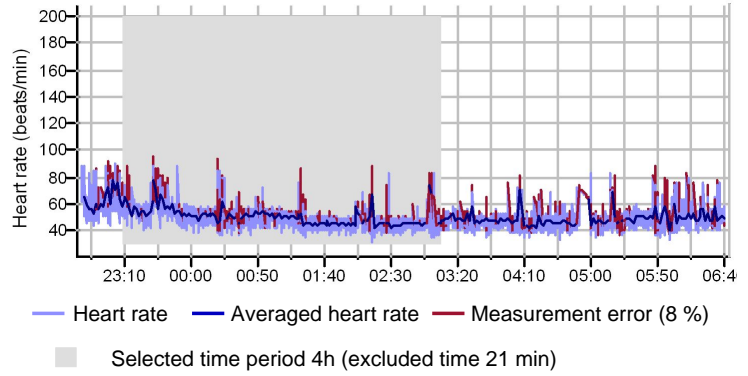


Recovery Test Report

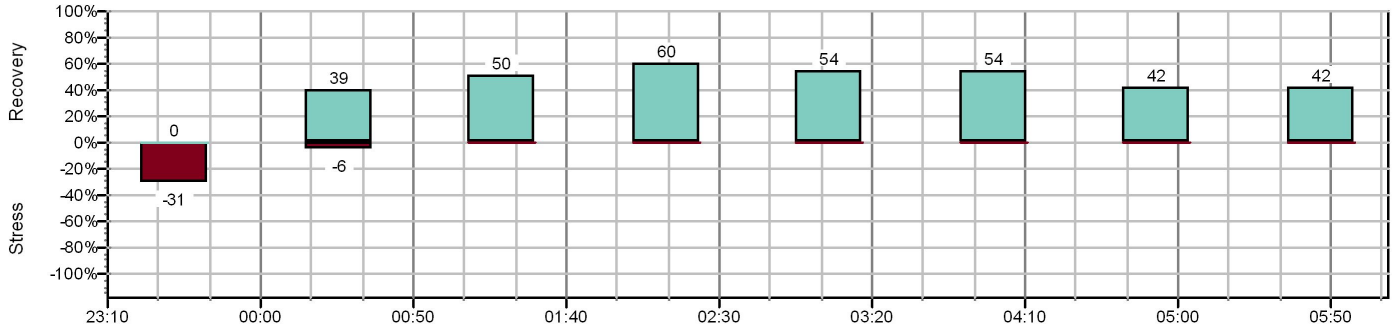
Person: Jane Athlete (Example)

Date: 23.11.2006

Background information		Measurement information	
Age	27	Measurement length	08:02:17
Height (cm)	168	Measurement time	22:38:08 - 6:40:25
Weight (kg)	55	Lowest heart rate	42
Resting heart rate	37	Highest heart rate	81
Maximum heart rate	196	Average heart rate	51



Stress and recovery chart

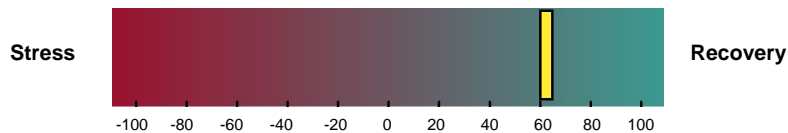


Stress and recovery reactions during the measurement. The entire measurement is divided into 8 periods. The percentages next to the bars indicate the proportion of these reactions during each time period.

Stress and recovery during the selected time period

	Average	Range	Duration	Proportion
Stress	49	16 - 157	36 min	17 %
Recovery	105	58 - 133	2h 42min	74 %

Intensity and proportion of stress and recovery during the selected time period.



Stress and recovery index from the **selected time period** is 63.

Interpretation of results

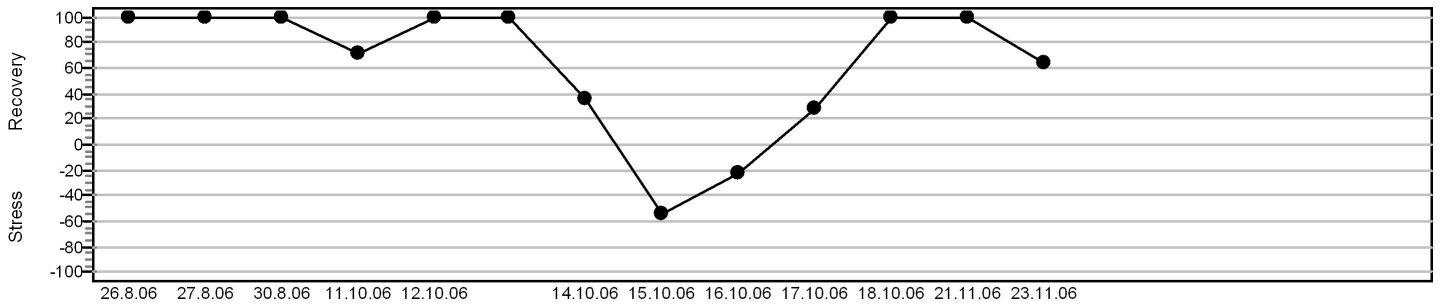
The recovery test is preferably done as an overnight measurement so that the effect of external stressors can be minimized. The selected time interval should also be standardized so that the results of different measurements can be compared intraindividually.



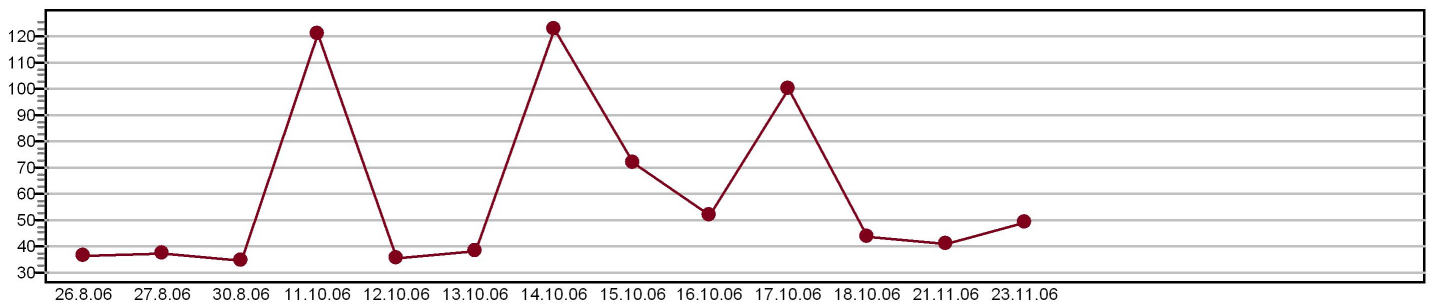
The presence of stress and recovery is a good indication of the person's overall stress. In a recovered state, there are few or no stress reactions and the stress and recovery index is close to 100.

The intensity of stress and recovery tells about the person's overall stress in more detail. However, the intensity of stress and recovery reactions is very individual and when interpreting results, it is important to compare the stress and recovery values to baseline levels measured in a recovered state.

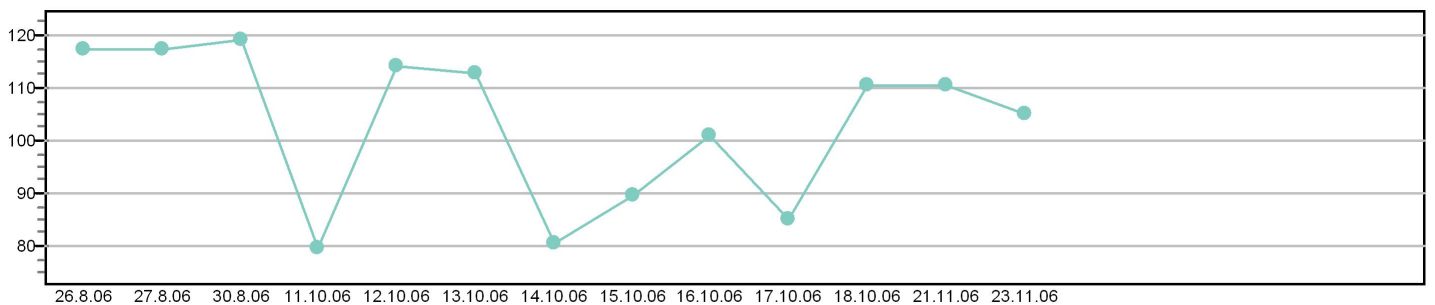
Stress and recovery follow-up from the selected time period.



Stress and recovery index **during the follow-up**. 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 (100).



The intensity of stress reactions **during the follow-up**. The intensity should increase during hard training periods and decrease during recovery periods.



The intensity of recovery **during the follow-up**. The intensity should increase during easier training periods and decrease during hard training periods.

Interpretation of results



Regular recovery measurements are recommended both during hard and easy training periods. Long-term follow-up should clearly show the hard training periods with increased stress levels, followed by easier training periods, during which the amount of stress decreases and recovery increases.

If the follow-up chart does not show obvious variation in stress and recovery levels, one should reconsider the periodization of training. Hard training periods followed by easier periods are recommended for optimal development. Excessive training load without recovery can lead to overtraining. On the other hand, training that does not include overreaching periods can eventually lead to a reduced fitness level.