Enumeration

HKWorkoutSessionType

The type of session.

iOS 17.0+ | iPadOS 17.0+ | Mac Catalyst 17.0+ | macOS | visionOS 1.0+ | watchOS 10.0+

```
enum HKWorkoutSessionType
```

Topics

Types

`case mirrored`

A mirrored session, running on the companion iOS device.

`case primary`

A primary session running on watchOS.

Initializers

`init?(rawValue: Int)`

Relationships

Conforms To

```
BitwiseCopyable
Equatable
Hashable
RawRepresentable
Sendable
SendableMetatype
```

See Also

Samples

📄 Adding samples to a workout

Create associated samples that add details to a workout.

📄 Accessing condensed workout samples

Read series data from condensed workouts.

📄 Dividing a HealthKit workout into activities

Partition multisport and interval workouts into activities that represent the different parts of the workout.

`class HKWorkout`

A workout sample that stores information about a single physical activity.

`class HKWorkoutActivity`

An object that describes an activity within a longer workout.

`class HKWorkoutBuilder`

A builder object that incrementally constructs a workout.

`class HKWorkoutType`

A type that identifies samples that store information about a workout.

`let HKWorkoutTypeIdentifier: String`

The workout type identifier.

`enum HKWorkoutActivityType`

The type of activity performed during a workout.

```
class HKWorkoutEvent
```
An object representing an important event during a workout.