

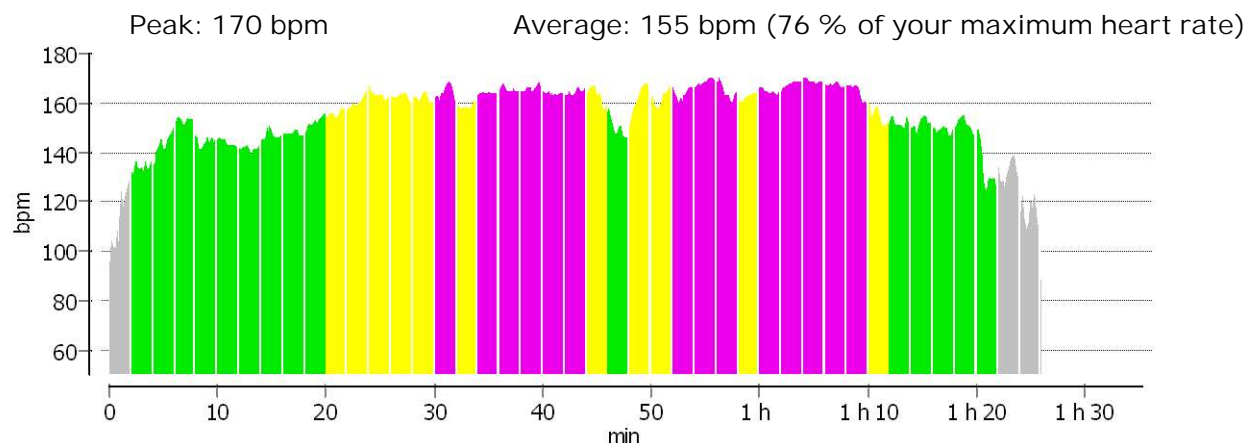
Summary of your training



Session Summary

Name:	Piotr Koemider	Energy consumption:	1052 kcal
Nickname:	Kosmo	Training Effect:	4,0 - Highly improving
Date:	2011-11-29	Duration:	01:35:36
Start time:	20:41:59		
Place:	RED FITNESS		

Heart rate

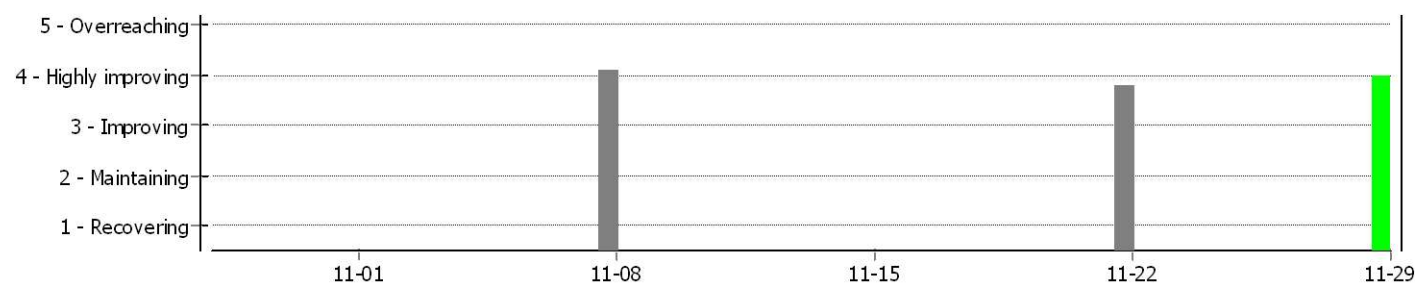


Time in training zones

Beztl. (> 90%)	00:00:00
Moc beztl. (85 - 90%)	00:00:00
Poprawa AT (80 - 85%)	00:29:02
Tr. tempo (75 - 80%)	00:22:51
Tr. tlenowy (65 - 75%)	00:26:42
Rozgrz/Regen (< 65%)	00:17:01

Zones are based on percentage of True Max 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.

