

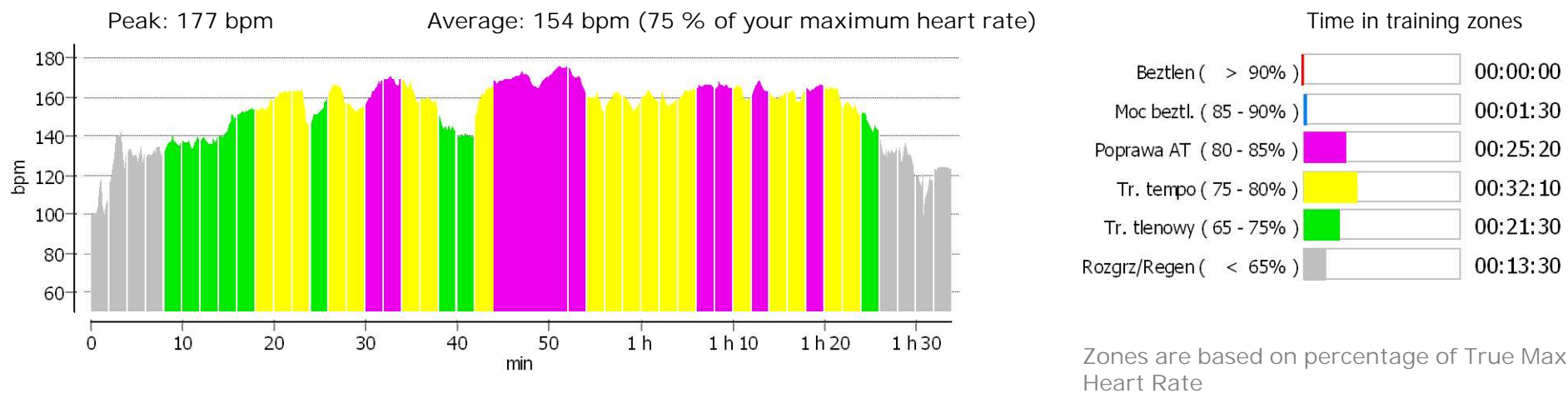
# Summary of your training



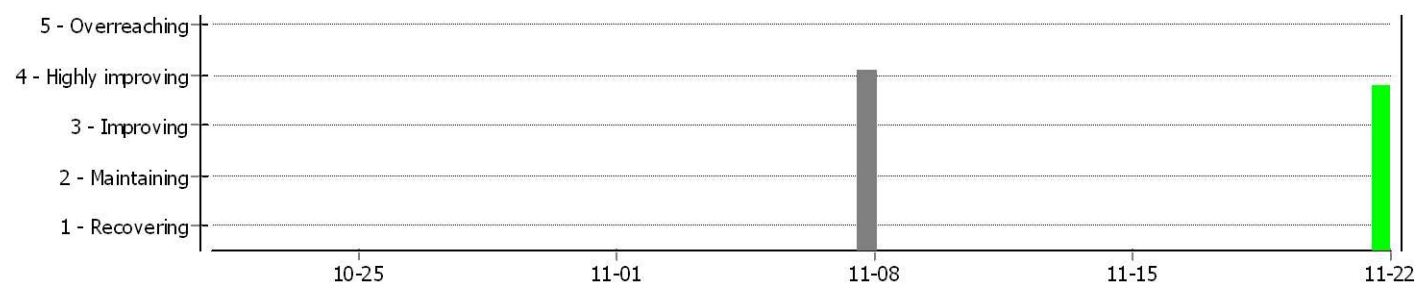
## Session Summary

Name:	Piotr Koemider	Energy consumption:	1087 kcal
Nickname:	Kosmo	Training Effect:	3,8 - Improving
Date:	2011-11-22	Duration:	01:33:10
Start time:	20:40:33		
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.

