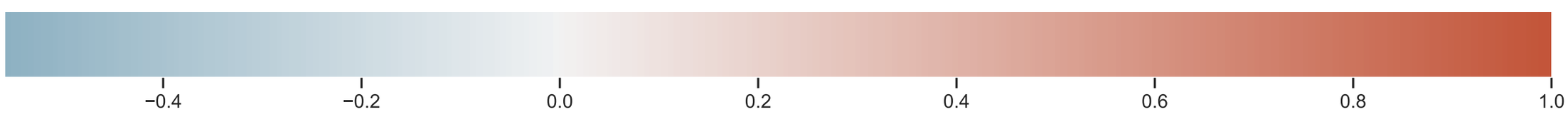| | session_number | training_borg | swc_lnrmssd_ok | lnrmssd | swc_lnrmssd | cv_lnrmssd | cvnni | lf_hf_ratio | max_hr | mean_hr | sleep_satisfaction | sleep_time | distress | recovery | fatigue | sleep_deep | sleep_light | sleep_rem | sleep_wake | sleep_total | steps_light_yesterday | steps_moderate_yesterday | steps_total_yesterday | steps_vigorous_yesterday | sleep_satisfaction_zscored | sleep_time_zscored | distress_zscored | recovery_zscored | fatigue_zscored |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| session_number | 1 | 0.32 | 0.2 | 0 | 0.03 | 0.09 | 0.08 | 0.1 | -0.01 | -0.05 | -0.07 | -0.15 | 0.04 | -0.04 | 0.09 | 0.08 | 0.12 | -0.09 | 0.03 | 0.03 | 0.2 | 0.05 | 0.04 | 0.11 | -0.11 | -0.07 | -0.01 | -0.06 | -0 |
| training_borg | 0.32 | 1 | 0.24 | 0.13 | 0.02 | -0.03 | 0.09 | -0.11 | 0.02 | -0.1 | 0.17 | 0.03 | -0.15 | 0.2 | -0.07 | 0.21 | 0.08 | 0.06 | 0.07 | 0.02 | 0.09 | 0.02 | 0.11 | 0.11 | 0.19 | 0.12 | -0.14 | 0.2 | -0.12 |
| swc_lnrmssd_ok | 0.2 | 0.24 | 1 | 0.01 | -0 | 0.16 | 0.03 | 0.03 | 0.02 | -0.01 | -0.01 | -0.02 | 0.02 | 0.01 | 0.01 | 0.02 | -0.03 | -0.01 | -0.09 | -0.06 | 0 | 0.04 | 0.02 | -0 | 0.01 | -0 | -0.04 | 0.04 | -0.01 |
| lnrmssd | 0 | 0.13 | 0.01 | 1 | 0.45 | -0.46 | 0.73 | -0.45 | -0.06 | -0.56 | 0.3 | 0.15 | -0.22 | 0.36 | -0.2 | 0.11 | -0.21 | 0.07 | -0.21 | -0.26 | 0.27 | 0.12 | 0.29 | 0.08 | 0.05 | -0.02 | 0.02 | 0.11 | -0.05 |
| swc_lnrmssd | 0.03 | 0.02 | -0 | 0.45 | 1 | 0.01 | 0.34 | -0.2 | -0.06 | -0.22 | -0.02 | 0.04 | 0 | 0.05 | -0.01 | -0.12 | 0.04 | -0.09 | -0.08 | -0.07 | -0.02 | 0.02 | -0.01 | -0.04 | 0 | -0 | 0 | 0.12 | -0.07 |
| cv_lnrmssd | 0.09 | -0.03 | 0.16 | -0.46 | 0.01 | 1 | -0.31 | 0.18 | 0.14 | 0.35 | -0.19 | -0.1 | 0.25 | -0.2 | 0.2 | -0.08 | 0.28 | -0.06 | 0.2 | 0.32 | -0.26 | -0.19 | -0.31 | -0.1 | -0.08 | 0.04 | -0.03 | -0.03 | 0 |
| cvnni | 0.08 | 0.09 | 0.03 | 0.73 | 0.34 | -0.31 | 1 | -0.03 | 0.32 | -0.13 | 0.14 | 0.04 | -0.04 | 0.18 | -0.1 | 0.15 | -0.14 | 0.02 | -0.22 | -0.17 | 0.21 | 0.14 | 0.23 | 0.03 | 0.05 | -0.02 | 0.02 | 0.1 | -0.05 |
| lf_hf_ratio | 0.1 | -0.11 | 0.03 | -0.45 | -0.2 | 0.18 | -0.03 | 1 | 0.14 | 0.31 | -0.18 | -0.03 | 0.18 | -0.18 | 0.03 | 0.05 | 0.16 | -0.05 | 0.1 | 0.18 | -0.2 | -0.06 | -0.18 | -0.01 | 0.02 | 0.04 | 0.03 | -0.01 | 0.02 |
| max_hr | -0.01 | 0.02 | 0.02 | -0.06 | -0.06 | 0.14 | 0.32 | 0.14 | 1 | 0.56 | -0.11 | -0.11 | 0.23 | -0.13 | 0.05 | 0.07 | 0 | -0.01 | -0.1 | 0 | 0.02 | 0.03 | -0.02 | -0.11 | -0.01 | -0.04 | 0.03 | -0.02 | -0.02 |
| mean_hr | -0.05 | -0.1 | -0.01 | -0.56 | -0.22 | 0.35 | -0.13 | 0.31 | 0.56 | 1 | -0.24 | -0.22 | 0.33 | -0.28 | 0.15 | -0.02 | 0.1 | -0.07 | 0.09 | 0.1 | -0.11 | 0.03 | -0.14 | -0.13 | -0.04 | 0.01 | -0 | -0.07 | 0.03 |
| sleep_satisfaction | -0.07 | 0.17 | -0.01 | 0.3 | -0.02 | -0.19 | 0.14 | -0.18 | -0.11 | -0.24 | 1 | 0.4 | -0.49 | 0.68 | -0.42 | 0.18 | -0.02 | 0.14 | -0.05 | 0.05 | 0.05 | 0.07 | 0.11 | 0.07 | 0.7 | 0.29 | -0.2 | 0.33 | -0.2 |
| sleep_time | -0.15 | 0.03 | -0.02 | 0.15 | 0.04 | -0.1 | 0.04 | -0.03 | -0.11 | -0.22 | 0.4 | 1 | -0.2 | 0.23 | -0.05 | 0.28 | 0.33 | 0.2 | 0.05 | 0.36 | 0.14 | 0.14 | 0.08 | -0.02 | 0.28 | 0.69 | -0.1 | 0.17 | -0.08 |
| distress | 0.04 | -0.15 | 0.02 | -0.22 | 0 | 0.25 | -0.04 | 0.18 | 0.23 | 0.33 | -0.49 | -0.2 | 1 | -0.54 | 0.49 | -0.05 | 0.11 | -0.25 | -0.03 | -0.02 | -0.11 | -0.05 | -0.21 | -0.12 | -0.17 | -0.08 | 0.61 | -0.18 | 0.2 |
| recovery | -0.04 | 0.2 | 0.01 | 0.36 | 0.05 | -0.2 | 0.18 | -0.18 | -0.13 | -0.28 | 0.68 | 0.23 | -0.54 | 1 | -0.52 | 0.07 | -0.09 | 0.09 | -0.07 | -0.03 | 0.05 | 0.04 | 0.08 | 0.04 | 0.32 | 0.16 | -0.21 | 0.68 | -0.24 |
| fatigue | 0.09 | -0.07 | 0.01 | -0.2 | -0.01 | 0.2 | -0.1 | 0.03 | 0.05 | 0.15 | -0.42 | -0.05 | 0.49 | -0.52 | 1 | -0 | 0.16 | -0.14 | -0.05 | 0.05 | 0.11 | 0.06 | 0.03 | -0.03 | -0.18 | -0.07 | 0.21 | -0.22 | 0.66 |
| sleep_deep | 0.08 | 0.21 | 0.02 | 0.11 | -0.12 | -0.08 | 0.15 | 0.05 | 0.07 | -0.02 | 0.18 | 0.28 | -0.05 | 0.07 | -0 | 1 | -0.02 | 0.29 | -0.01 | 0.27 | 0.2 | 0.03 | 0.11 | 0.01 | 0.14 | 0.25 | 0.01 | -0.02 | 0.05 |
| sleep_light | 0.12 | 0.08 | -0.03 | -0.21 | 0.04 | 0.28 | -0.14 | 0.16 | 0 | 0.1 | -0.02 | 0.33 | 0.11 | -0.09 | 0.16 | -0.02 | 1 | -0.21 | 0.42 | 0.67 | -0.14 | -0.03 | -0.18 | -0.09 | 0.02 | 0.26 | -0.02 | -0.05 | 0.04 |
| sleep_rem | -0.09 | 0.06 | -0.01 | 0.07 | -0.09 | -0.06 | 0.02 | -0.05 | -0.01 | -0.07 | 0.14 | 0.2 | -0.25 | 0.09 | -0.14 | 0.29 | -0.21 | 1 | -0.01 | 0.23 | 0.1 | -0.02 | 0.15 | 0.19 | 0.17 | 0.29 | -0.09 | 0.09 | 0 |
| sleep_wake | 0.03 | 0.07 | -0.09 | -0.21 | -0.08 | 0.2 | -0.22 | 0.1 | -0.1 | 0.09 | -0.05 | 0.05 | -0.03 | -0.07 | -0.05 | -0.01 | 0.42 | -0.01 | 1 | 0.5 | -0.08 | -0.09 | -0.12 | -0.04 | -0.09 | 0.09 | 0.02 | -0.1 | -0.03 |
| sleep_total | 0.03 | 0.02 | -0.06 | -0.26 | -0.07 | 0.32 | -0.17 | 0.18 | 0 | 0.1 | 0.05 | 0.36 | -0.02 | -0.03 | 0.05 | 0.27 | 0.67 | 0.23 | 0.5 | 1 | -0.07 | -0.07 | -0.13 | -0.04 | 0.06 | 0.4 | -0.06 | -0.05 | -0 |
| steps_light_yesterday | 0.2 | 0.09 | 0 | 0.27 | -0.02 | -0.26 | 0.21 | -0.2 | 0.02 | -0.11 | 0.05 | 0.14 | -0.11 | 0.05 | 0.11 | 0.2 | -0.14 | 0.1 | -0.08 | -0.07 | 1 | 0.39 | 0.73 | 0.14 | -0.03 | 0.02 | 0.03 | -0.01 | 0.04 |
| steps_moderate_yesterday | 0.05 | 0.02 | 0.04 | 0.12 | 0.02 | -0.19 | 0.14 | -0.06 | 0.03 | 0.03 | 0.07 | 0.14 | -0.05 | 0.04 | 0.06 | 0.03 | -0.03 | -0.02 | -0.09 | -0.07 | 0.39 | 1 | 0.66 | 0.22 | 0.01 | 0.03 | -0.04 | 0.01 | -0.04 |
| steps_total_yesterday | 0.04 | 0.11 | 0.02 | 0.29 | -0.01 | -0.31 | 0.23 | -0.18 | -0.02 | -0.14 | 0.11 | 0.08 | -0.21 | 0.08 | 0.03 | 0.11 | -0.18 | 0.15 | -0.12 | -0.13 | 0.73 | 0.66 | 1 | 0.61 | 0.04 | -0.01 | -0.09 | 0.01 | -0.04 |
| steps_vigorous_yesterday | 0.11 | 0.11 | -0 | 0.08 | -0.04 | -0.1 | 0.03 | -0.01 | -0.11 | -0.13 | 0.07 | -0.02 | -0.12 | 0.04 | -0.03 | 0.01 | -0.09 | 0.19 | -0.04 | -0.04 | 0.14 | 0.22 | 0.61 | 1 | 0.06 | 0.02 | -0.06 | -0.02 | 0.01 |
| sleep_satisfaction_zscored | -0.11 | 0.19 | 0.01 | 0.05 | 0 | -0.08 | 0.05 | 0.02 | -0.01 | -0.04 | 0.7 | 0.28 | -0.17 | 0.32 | -0.18 | 0.14 | 0.02 | 0.17 | -0.09 | 0.06 | -0.03 | 0.01 | 0.04 | 0.06 | 1 | 0.4 | -0.26 | 0.48 | -0.26 |
| sleep_time_zscored | -0.07 | 0.12 | -0 | -0.02 | -0 | 0.04 | -0.02 | 0.04 | -0.04 | 0.01 | 0.29 | 0.69 | -0.08 | 0.16 | -0.07 | 0.25 | 0.26 | 0.29 | 0.09 | 0.4 | 0.02 | 0.03 | -0.01 | 0.02 | 0.4 | 1 | -0.15 | 0.24 | -0.1 |
| distress_zscored | -0.01 | -0.14 | -0.04 | 0.02 | 0 | -0.03 | 0.02 | 0.03 | 0.03 | -0 | -0.2 | -0.1 | 0.61 | -0.21 | 0.21 | 0.01 | -0.02 | -0.09 | 0.02 | -0.06 | 0.03 | -0.04 | -0.09 | -0.06 | -0.26 | -0.15 | 1 | -0.26 | 0.29 |
| recovery_zscored | -0.06 | 0.2 | 0.04 | 0.11 | 0.12 | -0.03 | 0.1 | -0.01 | -0.02 | -0.07 | 0.33 | 0.17 | -0.18 | 0.68 | -0.22 | -0.02 | -0.05 | 0.09 | -0.1 | -0.05 | -0.01 | 0.01 | 0.01 | -0.02 | 0.48 | 0.24 | -0.26 | 1 | -0.35 |
| fatigue_zscored | -0 | -0.12 | -0.01 | -0.05 | -0.07 | 0 | -0.05 | 0.02 | -0.02 | 0.03 | -0.2 | -0.08 | 0.2 | -0.24 | 0.66 | 0.05 | 0.04 | 0 | -0.03 | -0 | 0.04 | -0.04 | -0.04 | 0.01 | -0.26 | -0.1 | 0.29 | -0.35 | 1 |