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Author: Urtats Etxegarai Eva Portillo Jon Irazusta Ander Arriandiaga Itziar Cabanes



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- A machine learning system based on recurrent neural networks is proposed to estimate the lactate threshold in recreational runners
- A standardization of the temporal axis is proposed to train models using different length time-series
- A modification of the stratified sampling is proposed for homogeneous train-test set splitting of time-series
- The system shows good individualization and generalization power
- It has potential as non-invasive, cost efficient and easily accessible alternative to the traditional lactate threshold testing method

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