

[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)`

Relationships

Conforms To

`BitwiseCopyable`

`Equatable`

`Hashable`

`RawRepresentable`

`Sendable`

`SendableMetatype`

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.