

WORKOUTS · 21–27 SEP 2026

6 workouts6 h 00 · 61.55 km

Training load 817. That is 14% more load than your usual week. Training status: **Productive**.

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

The week

Workouts

6

Mon–Sun

Time

6 h 00

Training load

817

usual week 718

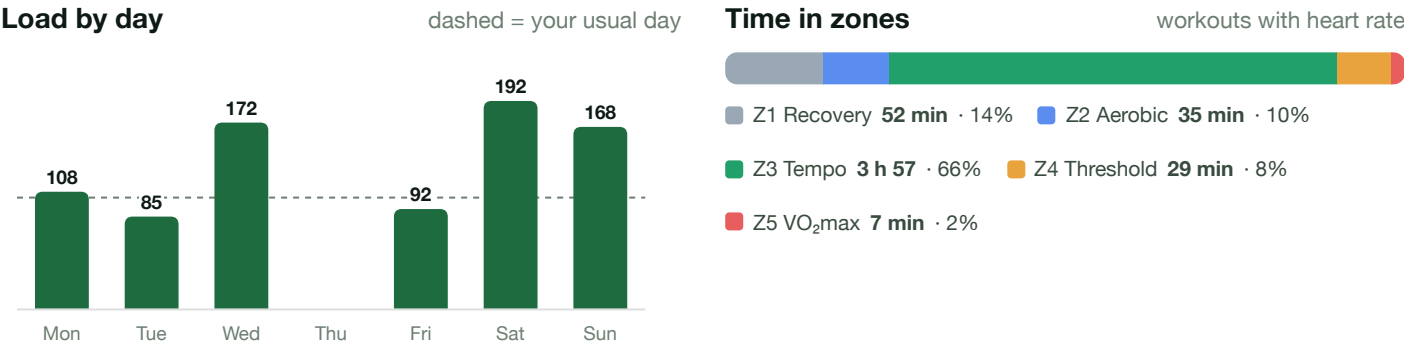
Active energy

2885 kcal

during workouts

Distance

61.55 km



Sessions

avg HR in bpm · HR recovery = 1-minute drop

DAY	WORKOUT	START	TIME	DISTANCE	AVG HR	LOAD	HRR
Mon	Easy run	07:00	45 min	7.65 km	132	108	—
Tue	Strength · Upper body	07:00	55 min		115	85	—
Wed	Tempo run	07:00	50 min	10.00 km	153	172	—
Fri	Strength · Legs	07:00	1 h 00		115	92	—
Sat	Ride	07:00	1 h 20	32.00 km	132	192	—
Sun	Long run	07:00	1 h 10	11.90 km	132	168	—

How to read this

- Training load is Metrya's zone-weighted minutes: each minute counts more the higher the heart-rate zone (Z1 ×1 up to Z5 ×5). One unit across the whole app.
- Zones come from your max heart rate. Without a measured max, Metrya estimates it from your age (Tanaka: 208 – 0.7 × age), and says so.
- Heart rate recovery is the drop in the first minute after you stop. It is compared only with your own workouts of the same kind.
- The night after is compared with your usual night over the 30 days before the workout. One night is a hint, not a verdict.

EASY RUN · MON 21 SEP

Easy run

Mon 21 Sep · 07:00

Duration

45 min

07:00–07:45

Distance

7.65 km

pace 5:53 /km

Average HR

132 bpm

highest 137

Training load

108

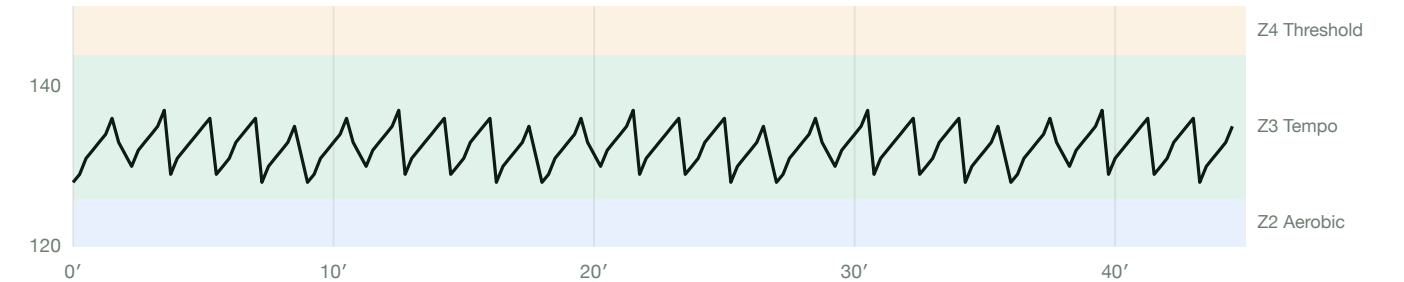
zone-weighted minutes

Active energy

405 kcal

Heart rate

bpm · zones from max HR 180 (estimated from age) · Apple Watch



Time in zones

Z1 Recovery	0 min
Z2 Aerobic	0 min
Z3 Tempo	45 min
Z4 Threshold	0 min
Z5 VO ₂ max	0 min

Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

Splits

per km · longer bar = faster

KM	PACE	AVG HR
1	5:53	132
2	5:53	132
3	5:53	132
4	5:53	133
5	5:53	132
6	5:53	132
7	5:53	133
8 (65%)	5:53	132

EASY RUN (CONTINUED)

The night after

vs your usual night (30 days)

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual

STRENGTH · UPPER BODY · TUE 22 SEP

Strength · Upper body

Tue 22 Sep · 07:00

Duration

55 min

07:00–07:55

Average HR

115 bpm

highest 138

Training load

85

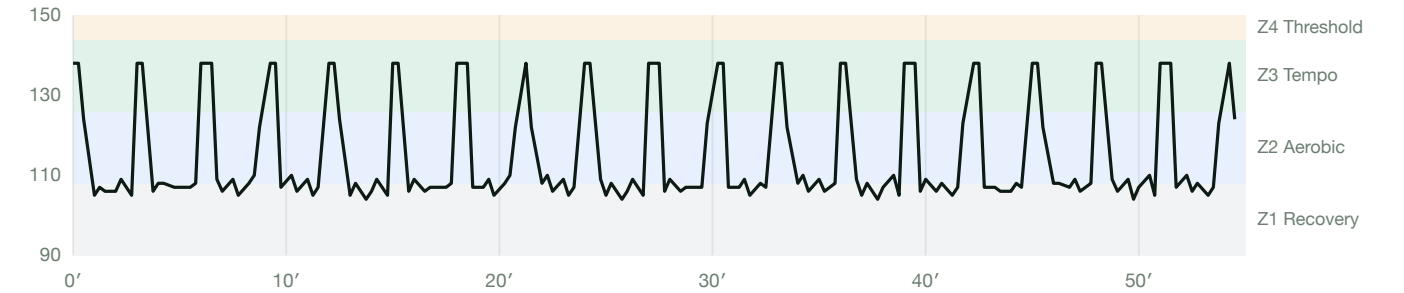
zone-weighted minutes

Active energy

260 kcal

Heart rate

bpm · zones from max HR 180 (estimated from age) · Apple Watch



Time in zones

Z1 Recovery

25 min

Z2 Aerobic

16 min

Z3 Tempo

14 min

Z4 Threshold

0 min

Z5 VO₂max

0 min

Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

The night after

vs your usual night (30 days)

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual

TEMPO RUN · WED 23 SEP

Tempo run

Wed 23 Sep · 07:00

Duration

50 min

07:00–07:50

Distance

10.00 km

pace 5:00 /km

Average HR

153 bpm

highest 163

Training load

172

zone-weighted minutes

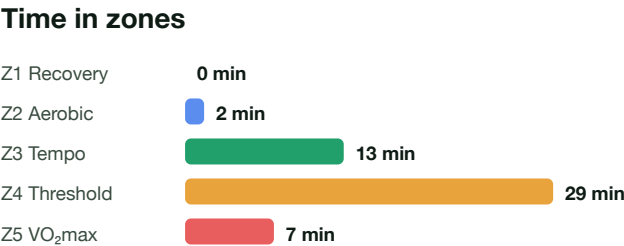
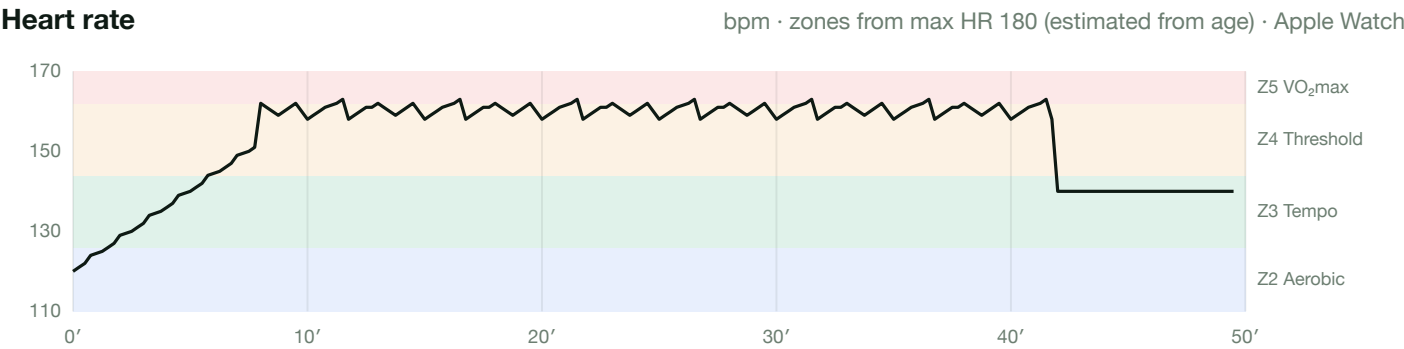
Active energy

610 kcal

Recovery time added

30 h

until a hard effort



Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

Splits

per km · longer bar = faster

KM	PACE	AVG HR	KM	PACE	AVG HR
1	4:51	130	7	4:51	160
2	4:50	151	8	4:52	160
3	4:52	160	9	4:51	153
4	4:51	160	10	4:51	140
5	4:52	160	11 (30%)	4:52	140
6	4:51	160			

The night after

vs your usual night (30 days)

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual

STRENGTH · LEGS · FRI 25 SEP

Strength · Legs

Fri 25 Sep · 07:00

Duration

1 h 00

07:00–08:00

Average HR

115 bpm

highest 138

Training load

92

zone-weighted minutes

Active energy

260 kcal

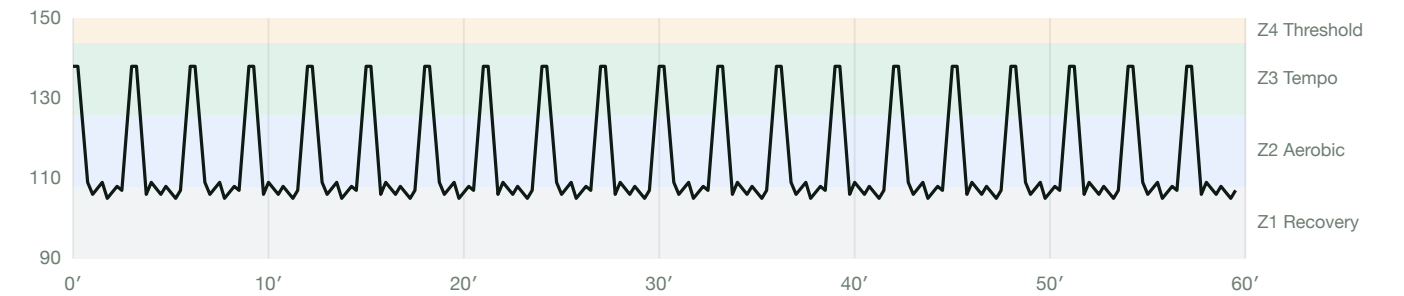
Recovery time added

36 h

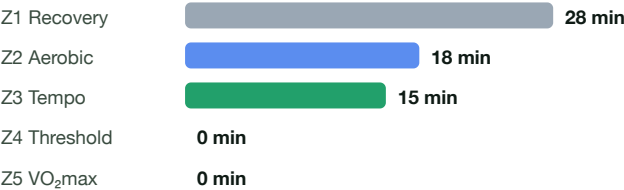
until a hard effort

Heart rate

bpm · zones from max HR 180 (estimated from age) · Apple Watch



Time in zones



Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

The night after

vs your usual night (30 days)

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual

RIDE · SAT 26 SEP

Ride

Sat 26 Sep · 07:00

Duration

1 h 20

07:00–08:20

Distance

32.00 km

pace 2:30 /km

Average HR

132 bpm

highest 137

Training load

192

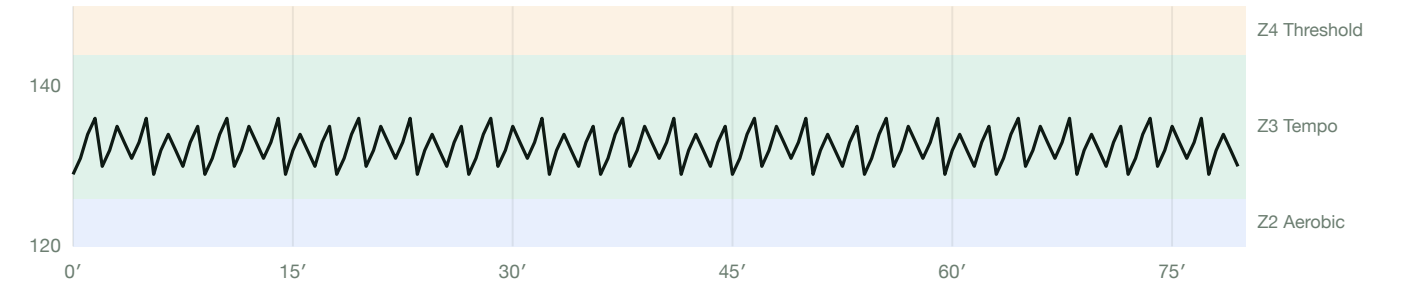
zone-weighted minutes

Active energy

720 kcal

Heart rate

bpm · zones from max HR 180 (estimated from age) · Apple Watch



Time in zones

Z1 Recovery	0 min
Z2 Aerobic	0 min
Z3 Tempo	80 min
Z4 Threshold	0 min
Z5 VO ₂ max	0 min

Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

The night after

vs your usual night (30 days)

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual

LONG RUN · SUN 27 SEP

Long run

Sun 27 Sep · 07:00

Duration

1 h 10

07:00–08:10

Distance

11.90 km

pace 5:53 /km

Average HR

132 bpm

highest 137

Training load

168

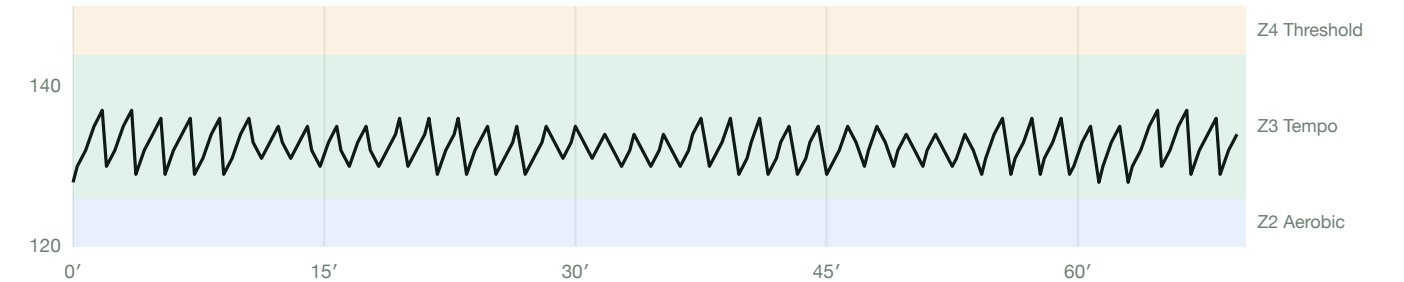
zone-weighted minutes

Active energy

630 kcal

Heart rate

bpm · zones from max HR 180 (estimated from age) · Apple Watch



Time in zones

Z1 Recovery	0 min
Z2 Aerobic	0 min
Z3 Tempo	70 min
Z4 Threshold	0 min
Z5 VO ₂ max	0 min

Heart rate recovery

Not measured for this workout. It needs a clean drop from a high enough peak, with the watch on after you stop.

Splits

KM	PACE	AVG HR	KM	PACE	AVG HR
1	5:53	132	7	5:53	133
2	5:53	132	8	5:53	132
3	5:53	132	9	5:53	132
4	5:53	133	10	5:53	133
5	5:53	132	11	5:53	132
6	5:53	132	12 (90%)	5:53	133

The night after

SIGNAL	THAT NIGHT	USUAL	CHANGE	
HRV	60 ms	60 ms	±0	● as usual
Resting heart rate	52 bpm	52 bpm	±0	● as usual
Sleep	7.4 h	7.4 h	±0.0	● as usual
Deep sleep	80 m	80 m	±0	● as usual