

Training resume



Session Overview

Name:	Katie Home	Birth Date:	5/6/1966
Nickname:	Katie	HR Max:	176
Date:	7/3/2012	Weight:	143 lbs
Start Time:	7:00 AM	Height:	5'06"
Location:	SONIC FITNESS	Activity Level:	8 - Heavy exercise, regularly 7-9 hours per week

Energy consumption: 393 kCal

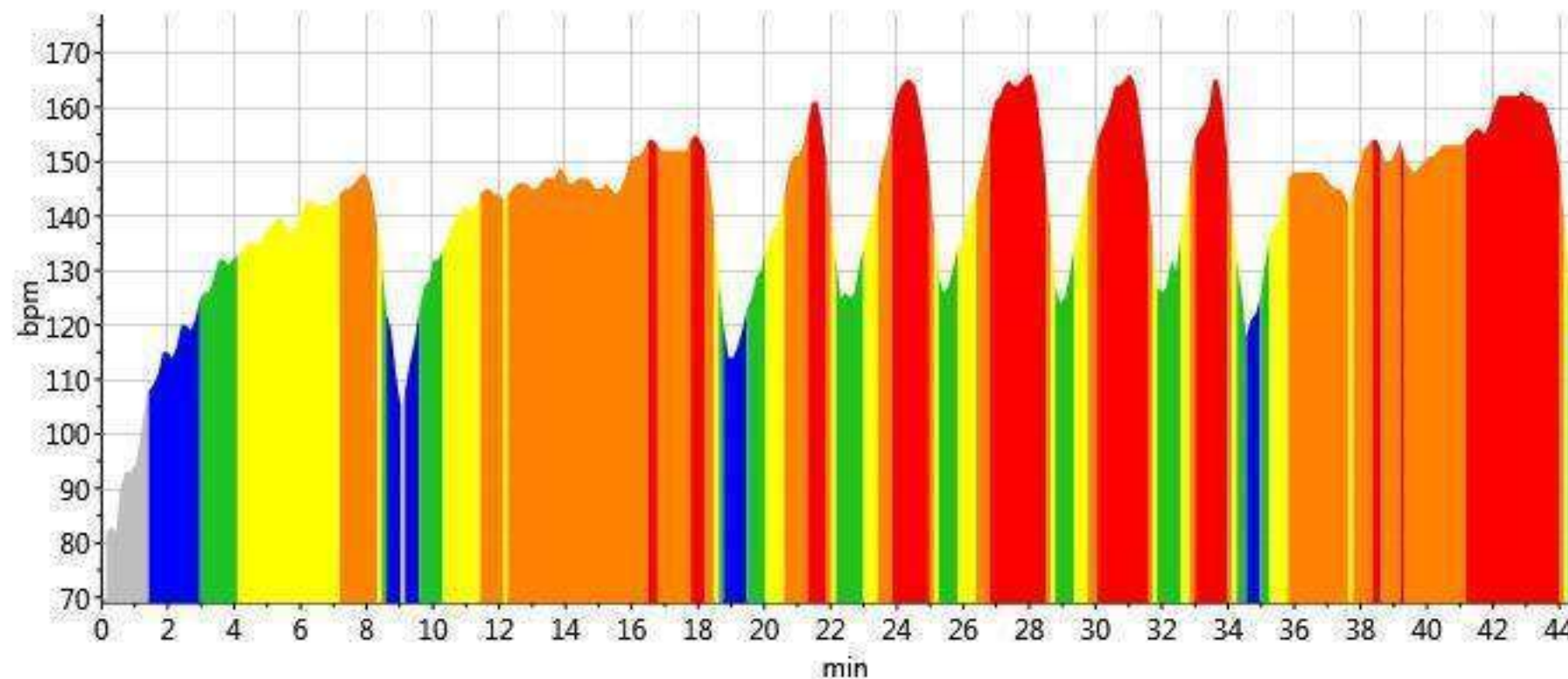
Training effect: 3.3 - Improving

Duration: 00:44:53

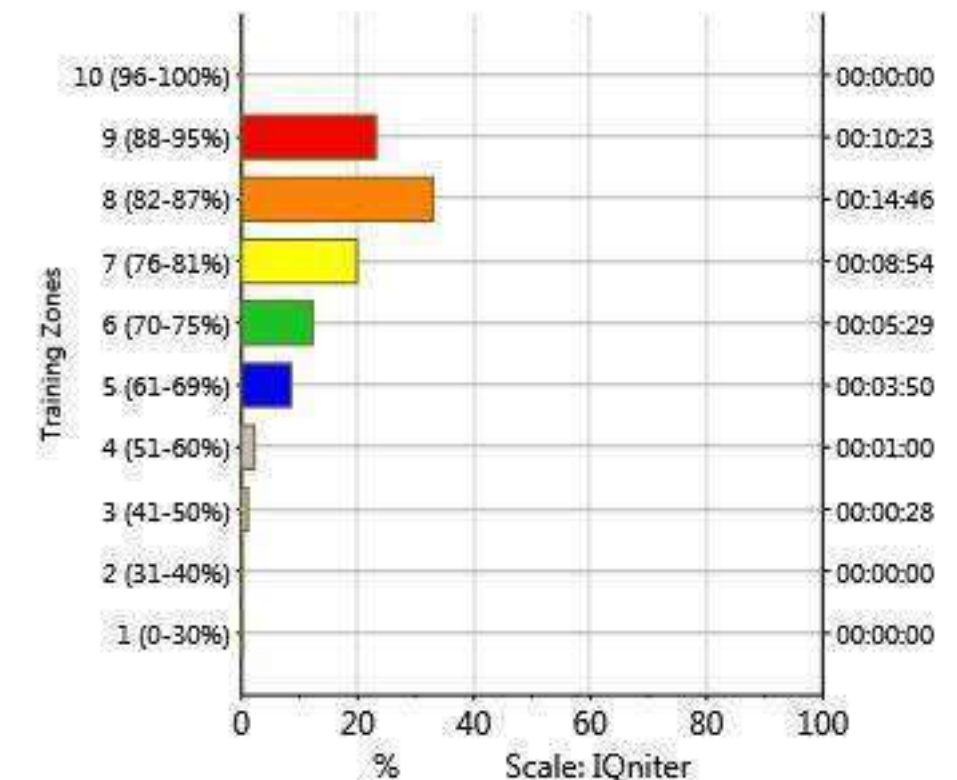
Heart Rate

Max: 167 bpm

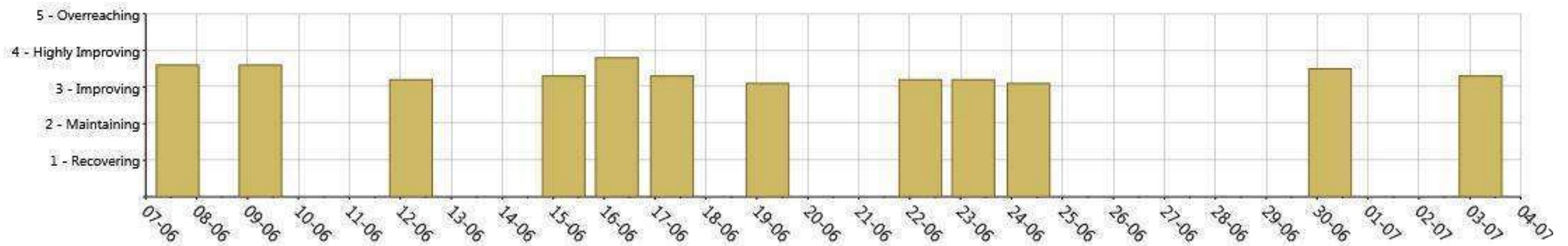
Average: 141 bpm (80% of maximum heart rate)



Time in trainingzones



Latest sessions



Sessions overview

Session

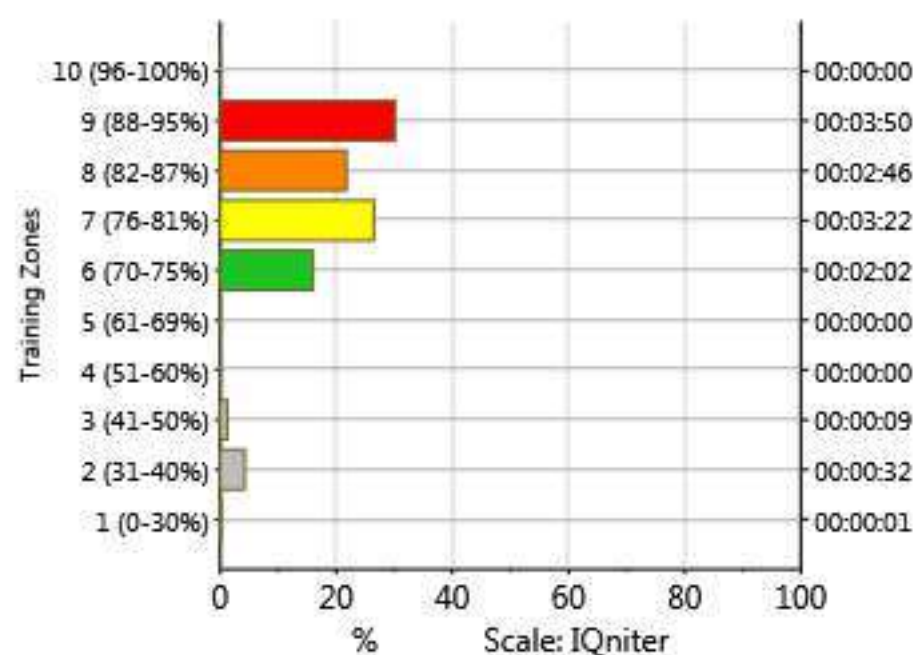
Date: 30/07/2012
 Start time: 2:38 PM
 Duration: 00:12:45

Location: Sonic Fitness
 Participants: 18
 Instructor: Martin Yale
 Nickname: MartinY

Average Heart Rate: 80% of the maximum heartrate
 Average Training Effect: 2.8

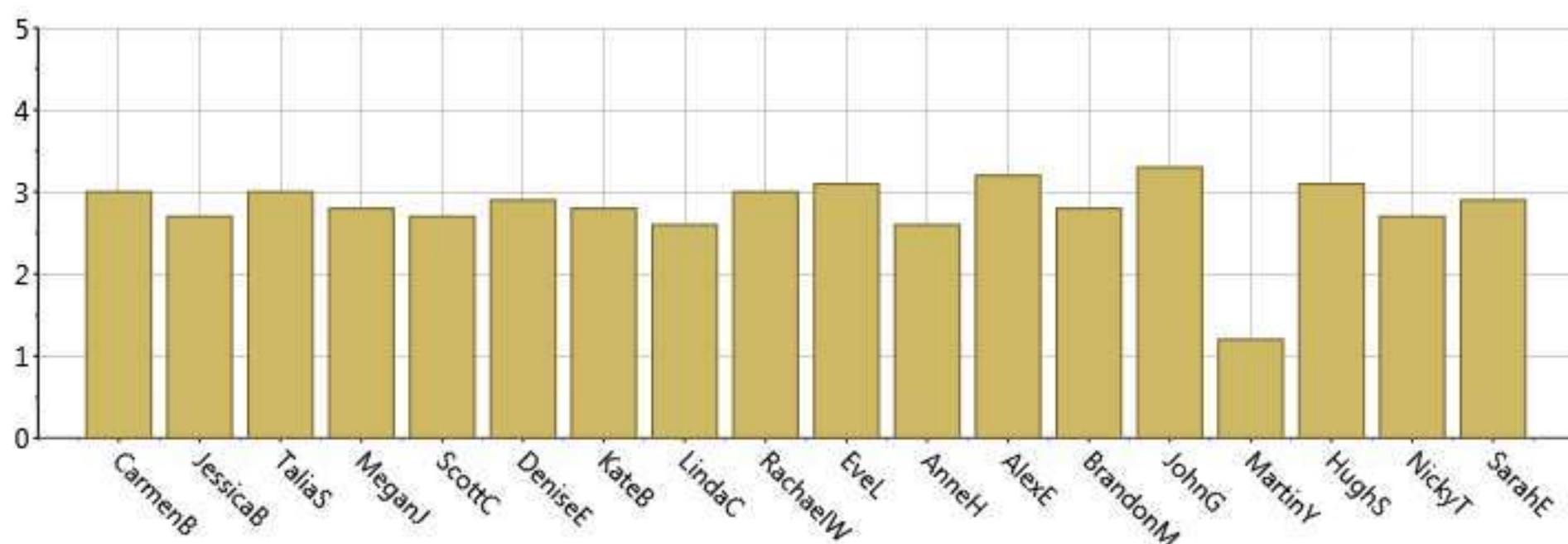
Time in trainingzones

Participants' average time in training zones



The training zones are based on maximum heart rate

Training Effect for each participant



Average training Effect of recent training sessions

