

# Package ‘youngSwimmers’

July 21, 2025

**Title** Young Swimmers Dataset

**Version** 0.0.1

**Description** Dataset from the young elite swimmers study.

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**Encoding** UTF-8

**RoxygenNote** 7.1.2

**Depends** R (>= 2.10)

**LazyData** true

**URL** <https://github.com/NIM-ACh/youngSwimmers/>,  
<https://nim-ach.github.io/youngSwimmers/>

**BugReports** <https://github.com/NIM-ACh/youngSwimmers/issues/>

**Imports** data.table, lifecycle

**NeedsCompilation** no

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**Repository** CRAN

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swimmers

*Data from the young elite swimmers study*


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### Description

This is the data used for the young elite swimmers study (Castillo-Aguilar et al. 2021). It contains records from 26 competitive swimmers from ages 10 to 16 on 5 different competitive time periods.

### Usage

```
swimmers
```

### Format

This is a data.table object containing 27 variables and 130 rows

- period: Factor. Time periods from two competitions.
- subject: Factor. Subject ID.
- sex: Factor. Subject's sex (Male of Female).
- age: Numeric. Subject's age in years.
- weight: Numeric. Weight in kilograms.
- height: Numeric. Height in centimeters.
- fat: Numeric. Body fat in percentage.
- bmi: Numeric. Body mass index.
- ffmi: Numeric. Fat free mass index.
- sp: Numeric. Systolic blood pressure in mmHg.
- dp: Numeric. Diastolic blood pressure in mmHg.
- map: Numeric. Mean arterial pressure in mmHg.
- pp: Numeric. Pulse pressure in mmHg.
- sdn\_pre: Numeric. SDNN (Time domain parameter) pre-wingate test.
- rmssd\_pre: Numeric. RMSSD (Time domain parameter) pre-wingate test.
- vlf\_pre: Numeric. VLF (Frequency domain parameter) pre-wingate test.
- lf\_pre: Numeric. LF (Frequency domain parameter) pre-wingate test.
- hf\_pre: Numeric. HF (Frequency domain parameter) pre-wingate test.
- sdn\_post: Numeric. SDNN (Time domain parameter) post-wingate test.
- rmssd\_post: Numeric. RMSSD (Time domain parameter) post-wingate test.
- vlf\_post: Numeric. VLF (Frequency domain parameter) post-wingate test.
- lf\_post: Numeric. LF (Frequency domain parameter) post-wingate test.
- hf\_post: Numeric. HF (Frequency domain parameter) post-wingate test.
- power\_peak: Numeric. Peak power output in Watts.
- power\_mean: Numeric. Mean power output in Watts.
- power\_min: Numeric. Minimum power output in Watts.
- fatigue: Numeric. Fatigue index in percentage.

**Source**

doi: [10.3389/fphys.2021.769085](https://doi.org/10.3389/fphys.2021.769085)

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