

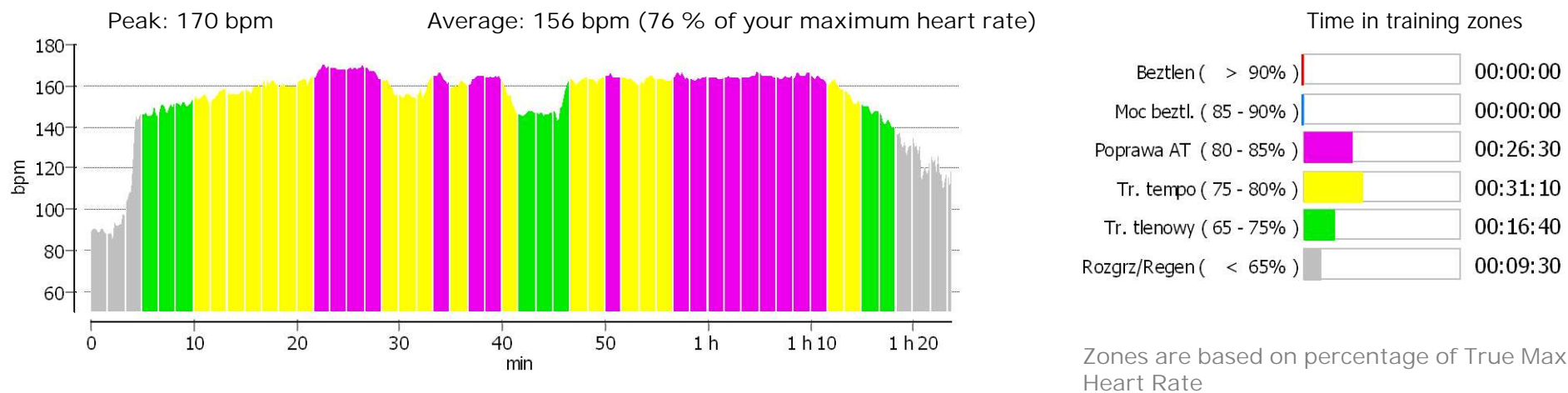
# Summary of your training



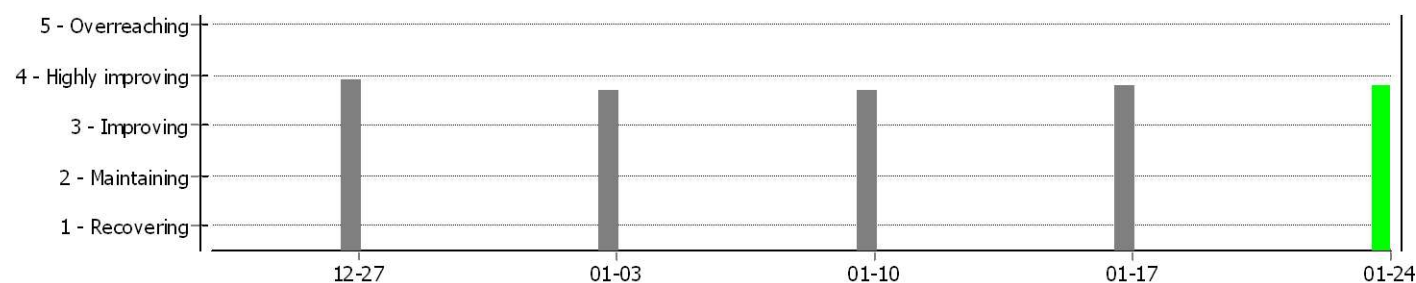
## Session Summary

Name:	Piotr Koćmider	Energy consumption:	991 kcal
Nickname:	Kosmo	Training Effect:	3,8 - Improving
Date:	2012-01-24	Duration:	01:23:33
Start time:	20:41:13		
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.

