

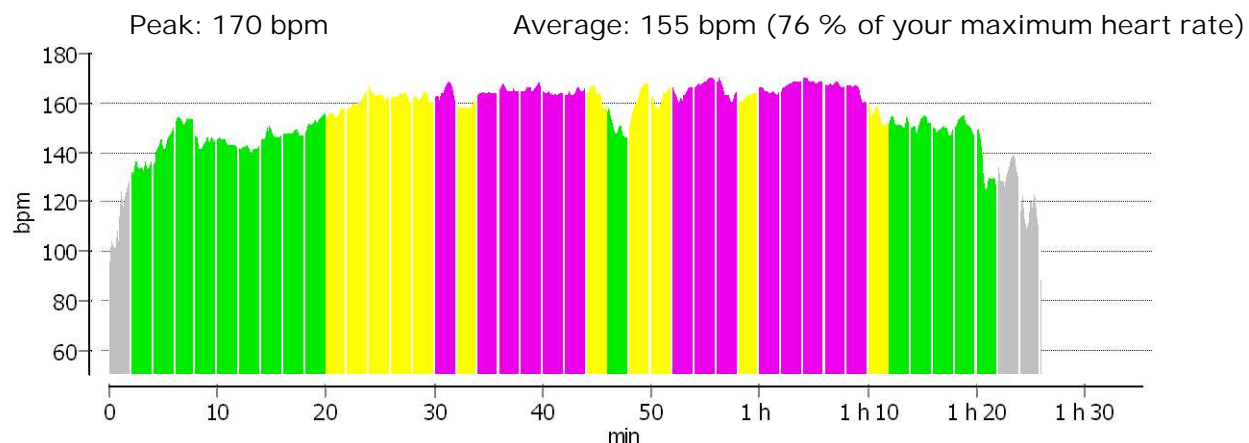
# Summary of your training



## 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

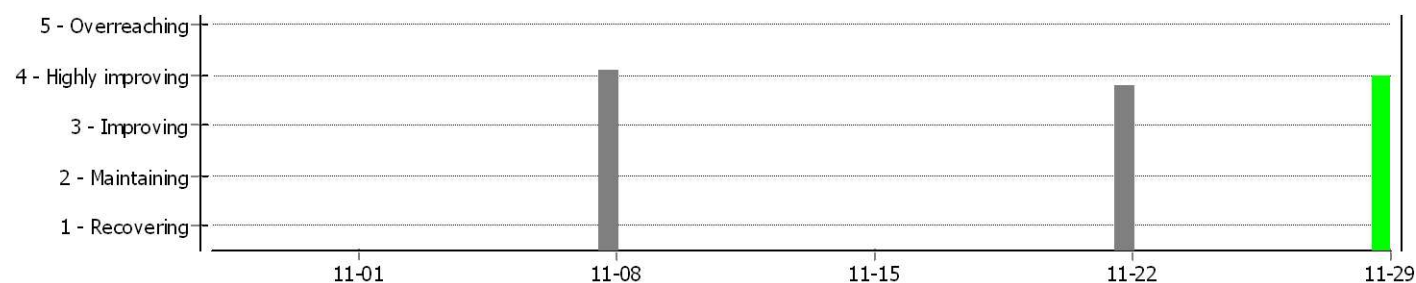


Time in training zones

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.

