

[HealthKit](#) / HKWorkoutSessionState

Enumeration

# HKWorkoutSessionState

A workout session's state.

iOS 17.0+ | iPadOS 17.0+ | Mac Catalyst 17.0+ | macOS | visionOS 1.0+ | watchOS 2.0+

`enum HKWorkoutSessionState`

## Topics

### Session states

`case notStarted`

The workout session has not started.

`case prepared`

The session is ready but not yet running.

`case running`

The workout session is running.

`case paused`

The workout session has paused.

`case stopped`

The session has stopped.

`case ended`

The workout session has ended.

## Initializers

```
init?(rawValue: Int)
```

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## Relationships

### Conforms To

BitwiseCopyable  
Equatable  
Hashable  
RawRepresentable  
Sendable  
SendableMetatype

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## 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.

```
class HKWorkoutConfiguration
```

An object that contains configuration information about a workout session.

```
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.