

Training Report

Person: Haskins Tris

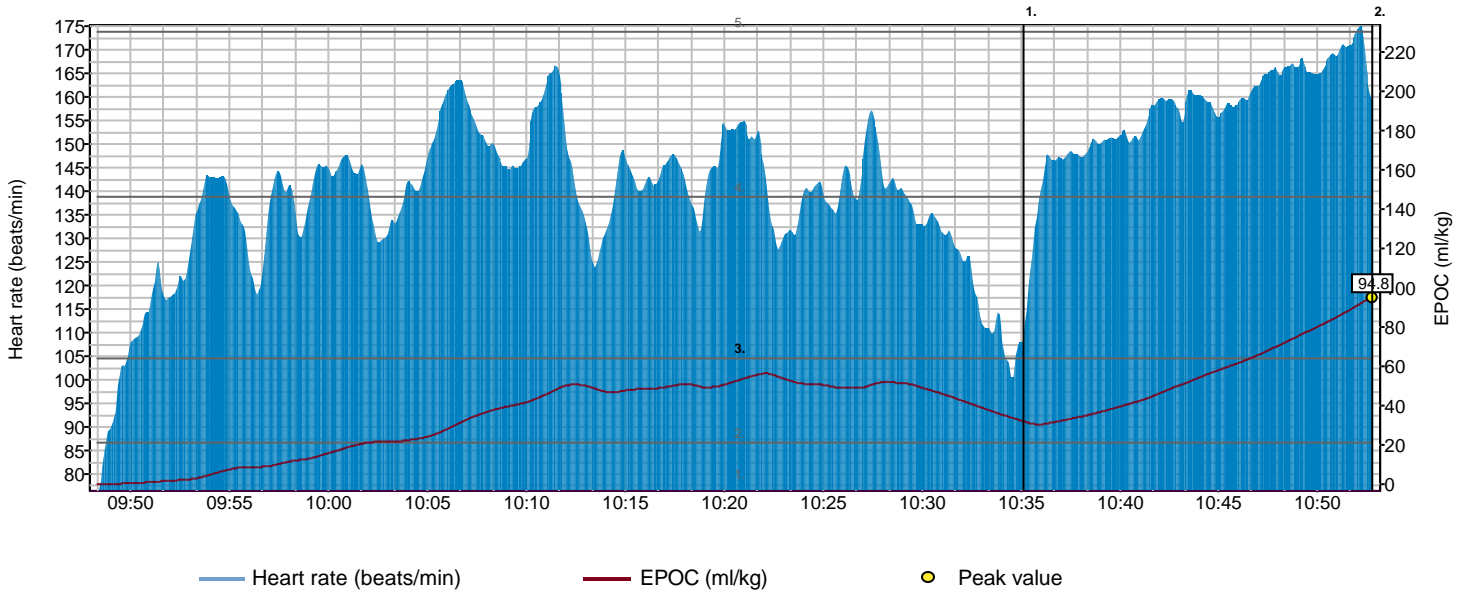
Date: 26/04/2009

Background information		Measurement information	
Age	40	Measurement length	01:04:27
Height (cm)	172	Measurement time	09:48:18 - 10:52:45
Weight (kg)	72	Lowest heart rate	83
Resting heart rate	50	Highest heart rate	175
Maximum heart rate	190	Average heart rate	142
Activity class	7.5		



— Heart rate — Averaged heart rate — Measurement error (11 %)

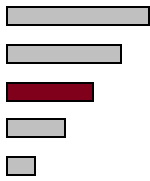
Training Chart



Lap time information.

#	Lap time (hh:mm:ss)	Duration	Heart rate (beats/min)	EPOC (ml/kg)
Lap 1	00:46:49	00:17:38	157	56
Lap 2	01:04:27	00:00:00	0	0

Training Effect



3.3

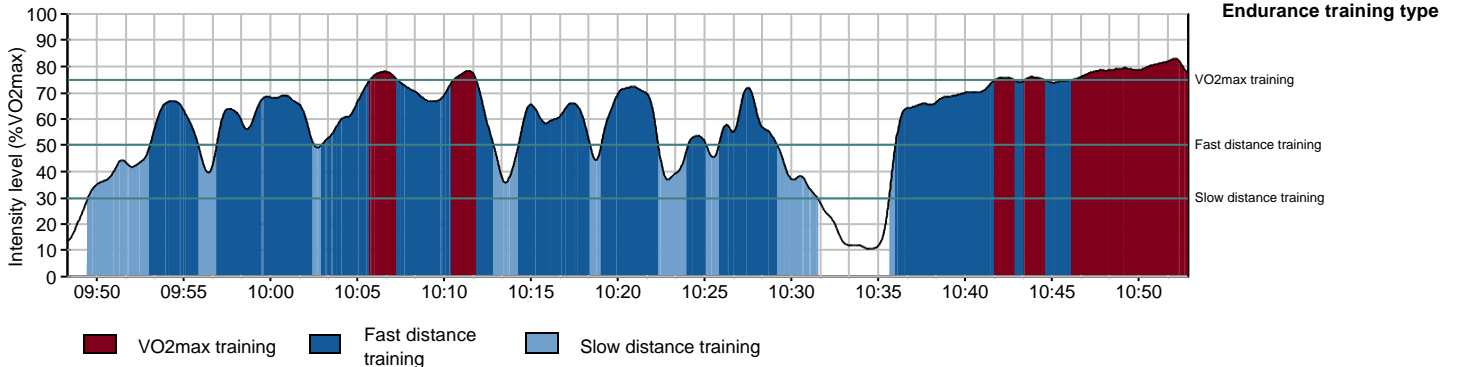
Improving training effect

This workout improves cardiorespiratory fitness and is the base of the training plan.

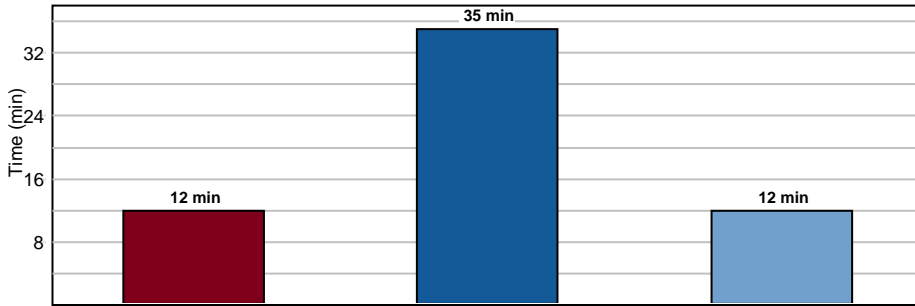
Notes

User notes for measurement.

Endurance Training Classification

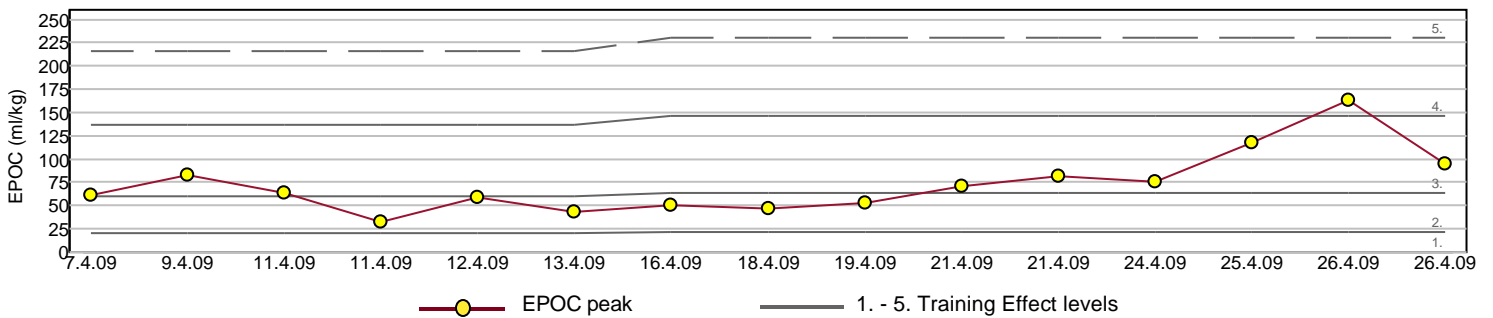


Classification of the measurement to different endurance training types.

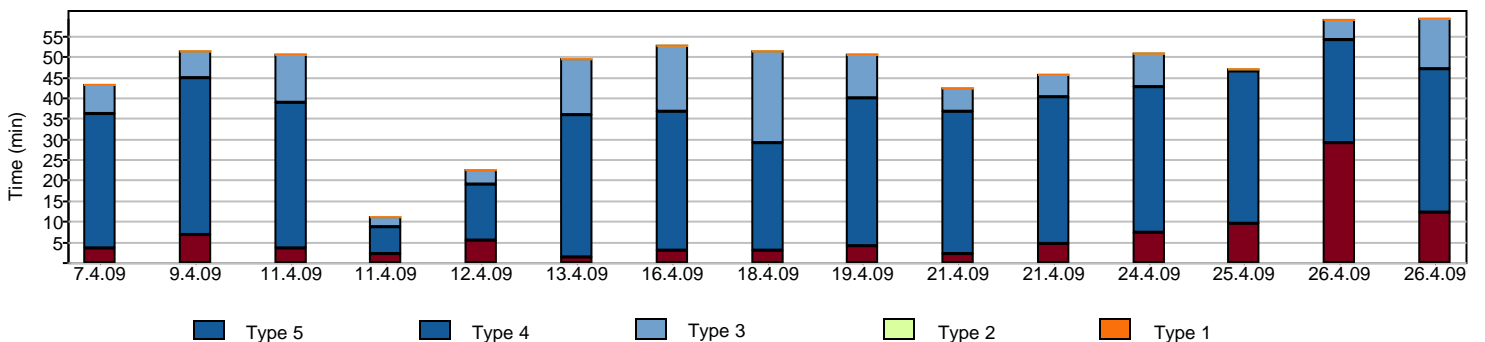


The total duration of exercise during the measurement was 59 min. Time at different types of endurance training during the measurement is illustrated in the graph.

Training Follow-Up



EPOC peak values during the follow-up period.



Training durations in different training types during the follow-up period.