



HRVATHLETE SUMMARY SHEET

This summary document outlines the process in which to capture, import and analyse data in HRVathlete. Data (RR data only) from both Polar and Suunto devices are able to be imported into HRVathlete; this document summaries the process of each however details may vary according to your HR monitor model and software version.

HRVathlete will only analyse 5 minute files of RR data and an orthostatic test is recommended. The orthostatic test requires you to lay down for 3 minutes and then stand up for 2 minutes (5 min total). This should be done in a quiet place, first thing in the morning, after going to the toilet.

The more frequent the samples, the more accurate the feedback will be. Ideally, 5+ files per week should be captured.

Please see below for details. Follow the relevant section; either Polar or Suunto.

If you have any questions or feedback please email: info@fitsense.com.au



USING A POLAR RS800CX

(please note details may vary according to model and software)

ENSURE WATCH IS SET TO 'RR'

- 1) Press down (lower right button) three times,
- 2) Then press the red button on 'Settings'.
- 3) Press down once.
- 4) Press the red button on 'Features'.
- 5) Use the down button to scroll through to 'RR Data'.
- 6) Ensure RR Data is ticked by pressing the red button and then selecting on.
- 7) Once selected, hold down stop (bottom left).

THE ORTHOSTATIC TEST

- 1) The orthostatic test (ortho) is a basic test during which heart rate variability is monitored to assess fatigue and performance expectations.
- 2) The ortho needs to be done every day (or as consistently as possible).
- 3) The ortho needs to be done every morning in a quiet, relaxing environment. Upon waking, go to the toilet if required, then undertake the test.
- 4) After putting on your HRM on, lie down on the floor and place the HRM into warm-up mode (see below). Wait for about 30 seconds for your HR to stabilise before starting recording.
- 5) The test involves lying for 3 minutes, and then standing for 2 minutes.

RECORDING DATA DURING AN ORTHOSTATIC TEST

- 1) Press the red button once to go into warm-up mode.
- 2) A heart rate reading will occur at the bottom. This is important, as it will confirm the watch is receiving the information.
- 3) Press the red button again, a beep will sound to indicate recording has started, and the watch will start counting.
- 4) After 3 minutes you MUST stand up.
- 5) You must then remain standing for a further 2 minutes.
- 6) Press the bottom left button to stop recording, and then press it again to return to the date/time screen.

IMPORT TO HRVATHLETE

- 1) Download your data as normal.
- 2) Log into HRVathlete in your browser.
- 3) Select the appropriate athlete in the left hand menu and then select Load Files from the top menu.
- 4) Click Browse and go to the location where you have your data saved (generally C:\Program Files\Polar\Polar ProTrainer\[athlete name]\[year]. Select the appropriate HRM files based on date. The date is shown in the file name (YYMMDDXX – where XX is the exercise number for that day).

- 5) You can select all files at once by using the shift-select or control-select functions to multiple select files. Click open and HRVathlete will start importing the data, and analysing ortho files.
- 6) You will then be shown the updated data table and graph.

OTHER FEATURES

- Manage Match/Race – Use this feature to add a competition. This will put a vertical line on your graph on the date of the competition.
- Create Report – This feature will bring up a new window and allow you to export or print a report.
- Remove Files – Allows you to remove data from your profile. Simply select the row of data and select Delete in the top left.
- Basic View – This checkbox at the top of the graph will change the data from the detailed view to display a simplified view. Your recovery index range from 0-100 where 100 is the freshest. Some automated feedback is also provided in the Comment box.



SUUNTO

REPLACING LUCK.

USING SUUNTO T6

(please note details may vary according to model and software)

THE ORTHOSTATIC TEST

- 1) The orthostatic test (ortho) is a basic test during which heart rate variability is monitored to assess fatigue and performance expectations.
- 2) The ortho needs to be done every day (or as consistently as possible).
- 3) The ortho needs to be done every morning in a quiet, relaxing environment. Upon waking, go to the toilet if required, then undertake the test.
- 4) After putting on your HRM on, lie down on the floor and place the HRM into a non-recording state. Wait for about 30 seconds for your HR to stabilise before starting recording.
- 5) The test involves lying for 3 minutes, and then standing for 2 minutes.

RECORDING DATA DURING AN ORTHOSTATIC TEST

- 1) Press the centre button once to go into training mode.
- 2) The HRM will then search and make a connection to the transmitter. The watch should say “FOUND HR BELT” and display a heart rate.
- 3) You can then begin recording when your HR has stabilised by pressing the start/stop button (top left).
- 4) At the end of the 5min period (3min laying, 2min standing), press the start/stop button once again to stop recording.
- 5) Hold down the reset button (top right) for 2 seconds to save the session.

IMPORT TO HRVATHLETE

- 7) Download your data as normal.
- 8) Right click on the orthostatic files in the ‘My Training’ menu and select Export to File → Export to Suunto File. Save this files somewhere convenient. Do this for all new ortho files. It doesn’t matter if you accidentally select a training file and HRVathlete will omit these automatically.
- 9) Log into HRVathlete in your browser.
- 10) Select the appropriate athlete in the left hand menu and then select Load Files from the top menu.
- 11) Click Browse and go to the location where you have your data saved. You can select all files at once by using the shift-select or control-select functions to multiple select files. Click open and HRVathlete will start importing the data, and analysing ortho files.
- 12) You will then be shown the updated data table and graph.

OTHER FEATURES

- Manage Match/Race – Use this feature to add a competition. This will put a vertical line on your graph on the date of the competition.

- Create Report – This feature will bring up a new window and allow you to export or print a report.
- Remove Files – Allows you to remove data from your profile. Simply select the row of data and select Delete in the top left.
- Basic View – This checkbox at the top of the graph will change the data from the detailed view to display a simplified view. Your recovery index range from 0-100 where 100 is the freshest. Some automated feedback is also provided in the Comment box.

TO IMPORT TO HRVATHLETE

- 1) Click File → Email Exercise Data
- 2) Set the date range (ie. Last month)
- 3) Click OK
- 4) The email should pop up. Insert appropriate email address and press send.