

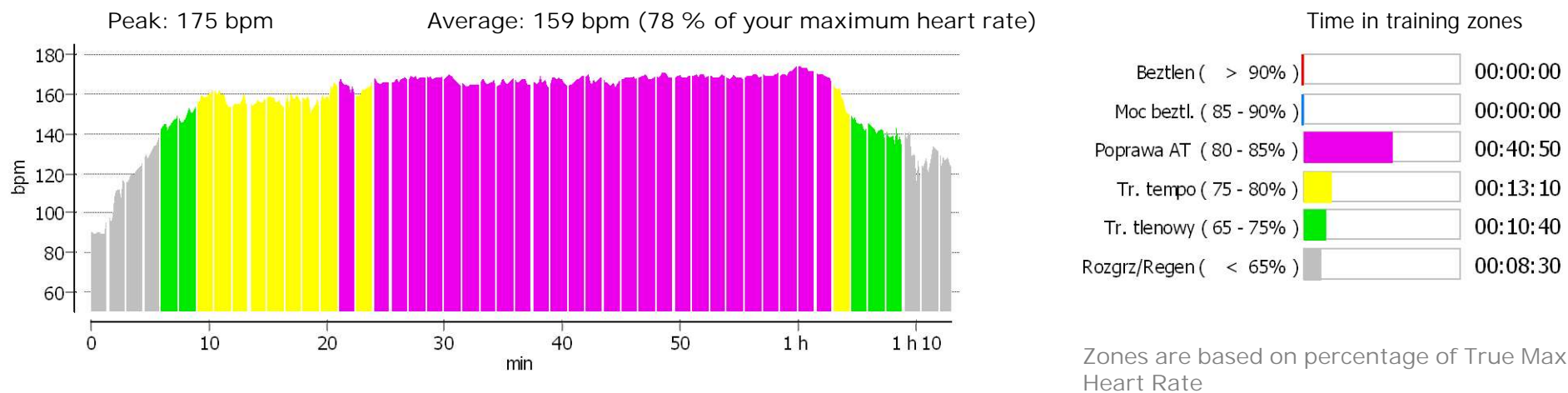
Summary of your training



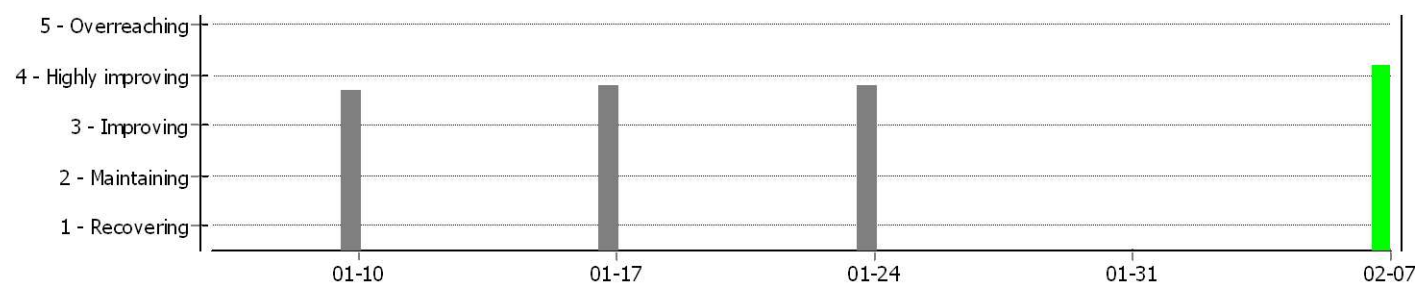
Session Summary

Name:	Piotr Koćmider	Energy consumption:	895 kcal
Nickname:	Kosmo	Training Effect:	4,2 - Highly improving
Date:	2012-02-07	Duration:	01:12:53
Start time:	20:40:45		
Place:	RED FITNESS		

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.

