

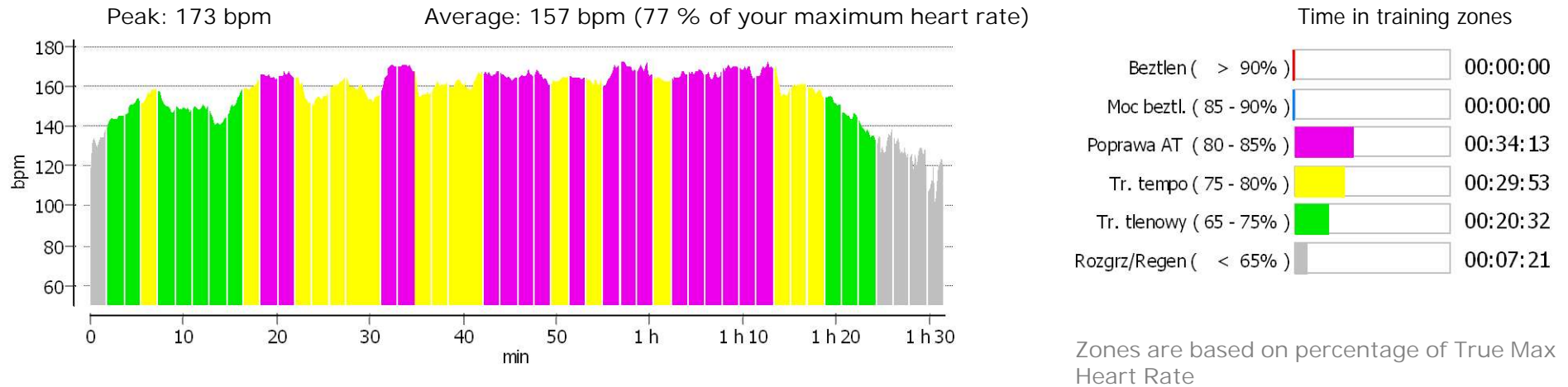
# Summary of your training



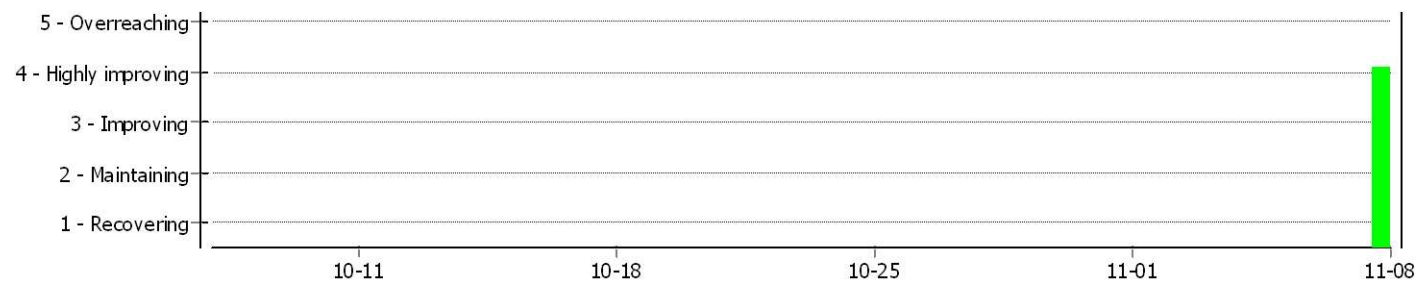
## Session Summary

Name:	Piotr Koemider	Energy consumption:	1175 kcal
Nickname:	Kosmo	Training Effect:	4,1 - Highly improving
Date:	2011-11-08	Duration:	01:31:59
Start time:	20:34:53		
Place:	RED FITNESS		

## Heart rate



## Recent sessions



This session has an highly improving effect on aerobic performance, but it requires 2 to 3 recovering sessions (TE 1- 2). This session can be performed up to 1 to 2 times per week.

