

Core exercise metrics

Duration
Intensity factor
Variability index

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

1.18 [0.99–1.40] 0.066
0.95 [0.80–1.11] 0.504
0.78 [0.63–0.97] 0.028*

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

0.95 [0.77–1.18] 0.636
1.18 [0.91–1.52] 0.217
1.04 [0.81–1.34] 0.766
0.93 [0.76–1.15] 0.522
0.83 [0.68–1.02] 0.077
0.74 [0.60–0.92] 0.007**

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

0.97 [0.80–1.16] 0.712
1.25 [0.96–1.62] 0.097
0.92 [0.76–1.12] 0.412
0.87 [0.70–1.07] 0.188

0.5 1.0 2.0
Decreased odds Increased odds

Odds ratio of hypoglycemia
during exercise

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

1.42 [1.25–1.62] < 0.001***
1.60 [1.38–1.85] < 0.001***
1.57 [1.34–1.83] < 0.001***

1.24 [1.11–1.39] < 0.001***
1.18 [0.98–1.41] 0.080
1.44 [1.21–1.72] < 0.001***
1.39 [1.18–1.62] < 0.001***
1.47 [1.24–1.74] < 0.001***
1.59 [1.30–1.95] < 0.001***

0.5 1.0 2.0
Decreased odds Increased odds

Odds ratio of hyperglycemia
during exercise