

Core exercise metrics

Duration

Intensity factor

Variability index

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

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

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

1.02 [0.89–1.17] 0.732

1.09 [0.94–1.26] 0.270

1.01 [0.81–1.26] 0.931

0.91 [0.78–1.07] 0.248

1.04 [0.88–1.21] 0.663

1.07 [0.91–1.26] 0.407

0.99 [0.84–1.17] 0.913

0.93 [0.80–1.08] 0.335

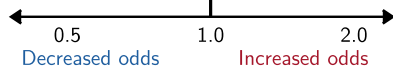
0.93 [0.75–1.16] 0.522

1.07 [0.90–1.28] 0.442

1.05 [0.84–1.30] 0.675

0.99 [0.83–1.19] 0.950

0.90 [0.72–1.14] 0.398



Odds ratio of hypoglycemia
during recovery

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

0.80 [0.70–0.91] < 0.001***

0.99 [0.84–1.16] 0.875

1.27 [1.11–1.45] < 0.001***

0.96 [0.83–1.10] 0.534

0.77 [0.69–0.86] < 0.001***

0.77 [0.68–0.87] < 0.001***

0.90 [0.74–1.08] 0.264

1.05 [0.86–1.29] 0.632

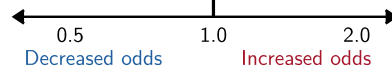
1.20 [0.98–1.48] 0.079

0.92 [0.80–1.05] 0.226

0.71 [0.63–0.80] < 0.001***

0.83 [0.73–0.95] 0.007**

0.99 [0.84–1.17] 0.925



Odds ratio of hyperglycemia
during recovery