtained performance so far was stabilized. The training, particularly in this area, is suitable for long base units.

The values for a regenerative training were exceeded. Regenerative units are important for body and mind. Treat yourself quite slower gaits or choose an alternative sport with small, stable resistors to promote regenerative actions.

### Comments

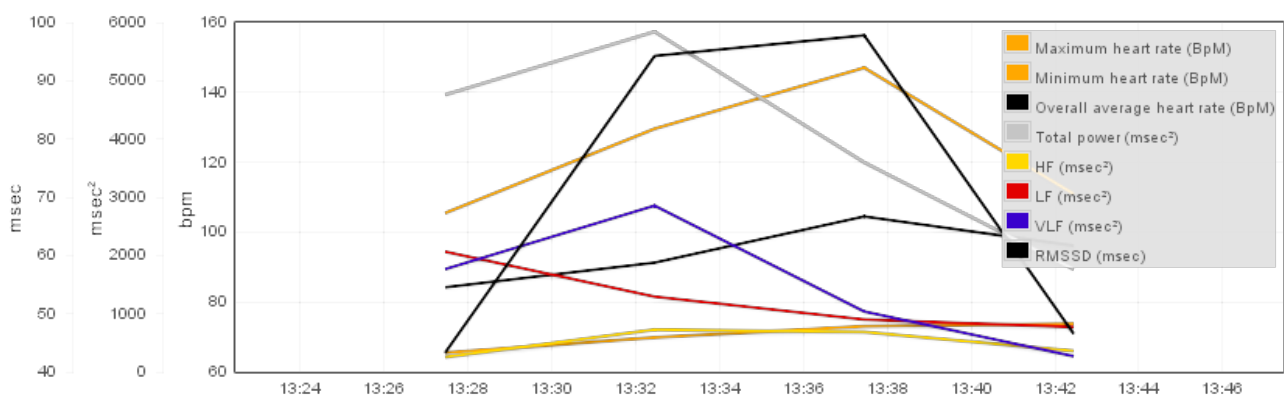
## TRAINING in detail

### Weight training 4

Start: 26.12.2015 🕒 13:31  
measurement time 00:16 min

maximum heartrate	147.06 BpM
average heartrate	96.04 BpM
pNN50	12.86 %
NPB	-48.80

Dynamic C	4.49 BpM
intensity SHOULD	-
intensity IS	-



### training benefit

During the training mainly the metabolism was activated. This training has particularly contributed to the regeneration of the body, the removal of metabolic waste products and to repair any minor injuries in the cells.

### Comments

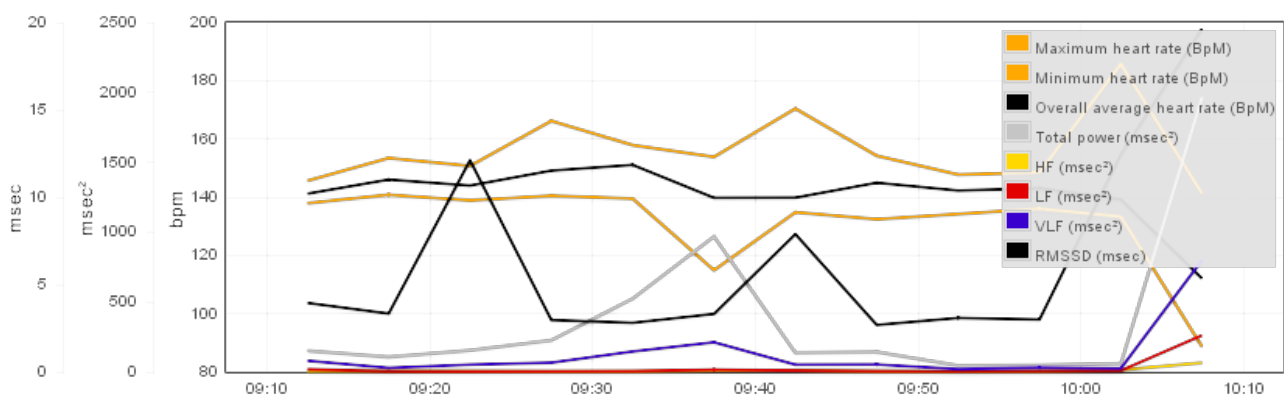
## TRAINING in detail

### sports 5: Running/Nordic Walking/Langlauf

Start: 26.12.2015 🕒 09:15  
measurement time 00:57 min

maximum heartrate	185.76 BpM
average heartrate	140.85 BpM
pNN50	0.16 %
NPB	95.18

Dynamic C	4.49 BpM
intensity SHOULD	<b>Development</b>
intensity IS	<b>Development (75.44%)</b>



### training benefit

In the course of this training your cardiovascular system was effectively activated.

The result of the NPB indicates a load in the targeted intensity of the exercise. The chosen intensity or the balance between load and breaks should be checked again and possibly corrected before you start the next intensive unit.

Particularly after intensive units pay attention to the **dynamic C** and to the value "**STEP**" during the night to make sure you have a balance in the training and an equalization between load and discharge of all stimuli over 24 hours.

### Comments



## Training Readiness

Your stress relaxation parameter (STEP) is in a range of an **adequate balance between loading and unloading** during the day as well as a **balance in the night**.

You thus have good capacity of **adaptability** and this is the basis for the development of sports and general performance. Keep and maintain your rhythm in future.

To learn more about your individual resources on the day and at night, we recommend a Vital Analysis (HRVvital). You may, on the basis of this measurement, order this in the portal. You will get individual and easily understandable information on the basis of all activities away from sporting activities. Your biological age, mental capacity, your breathing, relaxation and possible exhaustion and energy phases - especially in the bedroom. The Health Summary and the Additional "Energy & Nutrition", "Personality & Career" expand the scope of individual recommendations based on the current measurement of the heart rate variability.

In terms of your sporting activities please **maintain your previous volumes and workout plan**. In particular to improve the economy and thus the adaptability and recreation and relaxation, you can also always go back to your limits, even in the shortness. Short, high intensity intervals, HIT training, intense again standing strength training (hypertrophy) - under the guidance of an experienced trainer - as well as workouts in unfamiliar terrain open new perspectives and represent new challenges.