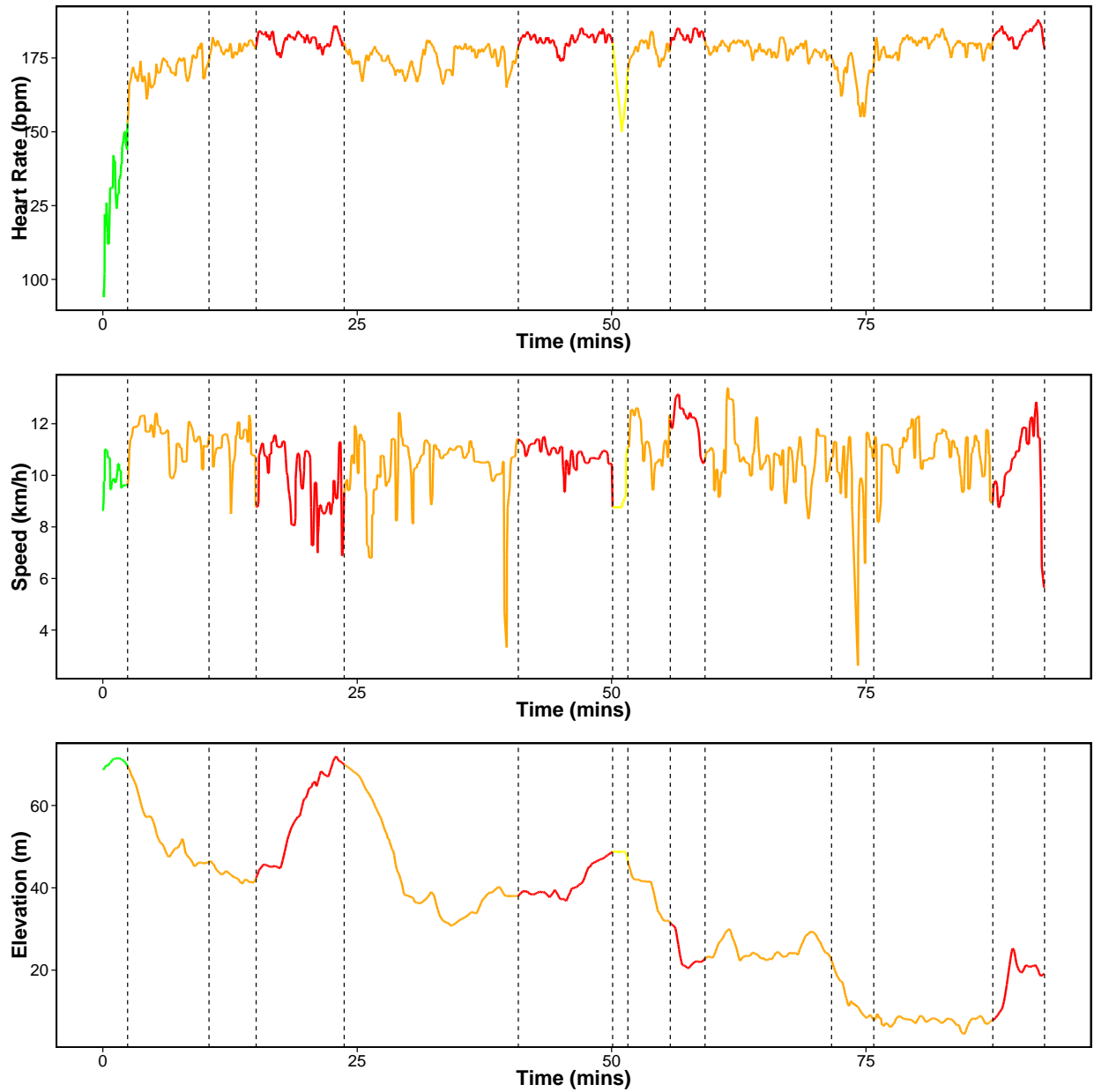# SUPPLEMENTARY MATERIAL

Further Results - NP-PELT+

Figure 1: Segmentations using NP-PELT+ with 13 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery.
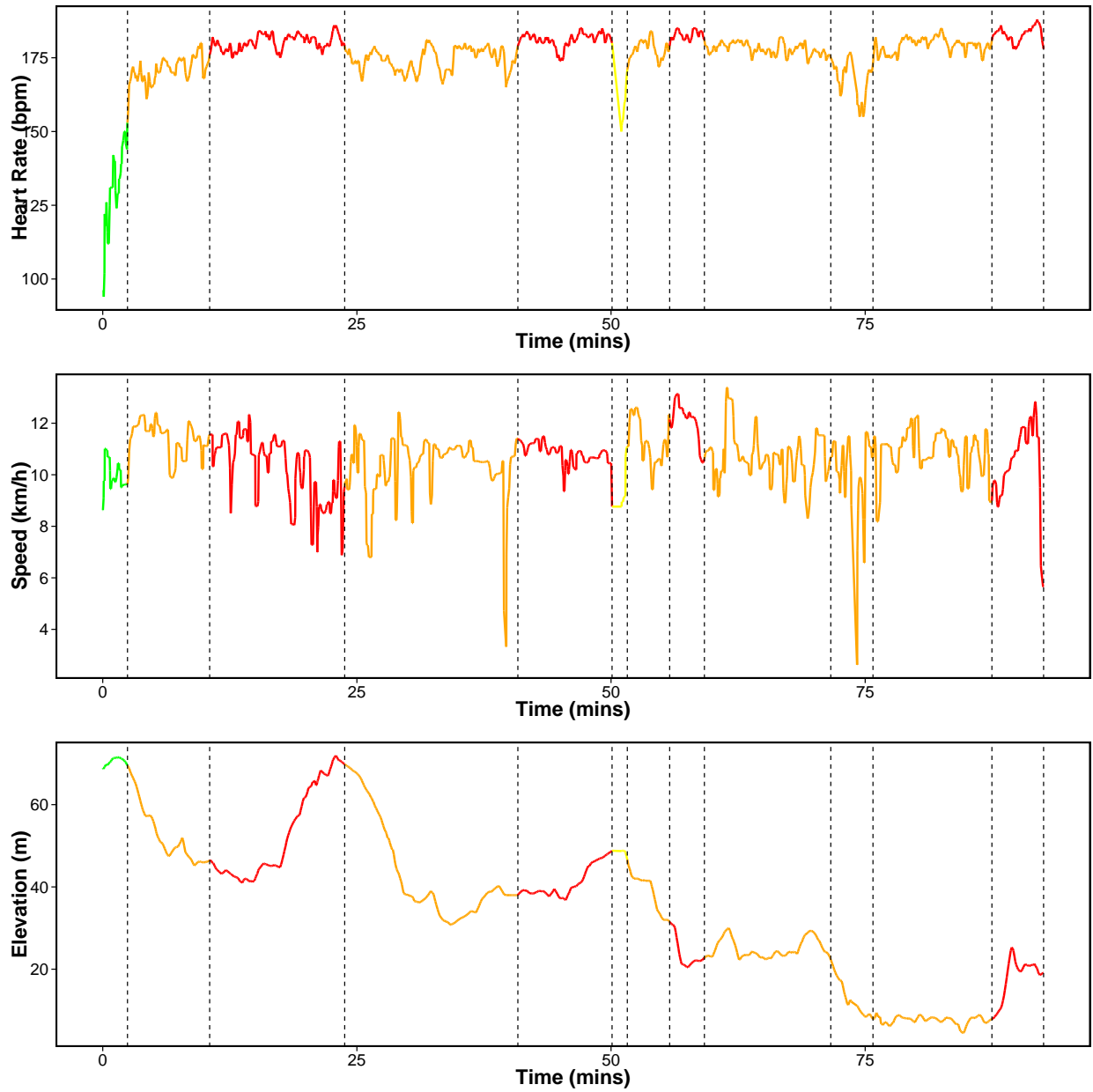
Figure 2: Segmentations using NP-PELT+ with 12 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery.
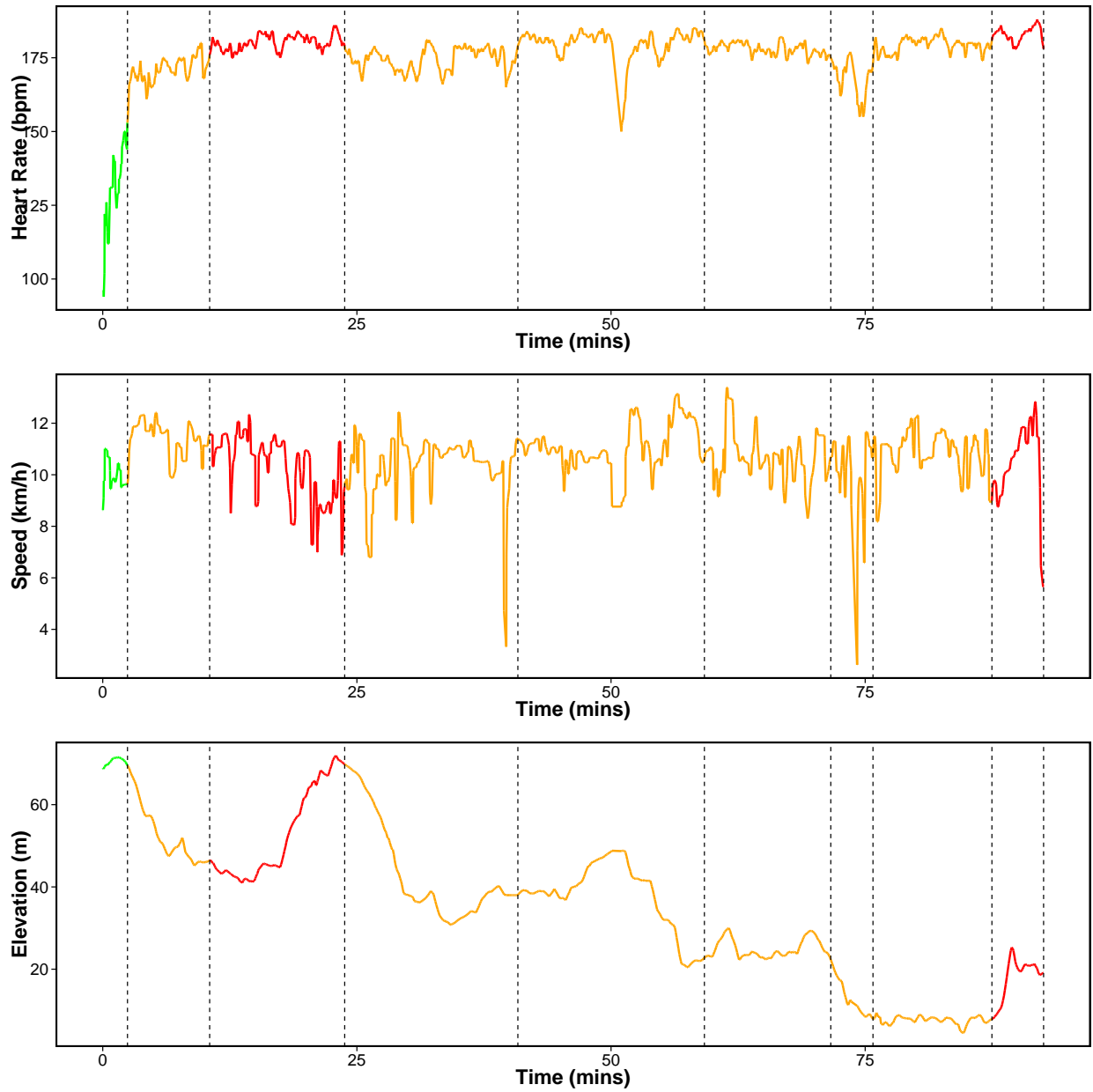
Figure 3: Segmentations using NP-PELT+ with 9 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery.
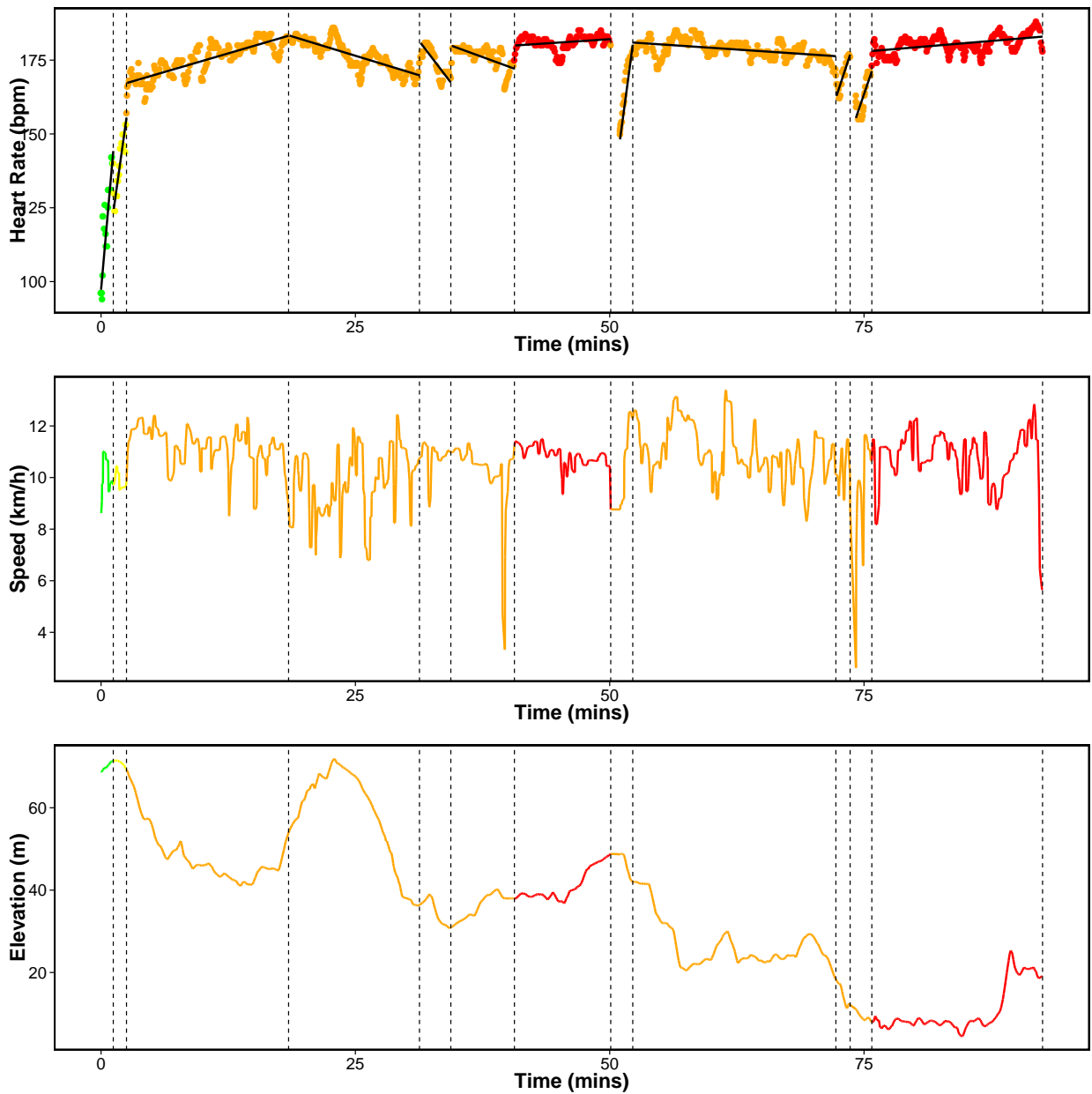
Further Results - Piece-wise linear

Figure 4: Segmentations using change in slope with 12 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery. The solid black line in the top plot is the best fit for the mean within each segment.
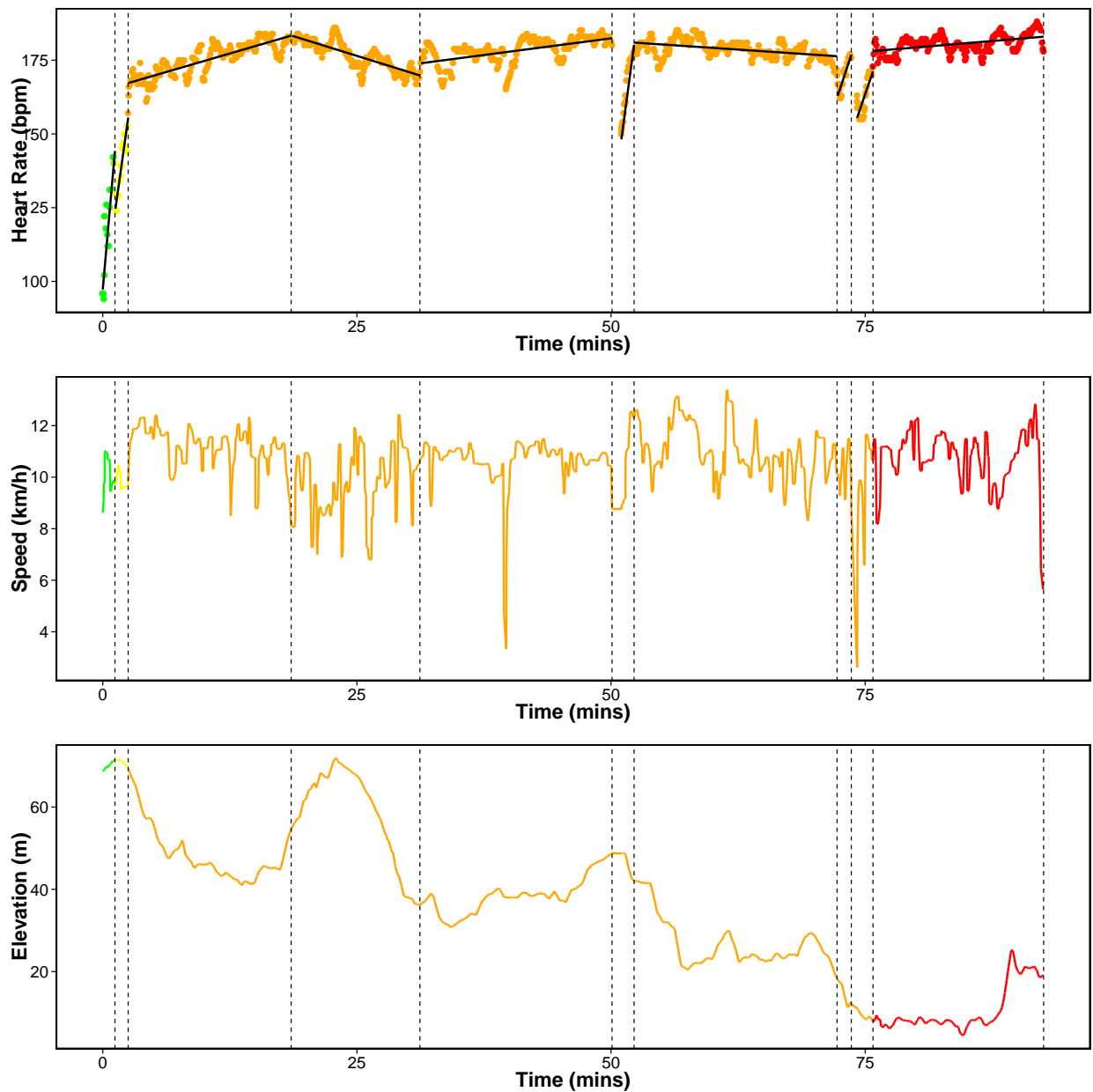
Figure 5: Segmentations using change in slope with 10 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery. The solid black line in the top plot is the best fit for the mean within each segment.
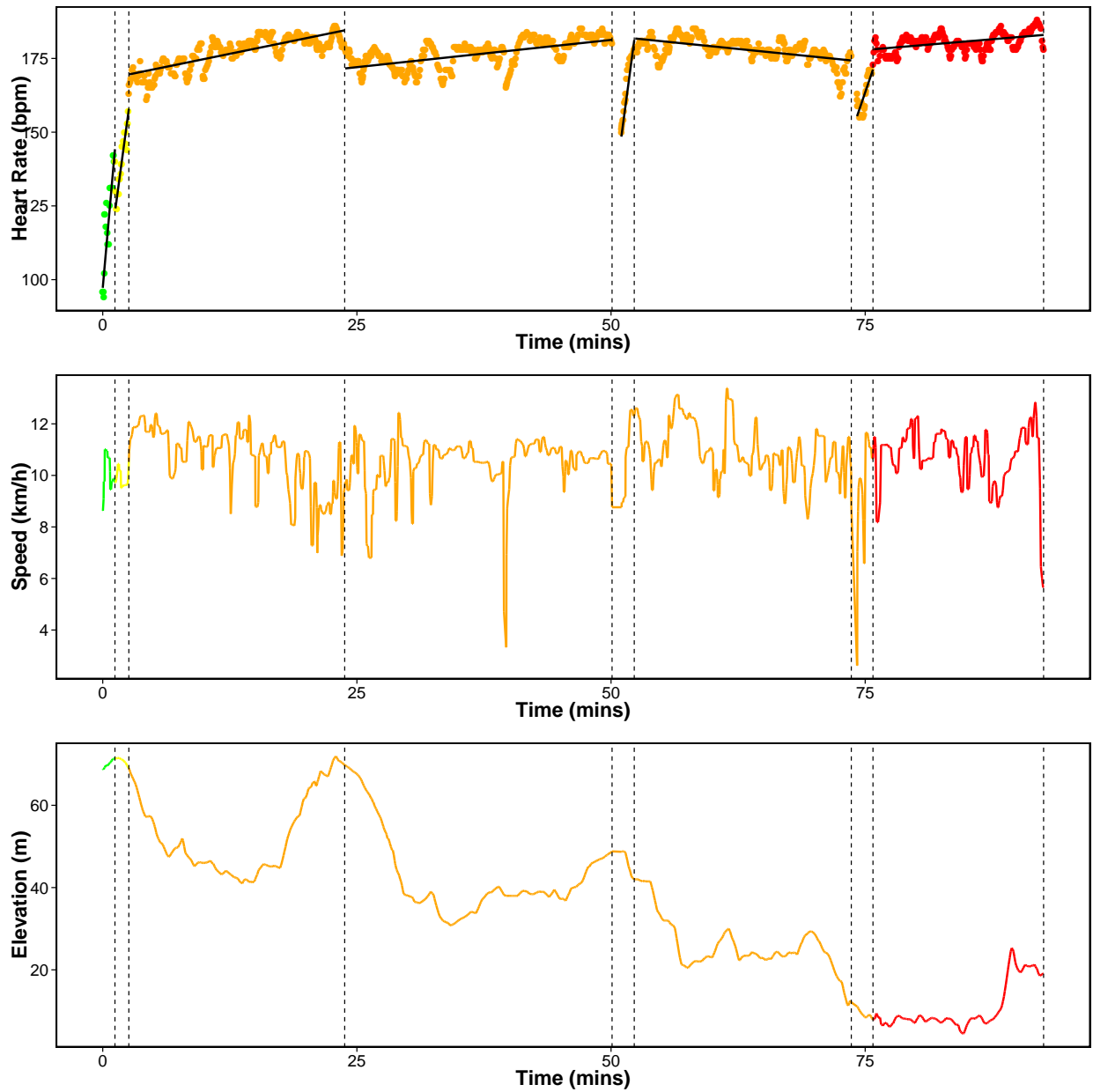
Figure 6: Segmentations using change in slope with 8 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery. The solid black line in the top plot is the best fit for the mean within each segment.
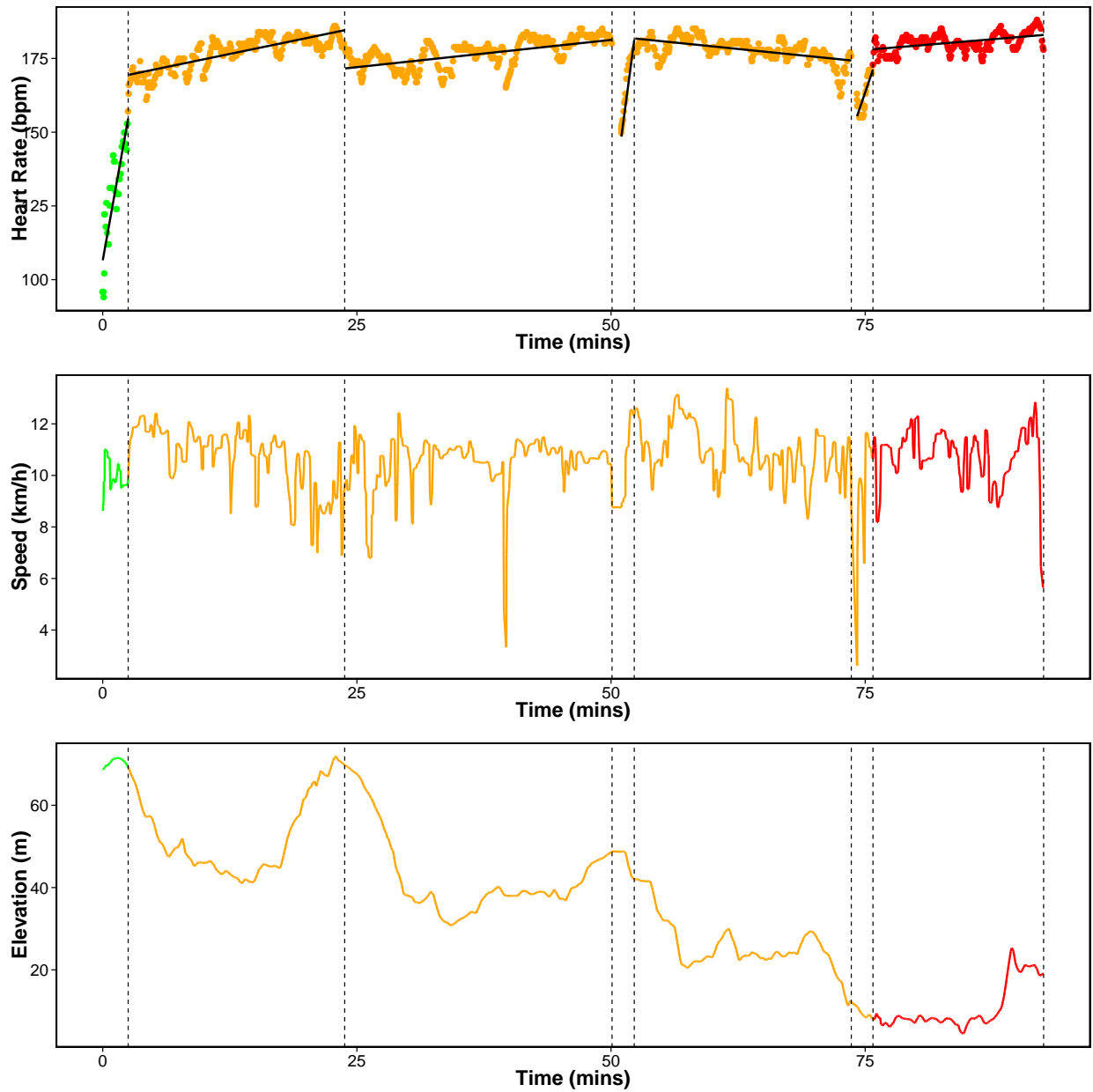
Figure 7: Segmentations using change in slope with 7 changepoints. We have colour coded the line based on the average heart-rate of each segment where red: peak, orange: anaerobic, yellow: aerobic and green: recovery. The solid black line in the top plot is the best fit for the mean within each segment.