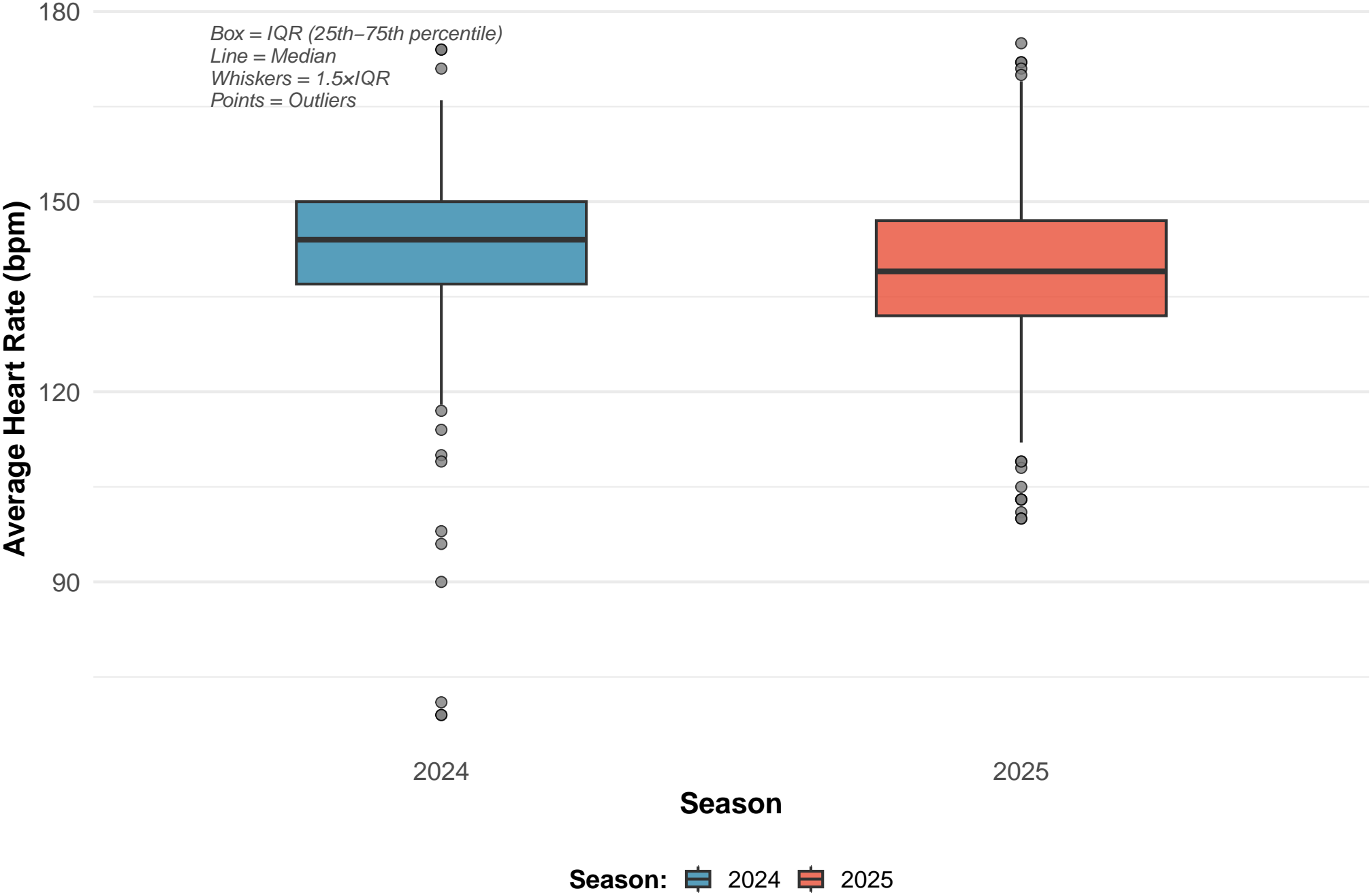


# Average Heart Rate Distribution by Season

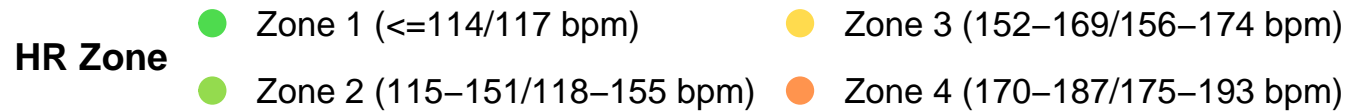
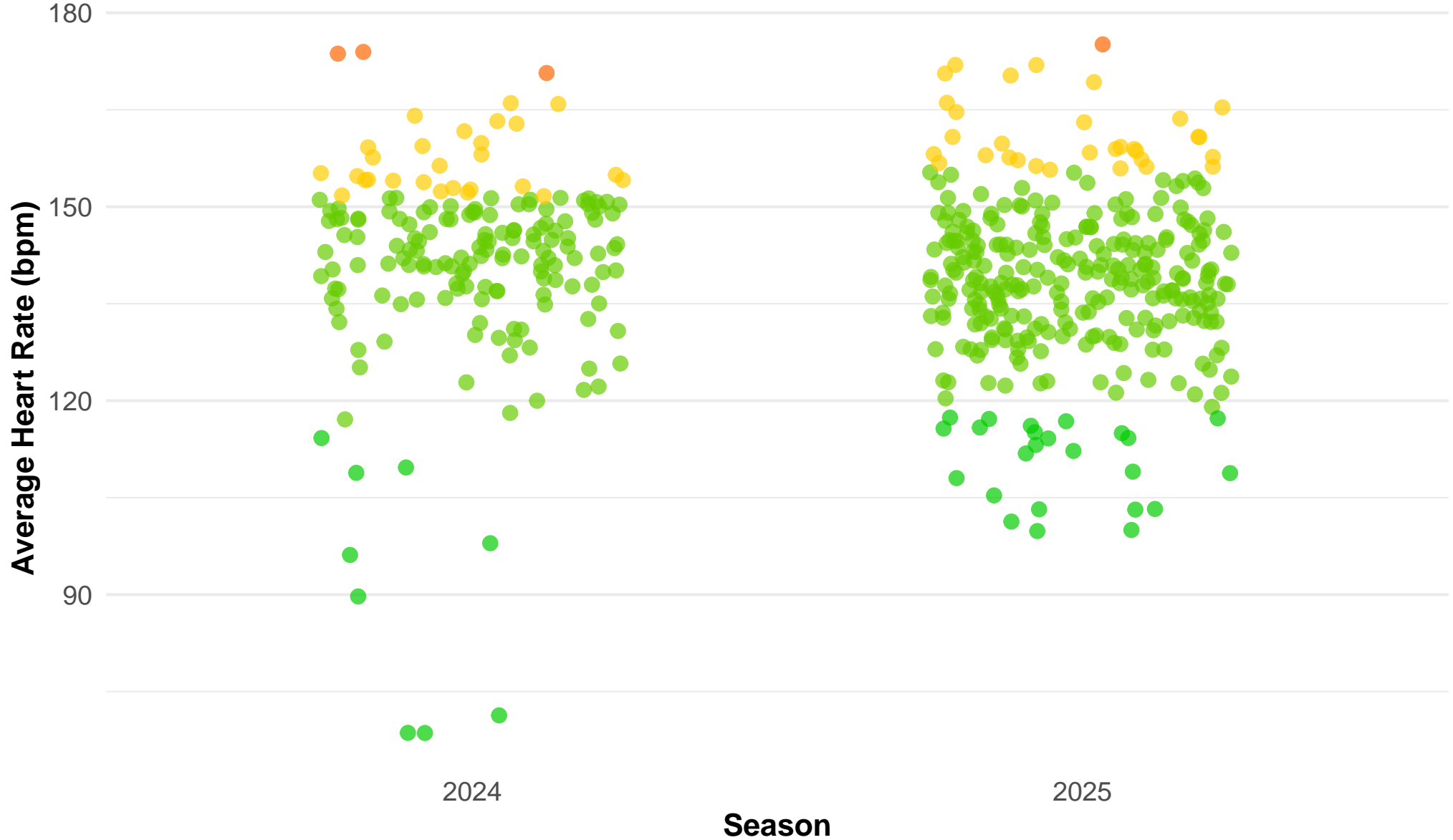
2024: Mean = 141.7 bpm (SD = 15.6)  
2025: Mean = 138.9 bpm (SD = 13.2)

Box = IQR (25th–75th percentile)  
Line = Median  
Whiskers = 1.5×IQR  
Points = Outliers



# Individual Ride Heart Rates by Zone and Season

Each point represents one ride, colored by heart rate zone (2024/2025 zones)



# Average Power Distribution by Season

2024: Mean = 199.6 W (SD = 35.6)

2025: Mean = 199.2 W (SD = 41.7)

*Box = IQR (25th–75th percentile)*

*Line = Median*

*Whiskers = 1.5×IQR*

*Points = Outliers*

Average Power (watts)

300

200

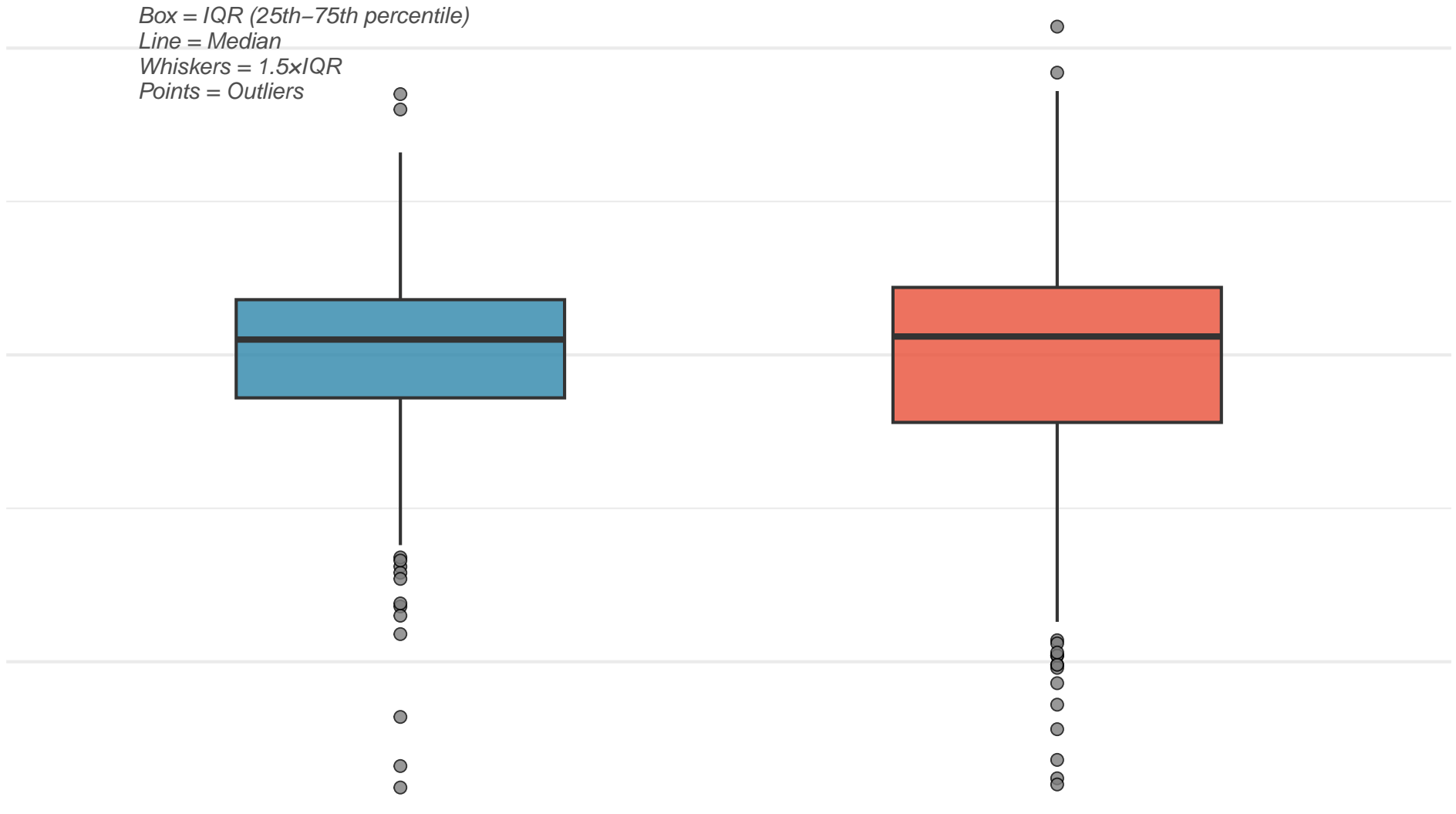
100

2024

2025

Season

Season:  2024  2025



# Individual Ride Power Output by Zone and Season

Each point represents one ride, colored by power zone (2024/2025 zones)

