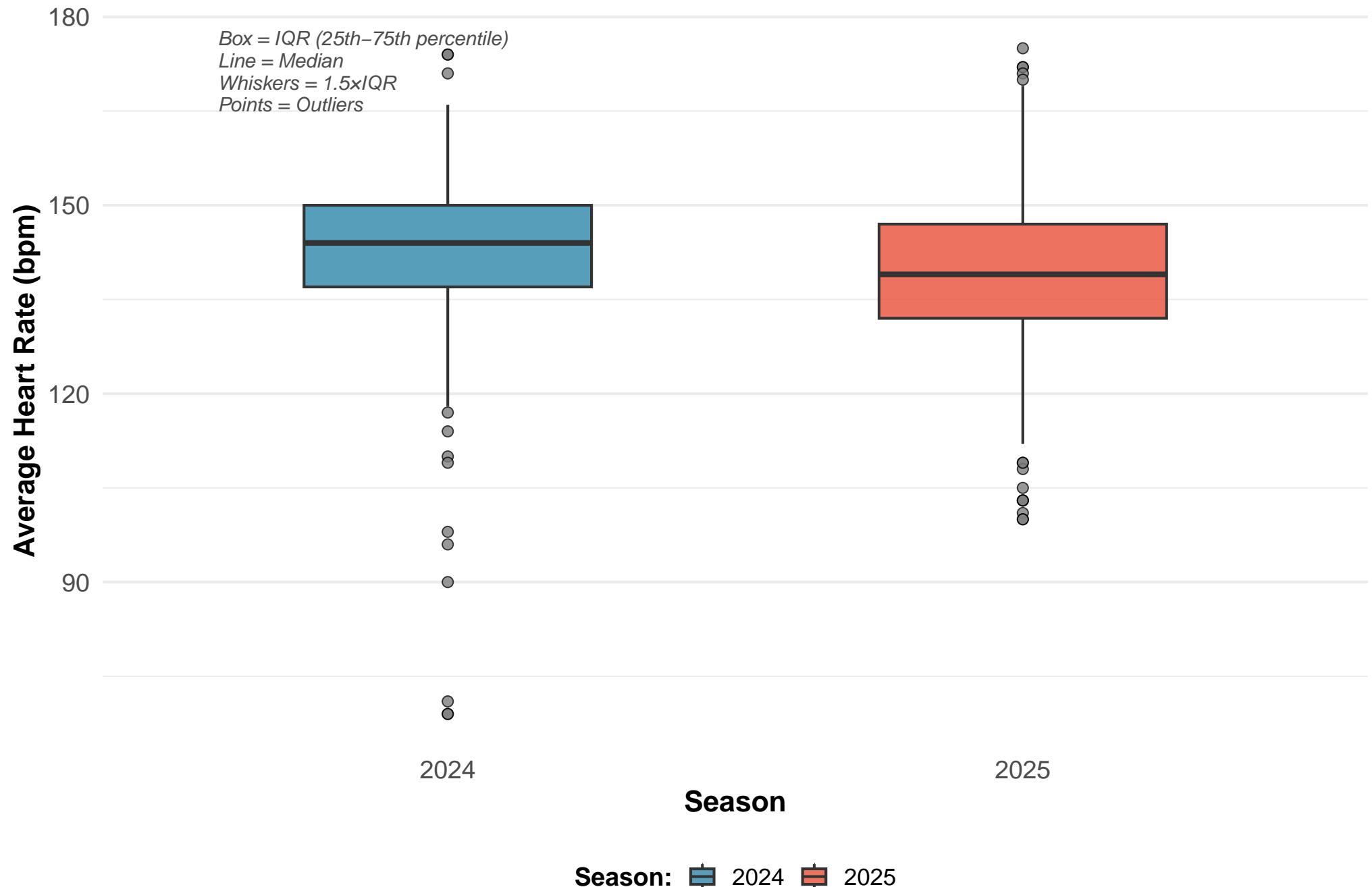


Average Heart Rate Distribution by Season

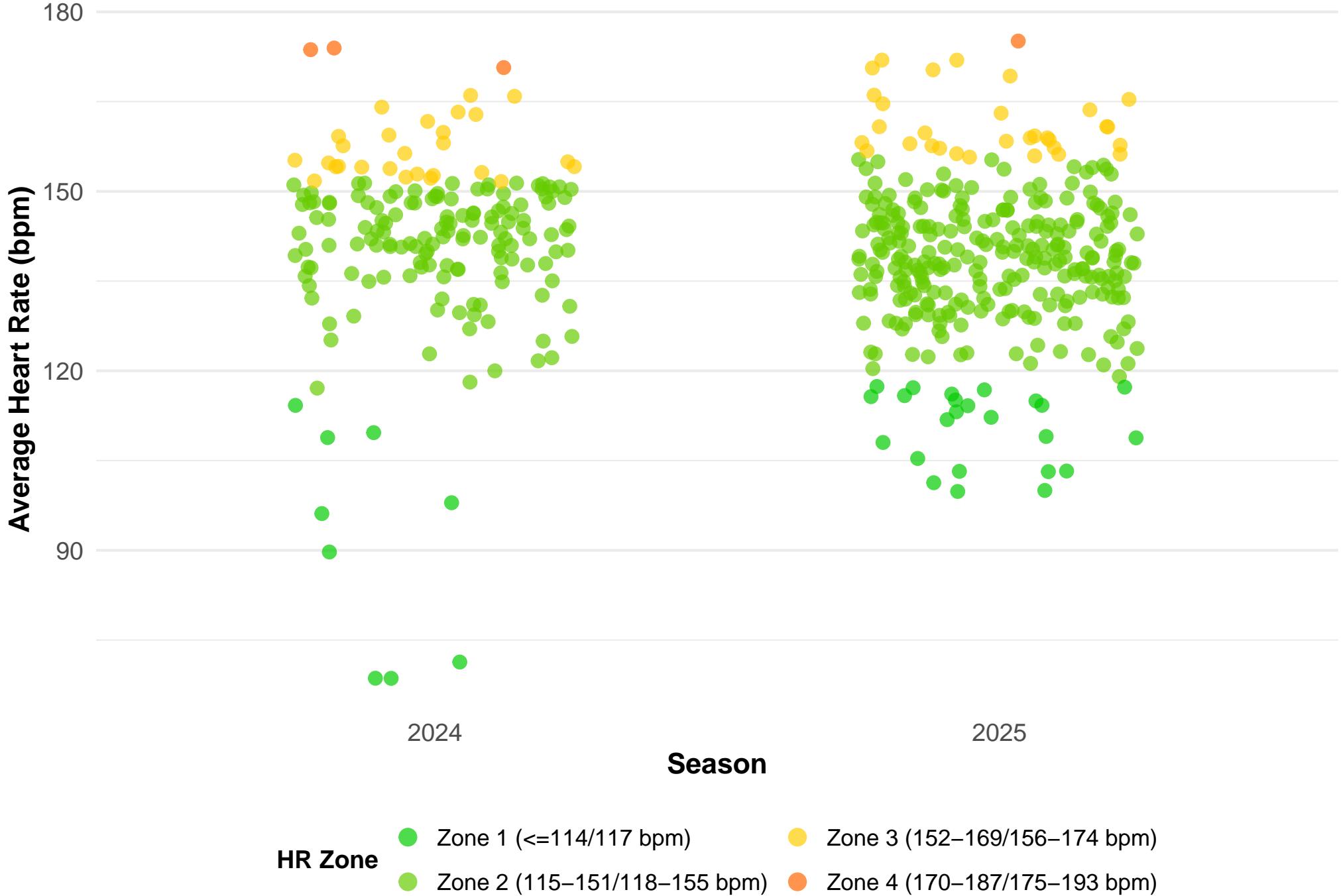
2024: Mean = 141.7 bpm (SD = 15.6)

2025: Mean = 138.9 bpm (SD = 13.2)



Individual Ride Heart Rates by Zone and Season

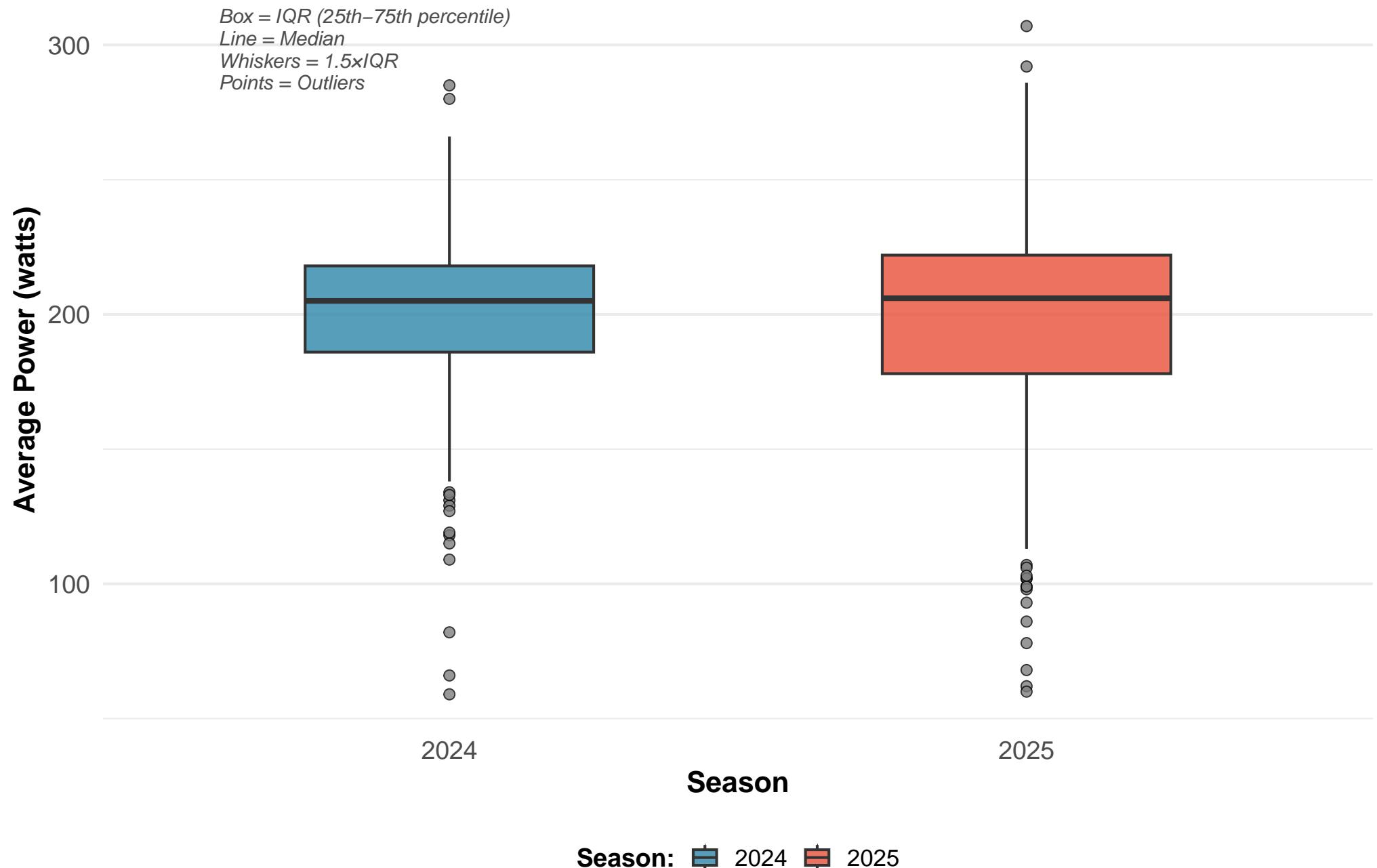
Each point represents one ride, colored by heart rate zone (2024/2025 zones)



Average Power Distribution by Season

2024: Mean = 199.6 W (SD = 35.6)

2025: Mean = 199.2 W (SD = 41.7)



Individual Ride Power Output by Zone and Season

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

