

Creating a Resting Heart Rate Report in Polar Precision Performance 4.0 Instructions

By Eric Lewis

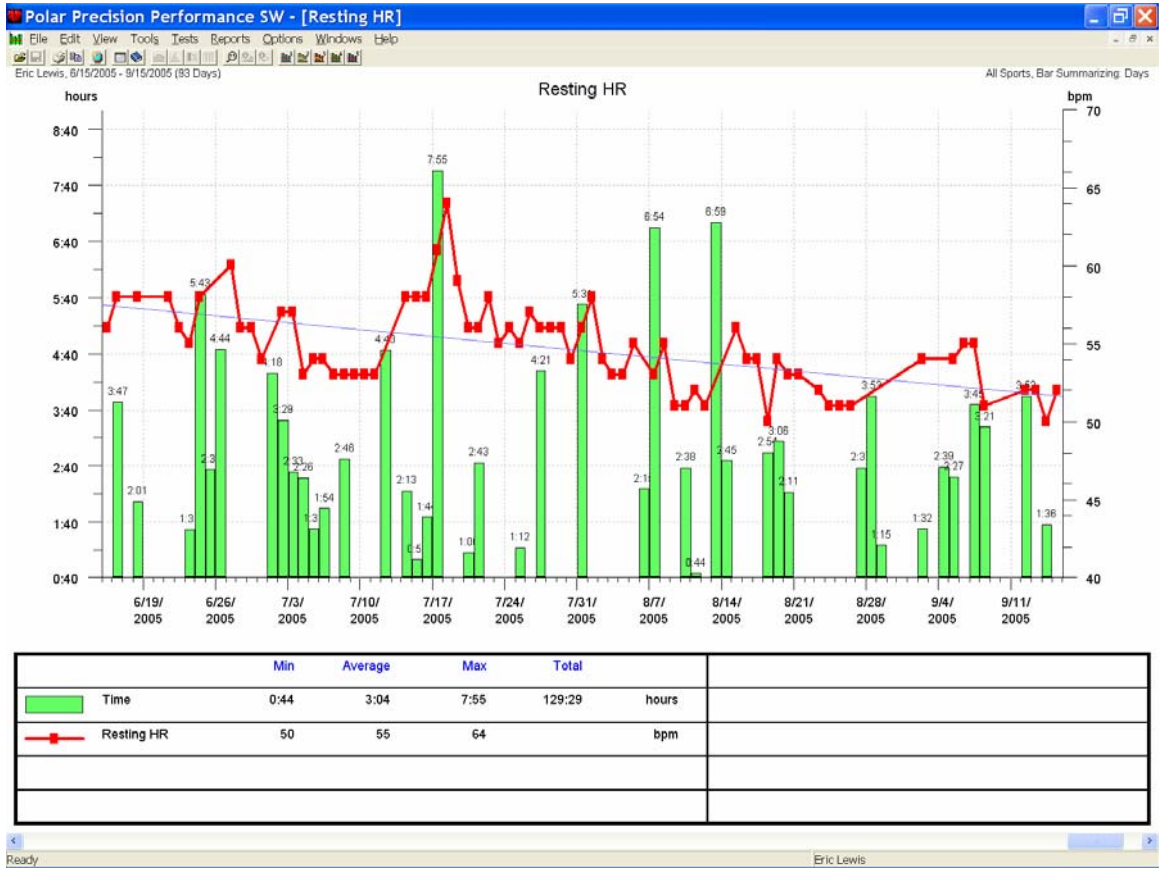
Expenditure vs. Resting Heart Rate (RHR)

The resting heart rate (RHR) measurement is a great indicator of how much rest an athlete is receiving. It can indicate how well the heart has recovered from the previous day's workouts.

When the RHR data is combined with the expenditure heart rate data on the same graph, an athlete can visually see if their stress to rest ratio is correct. On the next page is a Polar Precision Performance (PPP) 4.0 graph that shows an athlete's RHR data and expenditure data for a three (3) month period. Here are some observations:

1. Notice the blue trend line shows that the RHR has been declining over the time period. It has moved approximately 58 bpm to 51 bpm.
2. Notice that each time there is a high expenditure the resting heart rate is elevated for a day or two and then declines. (7/17/05, 7/31/05, 8/14/05)
3. Notice that weeks with not much expenditure following a high expenditure the RHR continues down. (6/24/05, 7/17/05, 7/31/05, 8/14/05)
4. Notice that each upward rise of the RHR is usually preceded by a high single expenditure or multiple expenditures (8/21/05, 8/28/05)

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How to Create the Expenditure vs. Resting Heart Rate (RHR) Report (Graph)

In Polar Precision Performance 4.0, reports are created for individual team members. They can not be created for one team member and then have them show up for other team members. Here are the steps to create this report.

1. Using the Options, Switch Person... menu options, select the person (team member) that you want to create the report for.
2. Using the Options, Person Properties... menu options, select the Advanced tab
3. In the Advanced box, increase the number of reports by 1.
4. If you want to change the order that this report shows up on the menu, click the AZ button and use the Move Up or Move Down buttons to change the order of the selected report. Click the Close button.
5. Click the Ok button.
6. Using the Reports menu option, select the Report was just added in step 3.
7. Click the Right mouse button anywhere on the graph, select the Report Properties menu option
8. On the General tab, in the text box below Report Name, enter the name of this report. I.e. "Resting Heart Rate"
9. In the Report Charts list box, click on the first item in the list, it should say "Time"
10. Click the Edit... button
11. Under the General tab, Click on the down triangle right of the Bar Chart: text.
12. Select "Energy Expenditure", "Exertion", "Exertion in HR Zones", "Time" or "Time in HR Zones" to indicate the amount of work that was done during the time period. (See table below for a definition of each term)
13. Click on the down triangle Below the Bar Summarizing: text in the Bar Settings box. Select "Days"
14. Click the Ok button
15. In the Report Charts list box, click on the 1. -Not in use- item.
16. Click the Edit button
17. On the General tab, Click on the down triangle right of the Line Chart: text.
18. Click on the Resting HR item.
19. Click on the Auto to the right of the Minimum label to check the check box.
20. Click on the Advanced tab.
21. Click on the Value Labels to un-check the box.

22. Click on the Statistics to check the box.
23. Click on the down triangle.
24. Click on the Trend line item.
25. Click on the Ok button.
26. Click on the Ok button.

Step 12 Term Definitions

<u>Term</u>	<u>Definition</u>
Energy Expenditure	Amount of kilocalories (Kcal) expended as estimated by the PPP for the time period (day, week, month, etc.). This is based on the athlete's height, weight and heart rate.
Exertion	The exertion count combines the duration and intensity (heart rate, HR) of a training session into a single measurable figure that also takes the sport mode into account.
Exertion in HR Zones	See "Exertion" above. Exertion is displayed by each heart rate zone.
Time	Training time for particular time period (day, week, month, etc.)
Time in HR Zones	Training time for particular time period (day, week, month, etc.) in each different heart rate zone.