

How Can SweetWater Health Help Support Fitness Training?

SweetWater Health can help you train more intelligently by giving you insight into recovery and readiness.

Alternating intense training with recovery helps reduce the risk of overtraining, and HRV can help show when your body has rested and may be ready for more effort. This can make training decisions more informed and more personalized.

Heart Rate Recovery, or HRR, can also be useful for tracking cardiovascular fitness and monitoring progress over time. In practical terms, it measures how quickly your heart rate drops after exercise - a simple but meaningful indicator of recovery and conditioning.