

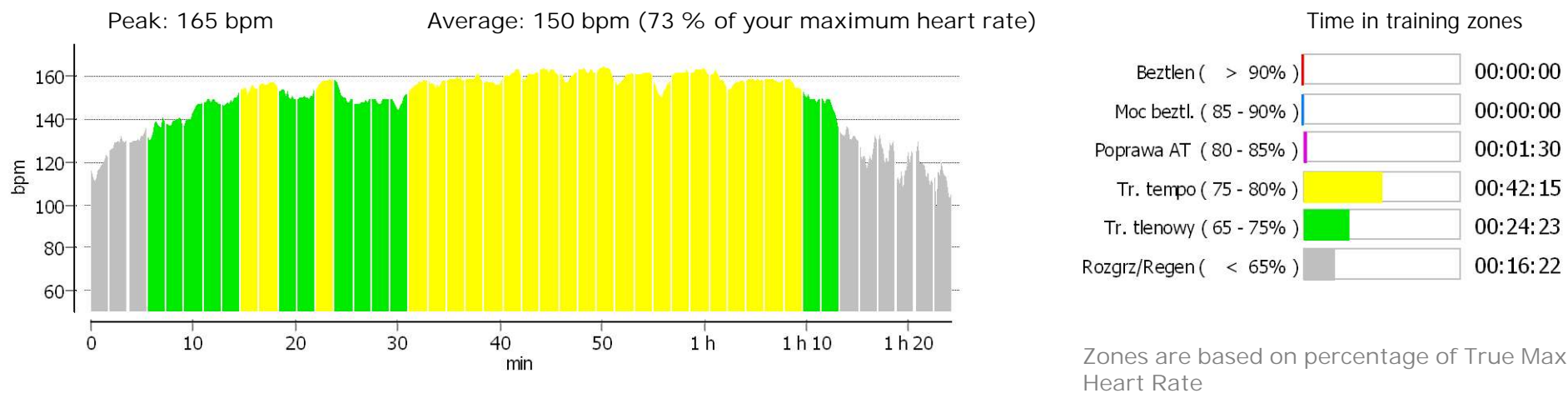
Summary of your training



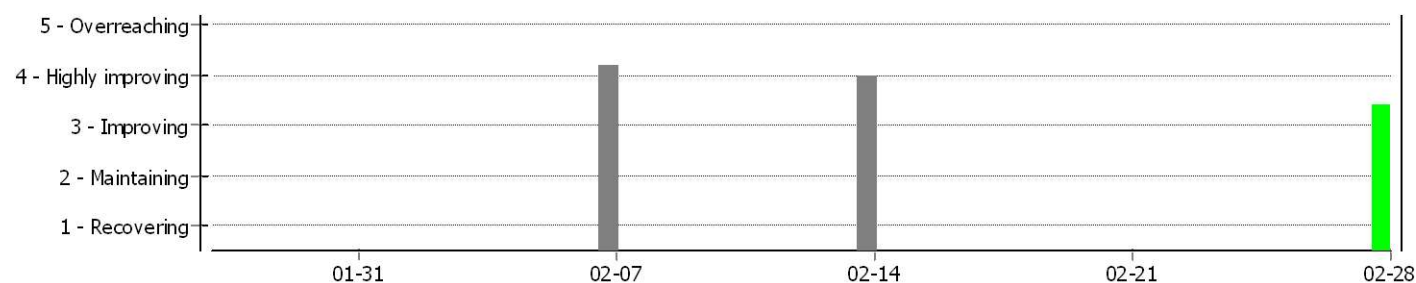
Session Summary

Name:	Piotr Koecmider	Energy consumption:	962 kcal
Nickname:	Kosmo	Training Effect:	3,4 - Improving
Date:	2012-02-28	Duration:	01:24:29
Start time:	20:39:39		
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.

