Accepted Manuscript

Heart rate variability to monitor performance in elite athletes: Criticalities and avoidable pitfalls

Daniela Lucini, Ilaria Marchetti, Antonio Spataro, Mara Malacarne, Manuela Benzi, Stefano Tamorri, Roberto Sala, Massimo Pagani

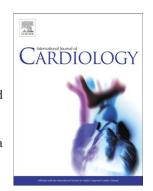
PII: S0167-5273(17)32328-8

DOI: doi:10.1016/j.ijcard.2017.05.001

Reference: IJCA 24956

To appear in: International Journal of Cardiology

Received date: 14 April 2017 Accepted date: 2 May 2017



Please cite this article as: Lucini Daniela, Marchetti Ilaria, Spataro Antonio, Malacarne Mara, Benzi Manuela, Tamorri Stefano, Sala Roberto, Pagani Massimo, Heart rate variability to monitor performance in elite athletes: Criticalities and avoidable pitfalls, *International Journal of Cardiology* (2017), doi:10.1016/j.ijcard.2017.05.001

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ACCEPTED MANUSCRIPT

DE NOVO SUBMISSION

HEART RATE VARIABILITY TO MONITOR PERFORMANCE IN ELITE ATHLETES: CRITICALITIES AND AVOIDABLE PITFALLS

Ву

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Running title: Heart rate variability in athletes: criticalities and pitfalls

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Text: 2733 words Number of tables: 1 Number of figures: 3 Conflict of interest: NONE

Funding: NONE

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