

Core exercise metrics

Duration

Intensity factor

Variability index

Odds ratio [95%CI] *p*-value

0.81 [0.80–0.81] < 0.001***

0.91 [0.46–1.81] 0.790

1.31 [0.82–2.09] 0.262

Odds ratio [95%CI] *p*-value

0.83 [0.60–1.14] 0.257

1.14 [0.77–1.70] 0.509

1.62 [1.08–2.41] 0.019*

Power

(Active Recovery) Time in power zone 1

(Endurance) Time in power zone 2

(Tempo) Time in power zone 3

(Lactate Threshold) Time in power zone 4

(VO2max) Time in power zone 5

(Anaerobic Capacity) Time in power zone 6

0.88 [0.54–1.42] 0.594

0.77 [0.43–1.39] 0.392

0.67 [0.32–1.43] 0.304

0.56 [0.23–1.33] 0.188

0.61 [0.23–1.60] 0.317

0.73 [0.29–1.79] 0.489

1.04 [0.74–1.46] 0.833

0.80 [0.57–1.12] 0.195

0.76 [0.55–1.05] 0.092

0.71 [0.50–1.02] 0.064

0.80 [0.56–1.15] 0.234

1.00 [0.71–1.43] 0.979

Heart rate

(Active Recovery) Time in HR zone 1

(Endurance) Time in HR zone 2

(Tempo) Time in HR zone 3

(Lactate Threshold) Time in HR zone 4

1.18 [0.71–1.96] 0.519

0.77 [0.44–1.33] 0.347

0.46 [0.15–1.38] 0.167

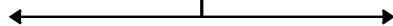
0.39 [0.09–1.66] 0.203

1.19 [0.83–1.70] 0.343

0.94 [0.66–1.33] 0.718

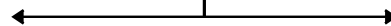
0.78 [0.54–1.12] 0.183

0.97 [0.68–1.37] 0.846



0.2 1.0 4.0
Decreased odds Increased odds

Odds ratio of hypoglycemia
during recovery



0.2 1.0 4.0
Decreased odds Increased odds

Odds ratio of hyperglycemia
during recovery