

# Recovery Report

**Person:** Bogdanovski Phil

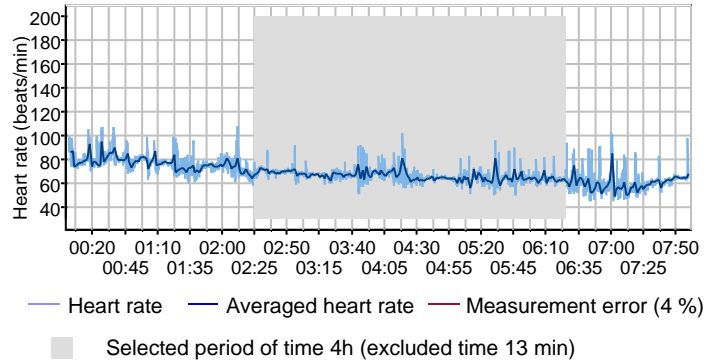
**Date:** 25/12/2009

**Background information**

Age 32  
 Height (cm) 183  
 Weight (kg) 92  
 Resting heart rate 49  
 Maximum heart rate 189

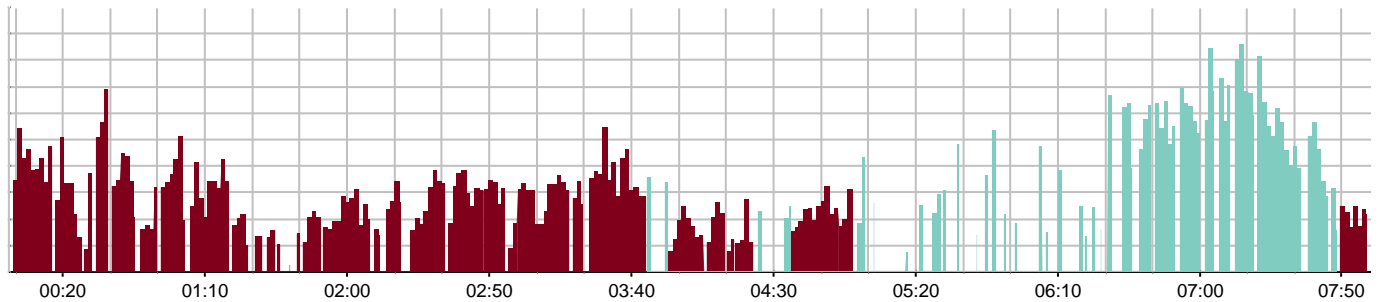
**Measurement information**

Measurement length 07:58:56  
 Measurement time 00:01:14 - 08:00:10  
 Lowest heart rate 48  
 Highest heart rate 105  
 Average heart rate 68



**Notes**  
 Christmas Eve

## Stress and recovery chart



	Duration	Proportion
Stress	2h 6min	56 %
Recovery	38 min	17 %



**Stress**

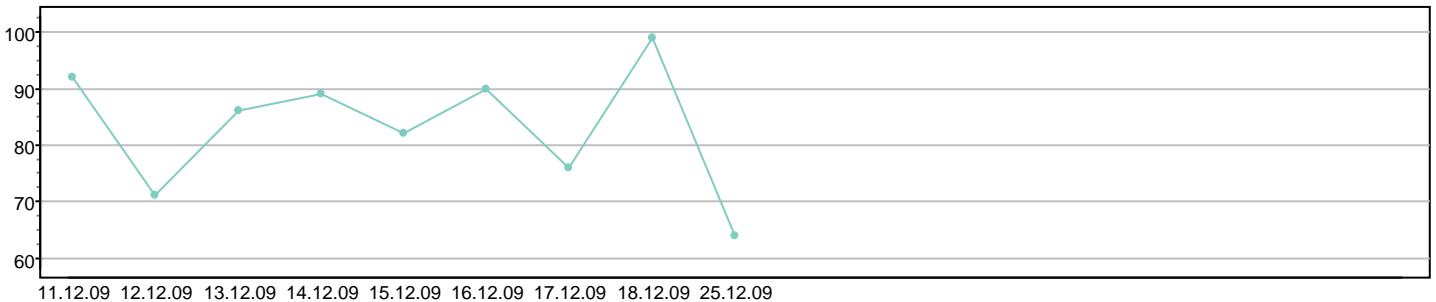
Increased level of physiological activation that may be caused by intensive physical training or other life stressors.

**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: 64



**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.