

How can I use SweetBeatHRV to improve My Fitness Training ?

- Alternating periods of intense training and rest help an athlete avoid physical fatigue caused by over-training. HRV can be used to show when the body has rested and is ready to train again. Please see the [HRV for Training](#) paper in the MySweetBeat [Library](#).
- Heart Rate Recovery (HRR) is an easy and effective way to measure and track your fitness level and overall cardiovascular health. HRR can also be used during a weight loss program to maximize effectiveness. Heart Rate Recovery is simply the speed at which your heart rate declines after a workout.