

Training Effect (TE)

Training Effect shows the degree to which an individual workout improves your aerobic fitness.

More powerful than conventional zone-training features, Training Effect tells you the quantifiable results of your workout.

Why Training Effect is important

If your workouts are too easy, your aerobic condition won't improve.

Likewise, if your workouts are too difficult, you run the risk of overtraining and hindering improvement.

Between those two extremes, it's difficult to gauge the effectiveness of a workout on gut-feeling alone (especially considering variables such as intensity, duration and frequency).

Training Effect takes the guesswork out of working out, giving you real-time and post-exercise information about the effectiveness of your workout.

- During exercise, Training Effect shows the real-time effectiveness of your workout.
- After exercise, Training Effect displays the final degree to which a workout improved your condition.

How Training Effect works

Training Effect is based on *EPOC measurements during exercise, combined with information about your current fitness level and exercise history (activity class).

**EPOC (Excess Post-exercise Oxygen Consumption) is a scientifically sound measure of training load.*

Using a straightforward, one-to-five scale, Training Effect conveys the following:

| Training Effect Category | Results |
|---|--|
| 1.0 – 1.9 Training Effect: minor | Enhances recovery. Can develop endurance base with sessions longer than one hour. Does not improve maximum performance. |
| 2.0 – 2.9 Training Effect: maintenance | Maintains aerobic fitness. Helps build foundation for harder training in the future. Does little to improve maximum performance. |
| 3.0 – 3.9 Training Effect: improvement | Improves aerobic fitness if repeated 2 - 4 times weekly. No special recovery requirements. |
| 4.0 – 4.9 Training Effect: rapid improvement | Rapidly improves aerobic fitness if repeated 1 – 2 times weekly. Augment with a few recovery sessions (TE 1 – 2). |
| 5.0 - up Training Effect: overreaching | Dramatic increase in aerobic fitness if combined with substantial recovery. |