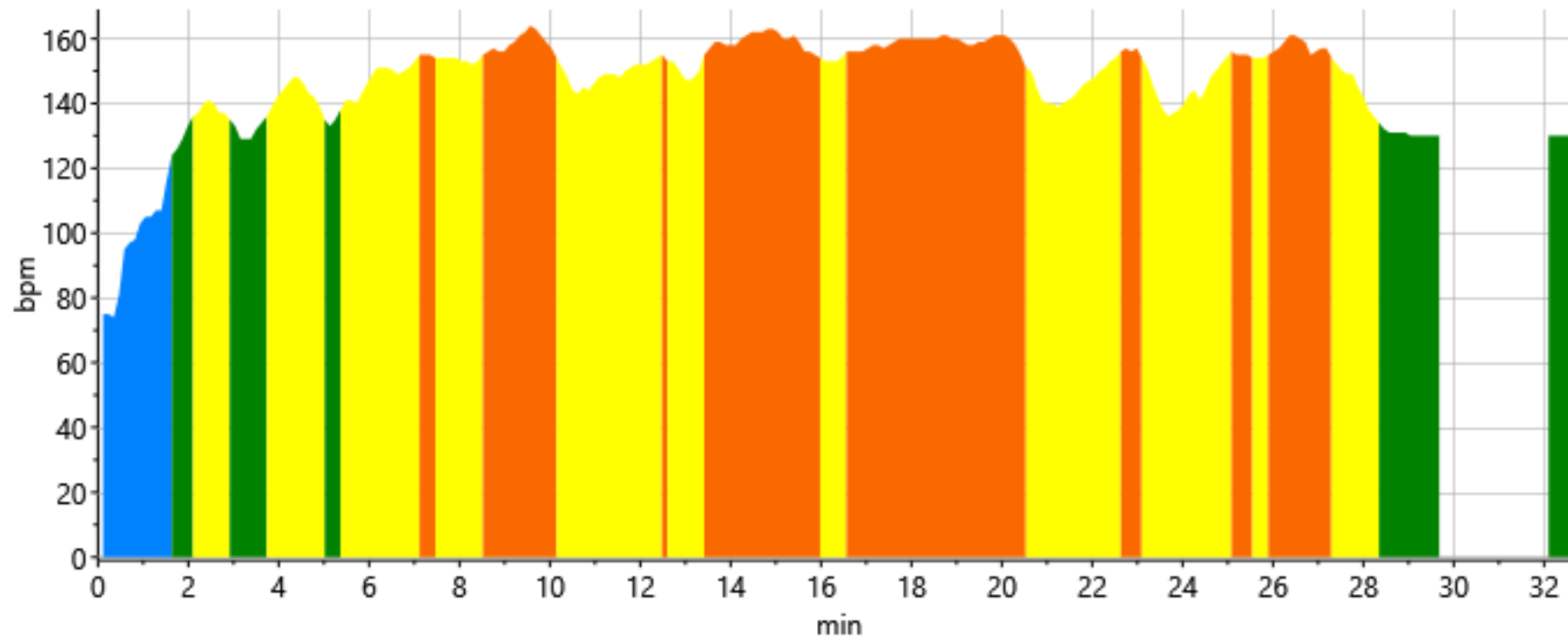


# Training Resume

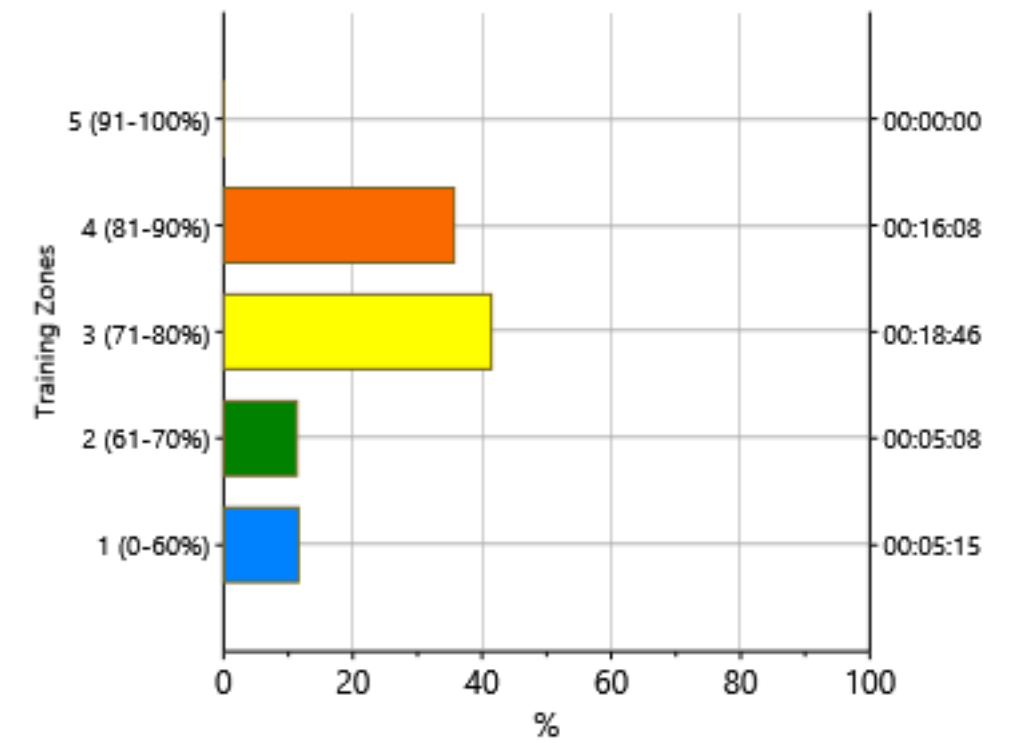
## Session Overview

<b>Name:</b> John Smith	<b>Birth Date:</b> 1/1/1980 (Male)	<b>Energy Consumption:</b> 462 kCal	<b>Heart Rate (Avg/Max):</b> 142/164 bpm
<b>Nickname:</b> John	<b>HR Max:</b> 192	<b>Training Effect:</b> 3.1 - Improving	<b>%Heart Rate:</b> 74/85 %
<b>Date:</b> 7/14/2014	<b>Weight:</b> 90.0 kg	<b>Recovery Time:</b> 7 Hours	
<b>Start Time:</b> 6:44 PM	<b>Height:</b> 177 cm	<b>Duration:</b> 00:45:18	
<b>Location:</b> physiquestudio	<b>FTP:</b> 200 Watts		
	<b>Activity Level:</b> 9.5 - Heavy exercise, regularly 13-15 hours per week		

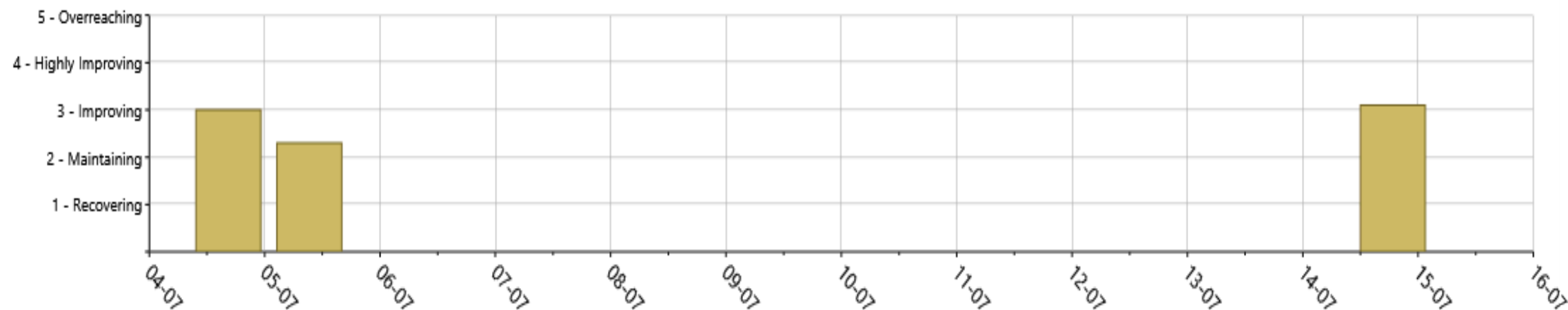
## Heart Rate



## Time in Training Zones - Heart Rate



## Latest Sessions



Improving (TE) - This workout improves aerobic performance if repeated 2 to 4 times per week. Training at this level does not yet place special requirements for recuperation.

## Sponsors

physiquestudio  
www.physiquestudio.co.nz

