Heart rate variability

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What is HRV?

The variation in the beat-to-beat time intervals (RRI) between two R peaks of the QRS complex.
Why should I use HRV?
Significantly lower number of LIT and HIT training sessions in EXP

Better training instead of more training
Prevent overtraining and control whether athletes are training what you want to see.
What you need to know about HRV

- Individual
- Regular measurements needed
- Standardized measurements needed
- Reliable measurement equipment and software for HRV analysis needed
  - V800
    - Consistent with ECG
    - Reliable filters (tested compared to visual artifact correction from cardiologists)
Influences on HRV

- Sleep
- Mental stress
- Health
- Nutrition
- Recovery strategies
- Hydration status
- Physical activity outside training
- Environment
Why should I use HRV?

• For better training instead of more training

• To prevent overtraining and to control whether athletes are training what you want to see

• To support finding out the ideal time for reuptake of training after infections

• Objective
  – Athletes may lie when it comes to selections
  – Adds context to decisions and not based on assumptions or feelings

BUT: Look at the whole picture!
Thank you for your attention!

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