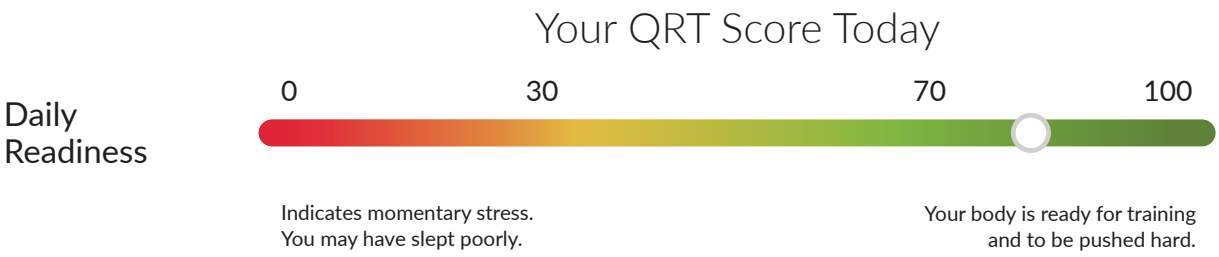
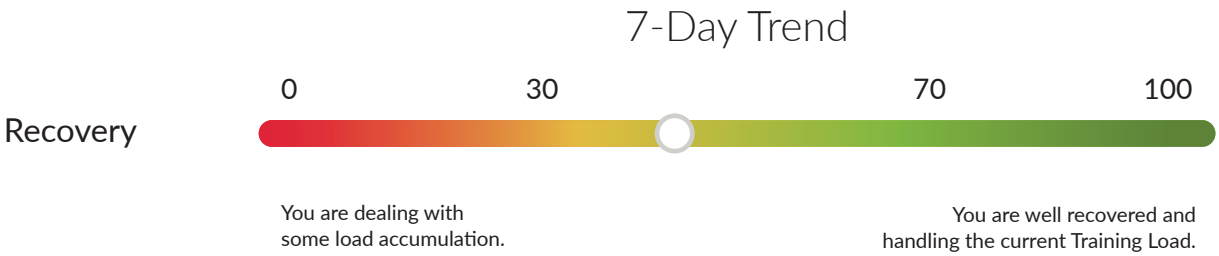
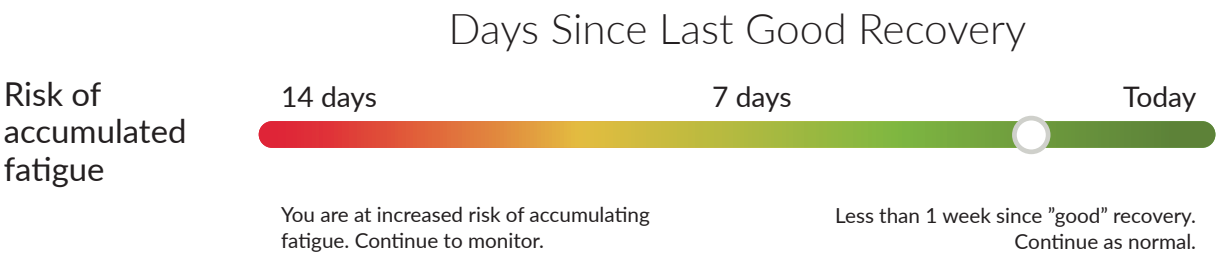
FIRSTBEAT

Quick Recovery Test

The Firstbeat Quick Recovery Test (QRT) shows your current recovery status and your readiness to train. It also indicates fatigue accumulation over time.







Daily readiness: Shows how ready your body is to handle increased training loads and intensity.

Recovery: The long-term trend of your readiness level. As readiness may vary between days, an average score across the previous 7 days shows your recovery trend over time.

Risk of accumulated fatigue: It is important to get good recovery within your training program, otherwise you may be at increased risk of fatigue and/or getting injured.

For more information about Firstbeat's QRT, please visit: firstbeat.com/sports/qrt

© Firstbeat Technologies Oy | firstbeat.com/sports | sports@firstbeat.com | @firstbeat @firstbeat_technologies @firstbeattechnologies