

# Heart Rate & Power Trends: 2024 vs 2025 Season

## Heart Rate Distribution by Season

2024: Mean = 141.7 bpm (SD = 15.6)  
2025: Mean = 138.9 bpm (SD = 13.2)

2024: Mean = 199.6 W (SD = 35.6)  
2025: Mean = 199.2 W (SD = 41.7)

