**Results**

*Descriptives*

There were a total of 9 participants with 4 being male and 5 being females. Descriptives using mean, standard deviation, median, and standard error for Age, Height, Weight, BMI, and VO2max are provide in Table 1.

Table 1. Descriptives of long-distance runners.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | mean | sd | median | se |
| *Females* |  |  |  |  |
| Age (yrs.) | 21.60 | 1.82 | 22.00 | 0.81 |
| Height (m) | 1.63 | 0.04 | 1.64 | 0.02 |
| Weight (kg) | 54.32 | 4.54 | 54.30 | 2.03 |
| BMI (kg/m2) | 20.42 | 1.14 | 20.04 | 0.51 |
| VO2max (ml/kg/min) | 51.98 | 4.42 | 53.40 | 1.98 |
| *Males* |  |  |  |  |
| Age (yrs.) | 21.00 | 2.58 | 21.00 | 1.29 |
| Height (m) | 1.75 | 0.12 | 1.76 | 0.06 |
| Weight (kg) | 63.53 | 8.37 | 64.47 | 4.18 |
| BMI (kg/m2) | 20.68 | 0.67 | 20.54 | 0.33 |
| VO2max (ml/kg/min) | 76.42 | 12.39 | 80.60 | 6.19 |

*Intra-Class Correlation (ICC2k)*

Agreement between the Apple watch series 6 and Polar H-10 for all Stages (combined 2 and 3 stages) there was an excellent agreement of ICC2k = 0.97 (95% CI = 0.92-0.98). Furthermore, analysis by stages also showed excellent agreement for Stage 2 ICC2k = 0.95 (95% CI = 0.85-0.99) ICC2k = 0.94 (95% CI = 0.87-0.98).