

TRAINING REPORT

LESTER BROWNE

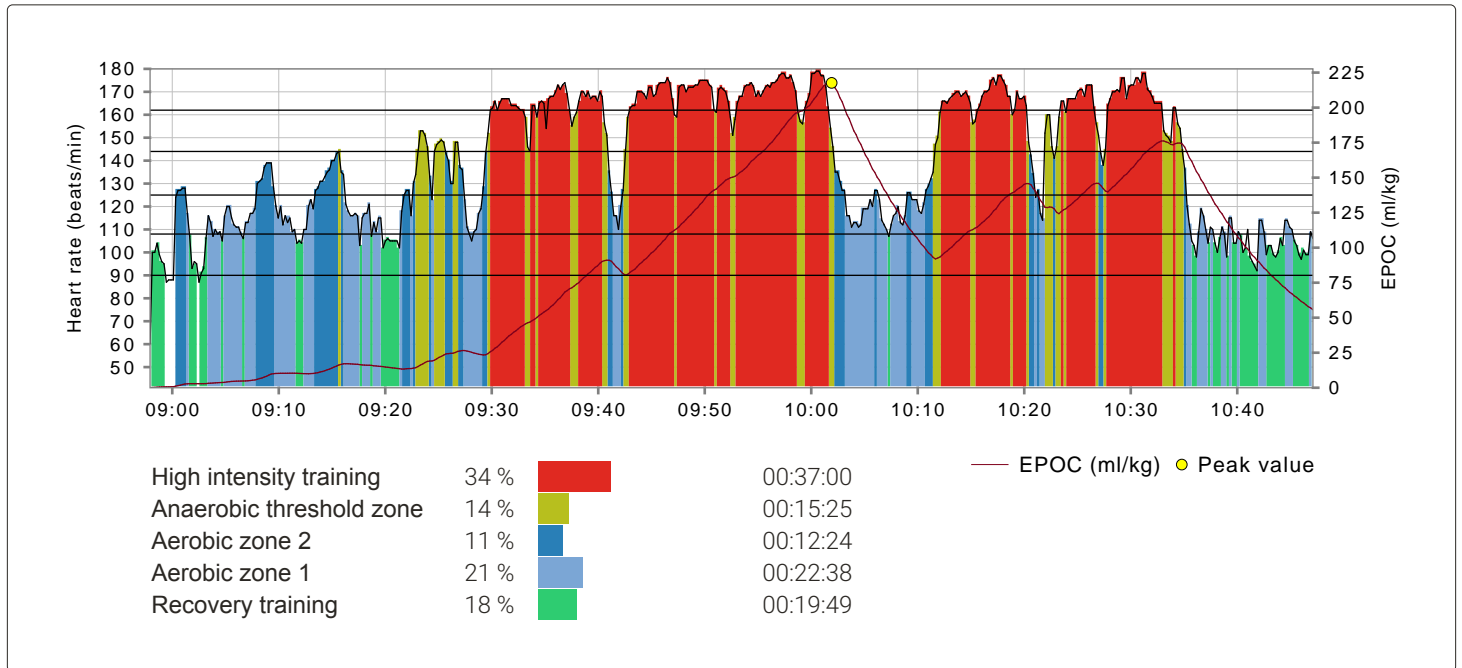
Age 27
Height (cm) 173
Weight (kg) 76
Resting HR 41
Maximum HR 180
Activity Class 8.0

Exercise summary:

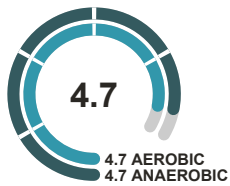
TRAINING TYPE **Training**
TRAINING EFFECT **4.7/4.7**
aerobic / anaerobic
TRIMP **219**
DURATION **01:49:25 (hh:mm:ss)**
HR low/avg./high **69/138/179 bpm**
CALORIES **992 kcal**
carbs / fats **625/367 kcal**

NOTES: -

TRAINING CHART



TRAINING EFFECT



HIGHLY IMPROVING

This workout sharply improved your aerobic fitness and had also a moderate impact on your anaerobic fitness.

i In this context, anaerobic fitness means your abilities to perform repeated short-term maximal work and aerobic fitness means to perform prolonged submaximal work.

TRAINING LOAD

