**DATASET CARD**

**Description**: This dataset contains information about all training activities registered by a smartwatch. The data includes information about the type of activity, the elapsed time, the duration, the calories, and other related information.

**Source**: The data was collected by a smart watch that track my training activities. The data was collected over a period of three years and a half, since June 2019 until December 2022.

**Data format:** The data is stored in a CSV file.

**Data size:** The raw dataset contains 1420 rows and 54 columns. The cleaned dataset contains 1177 rows and 20 columns.

**Data fields:**

|  |  |
| --- | --- |
| Activity Type | The type of activity, such as running, cycling, swimming, or strength training |
| Date | The date on which the activity took place |
| Title | The title of the activity |
| Distance | The distance covered during the activity |
| Calories | The number of calories burned during the activity |
| Time | The total duration of the activity |
| Average Heart Rate | The average heart rate during the activity |
| Maximum Heart Rate | The maximum heart rate during the activity |
| Average Speed | The average speed during the activity |
| Maximum Speed | The maximum speed during the activity |
| Total Ascent | The total ascent during the activity |
| Total Descent | The total descent during the activity |
| Average Power | The average power output during the activity |
| Difficulty | The difficulty level of the activity |
| Minimum Temperature | The minimum temperature during the activity |
| Maximum Temperature | The maximum temperature during the activity |
| Moving Time | The duration of the activity while in motion |
| Elapsed Time | The total duration of the activity, including breaks |
| Minimum Altitude | The minimum altitude during the activity |
| Maximum Altitude | The maximum altitude during the activity |
| Performance | A performance score for the activity |
| AverageRunningCadence | The average cadence during running activities |
| Maximum Running Cadence | The maximum cadence during running activities |
| Average Stride Length | The average stride length during running activities |
| Average Vertical Ratio | The average vertical ratio during running activities |
| Average Vertical Oscillation | The average vertical oscillation during running activities |
| Average Ground Contact Time | The average ground contact time during running activities |
| Average Pedaling Cadence | The average pedaling cadence during cycling activities |
| Maximum Pedaling Cadence | The maximum pedaling cadence during cycling activities |
| Training Stress Score | The training stress score for the activity |
| Maximum Power | The maximum power output during the activity |
| Fluency | The fluency of swimming strokes during swimming activities |
| Average Swolf | The average swolf score during swimming activities |
| Average Stroke Speed | The average stroke speed during swimming activities |
| Total Repetition | The total number of repetitions during strength training activities |
| Dive Time | The time spent diving during diving activities |
| Surface Interval | The time spent on the surface between dives |
| Normalized Power NP | The normalized power output during cycling activities |
| Left Right Balance | The left-right balance during cycling activities |
| Maximum Average Power 20 Minutes | The maximum average power output for 20 minutes during cycling activities |
| Total Strokes | The total number of strokes during swimming activities |
| Total Series | The total number of series during strength training activities |
| Average Rate Of Respiration | The average rate of respiration during the activity |
| Minimum Rate Of Respiration | The minimum rate of respiration during the activity |
| Maximum Breathing Rate | The maximum breathing rate during the activity |
| Change In Stress | The change in stress |

**Data cleaning:** The data was preprocessed to remove any incomplete or erroneous records, correct some typos and incoherencies, and remove useless or incomplete columns.

**Data limitations:** The data only includes training activities that were registered by the smartwatch. It does not include any activities that were not registered or that were registered using other devices.

**Contact information**: For any inquiries or questions about the dataset, please contact the creators at carlamiquelblasco2001@gmail.com