

[HealthKit](#) / HKWorkoutConfiguration

Class

HKWorkoutConfiguration

An object that contains configuration information about a workout session.

iOS 10.0+ | iPadOS 10.0+ | Mac Catalyst 13.0+ | macOS 13.0+ | visionOS 1.0+ | watchOS 3.0+

```
class HKWorkoutConfiguration
```

Overview

Like many HealthKit classes, the [HKWorkoutConfiguration](#) class is not extendable and should not be subclassed.

Topics

Session settings

```
var activityType: HKWorkoutActivityType
```

The workout session's activity type.

```
var locationType: HKWorkoutSessionLocationType
```

The workout session's location.

```
enum HKWorkoutSessionLocationType
```

A constant indicating whether the workout session takes place indoors or outdoors.

```
var swimmingLocationType: HKWorkoutSwimmingLocationType
```

The workout session's swimming location.

`enum HKWorkoutSwimmingLocationType`

The possible locations for swimming.

`var lapLength: HKQuantity?`

The length of the lap for a workout session.

Relationships

Inherits From

`NSObject`

Conforms To

`CVarArg`

`CustomDebugStringConvertible`

`CustomStringConvertible`

`Equatable`

`Hashable`

`NSCoding`

`NSCopying`

`NSObjectProtocol`

`NSSecureCoding`

See Also

Sessions



Running workout sessions

Track a workout on Apple Watch.



Build a workout app for Apple Watch

Create your own workout app, quickly and easily, with HealthKit and SwiftUI.



Building a multidevice workout app

Mirror a workout from a watchOS app to its companion iOS app, and perform bidirectional communication between them.

`{}` Building a workout app for iPhone and iPad

Start a workout in iOS, control it from the Lock Screen with App Intents, and present the workout status with Live Activities.

`class HKWorkoutSession`

A session that tracks a person's workout.

`enum HKWorkoutSessionState`

A workout session's state.

`class HKLiveWorkoutBuilder`

A builder object that constructs a workout incrementally based on live data from an active workout session.

`class HKLiveWorkoutDataSource`

A data source that automatically provides live data from an active workout session.