

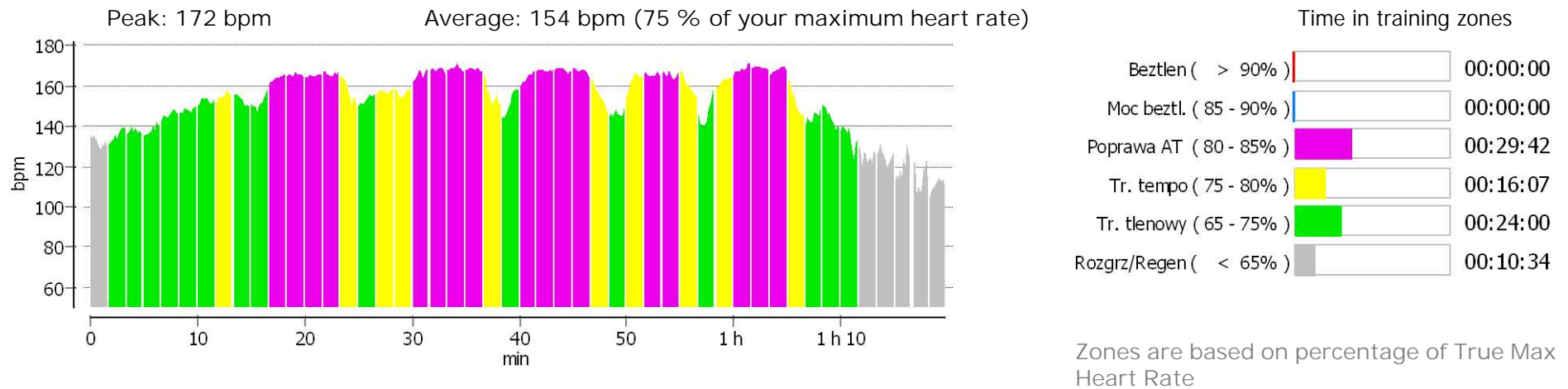
Summary of your training



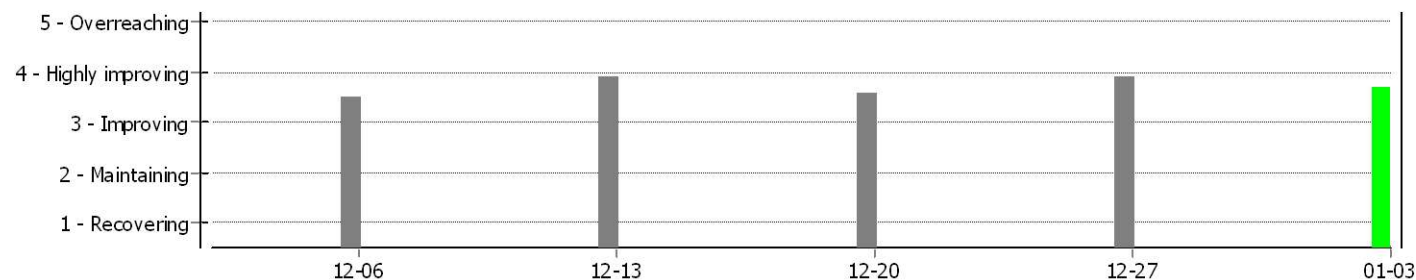
Session Summary

Name:	Piotr Koćmider	Energy consumption:	964 kcal
Nickname:	Kosmo	Training Effect:	3,7 - Improving
Date:	2012-01-03	Duration:	01:20:23
Start time:	20:46:18		
Place:	RED FITNESS		

Heart rate



Recent sessions



This session has an improving effect on aerobic performance and does not place special requirements for recovery. This session can be performed 2 to 4 times per week.

