

An association of injury and HR during baseline and anticipated, baseline and postintervention, and HR below baseline and above baseline.

Zone 5 is defined as $\geq 80\%$ and $\geq 90\%$, and is analysed separately.

The overall change from baseline mean is about 1 and is not statistically significant for both definitions of Zone 5.

The absolute change from baseline, however, did show a significant decrease.

Each subgroup did not show significant effect:

!#\$%&_0

Incidence Mean Ratio: 1.43

Decrease Mean Ratio: 0.68

'()**+\$%-./#0\$%12"3%4/)\$\$*5#\$\$6%'

!#\$%&_0

Incidence Mean Ratio: 1.27

Decrease Mean Ratio: 0.80

'()**+\$%-./#0\$%12"3%4/)\$\$*5#\$\$6%'

The I&Sofhi index indicates an association between