

# Training Effect

## WHAT IS IT?

A measure of how hard a session is, and how much it impacts your aerobic and anaerobic fitness.

## WHY IT IS USEFUL?

Easily see when a session maintains or improves your fitness.

A higher Training Effect score indicates a harder session.



No effect  
Did not have an effect on fitness



Improving  
Improves fitness if done 3-4 times per week



Minor  
Suitable for enhancing recovery



Highly Improving  
Sharply improves fitness when done 1-2 times per week

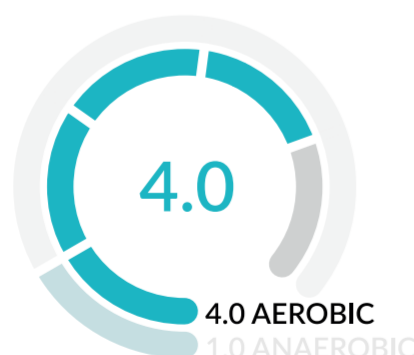


Maintaining  
Builds foundation for harder training in future



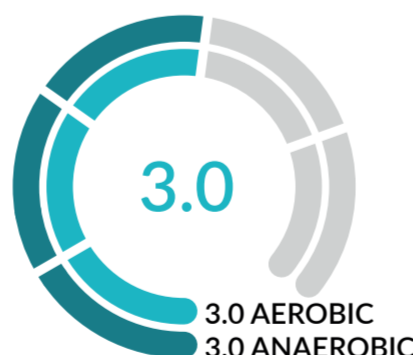
Overreaching  
Dramatically increases fitness if followed by adequate recovery

The Training Effect score also shows the distribution of aerobic and anaerobic work during a session.



### Highly aerobic session:

Includes aerobic work for recovery, base endurance or improving VO2max without speed drills.



### Mixed session:

Includes a mixture of both aerobic and anaerobic work, typical game training.



### Highly anaerobic session:

Includes high amount of anaerobic work/speed intervals with good recovery.

For more information about Firstbeat's Training Effect, please visit: [firstbeat.com/sports/training-effect](https://firstbeat.com/sports/training-effect)