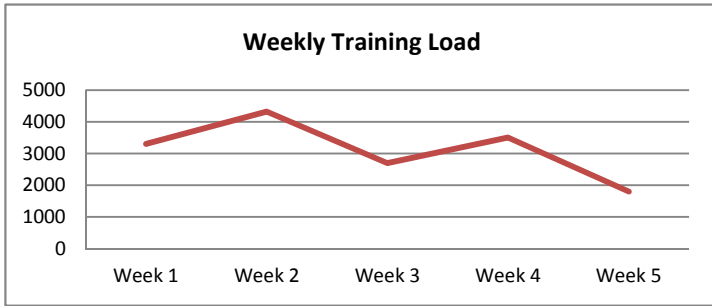
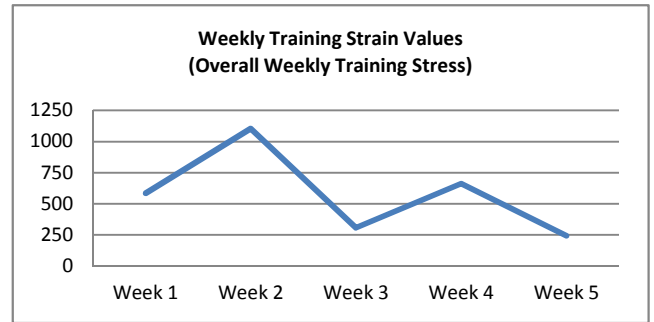
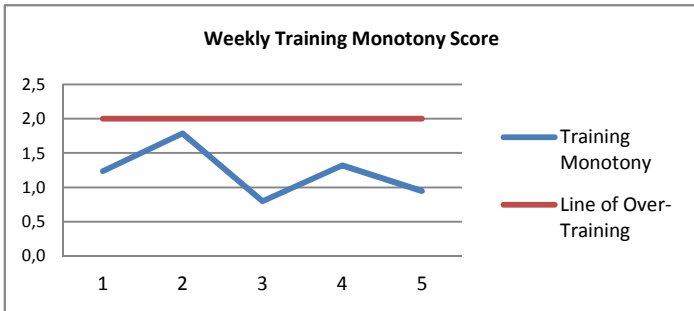


Training Performance Report

Period Training Monotony & Strain Analysis:

Your Training Monotony Scores suggest your Training Load is producing a **Moderate** tendency towards Over Training symptoms and Performance decrements. More specific, your week to week Training Loads indicate that your overall 'Period' training pattern is characteristic of a **Variable** training approach.

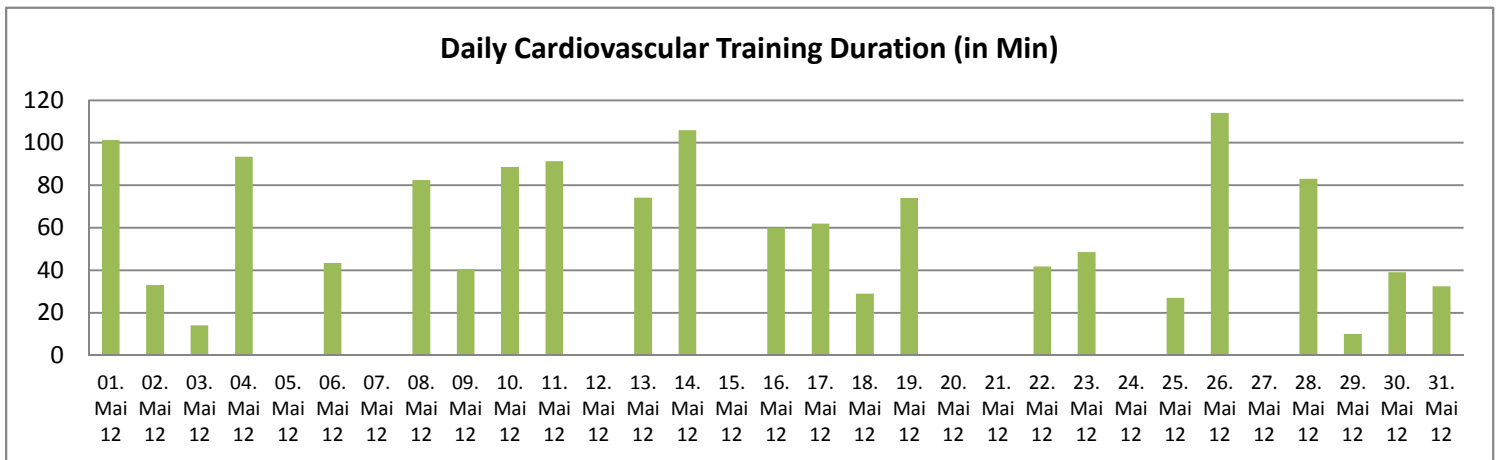
Training periods of 'Over Reaching' may be associated with planned periods of 'Super Compensation', however, these short duration, High Strain training periods must be structured into a training plan, and not be 'reactive' of training, or identified in a 'Training Report'.



Weekly Training Monotony: Refers to the Variability of Training Load during the training period. It is calculated as the weekly Mean Training Load divided by the Standard Deviation of the Weekly Training Load.

Weekly Training Strain: Is calculated as the product of the Weekly Mean Training Load and the Weekly Monotony Score. It represented the Overall Strain imposed during the Training Week.

Weekly Training Load: Refers to the sum of all individual Training Session Loads completed during the Week.

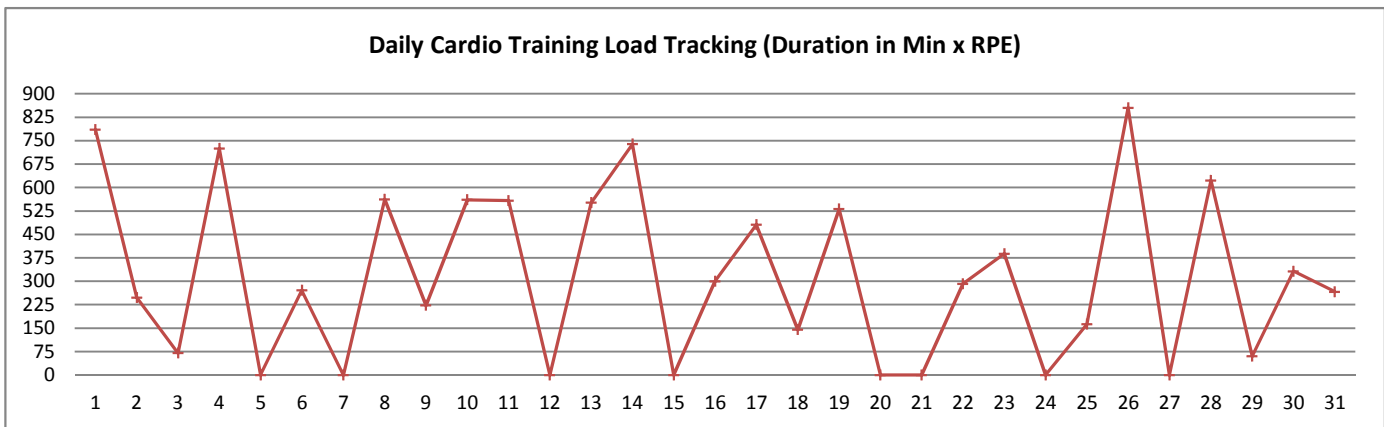
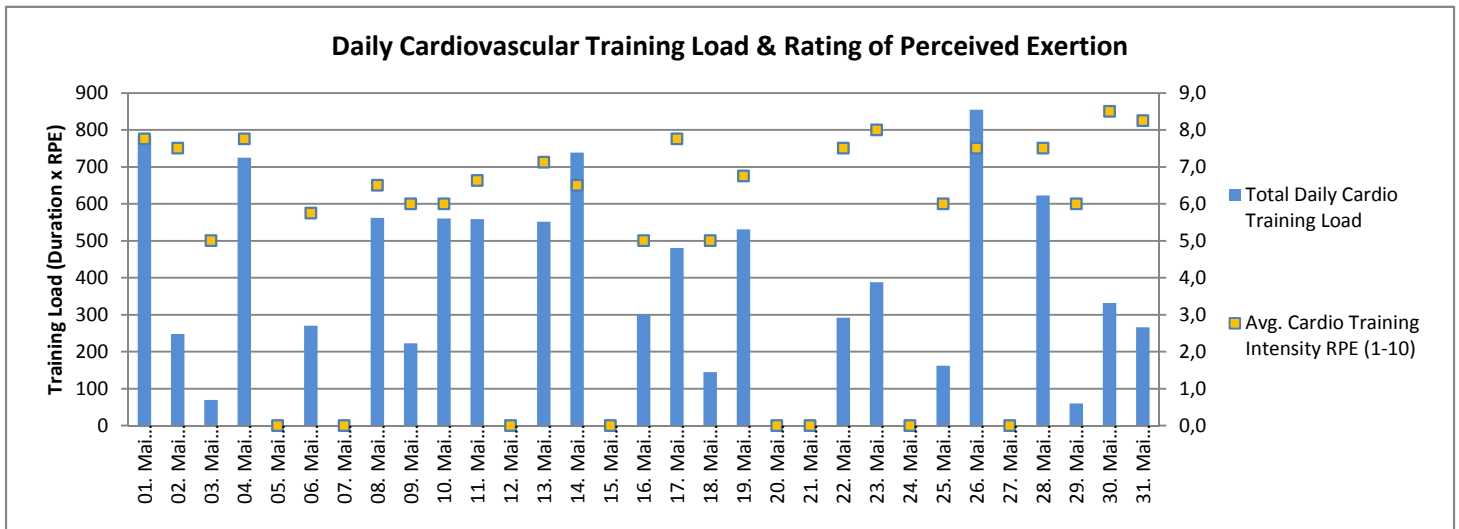


Training Performance Report

Cardiovascular Training Analysis

Performance Training Systems tracks and analysis Cardiovascular Training performance through the use of Training Load and Heart Rate Monitoring. PTS calculates Training Load as the sum of the Training Sessions Duration (in Minutes) and the session's Rating of Perceived Exertion (Borg RPE 1-10 Scale). This method of quantifying Training Load has been validated by McGuigan & Foster (2004) as an effective method of measuring Training Load. Our review of your Training Load is provided below. PTS's use of Heart Rate monitoring is a method of identifying specific cardiovascular load induced during specific training sessions, and when taken collectively, from a full Training Period perspective. Our review of your Heart Rate loading is provided on the following page. Also included in this review is a calculation of your training session averages, as well as Period Totals.

During the Training Period you completed **29** individual Cardio sessions lasting 15 minutes or longer, that lead to a total caloric expenditure of **18481** kcals, or **2,6401** kg. The average duration of your cardio training sessions were **48** minutes, and had an average Training Load of **335**



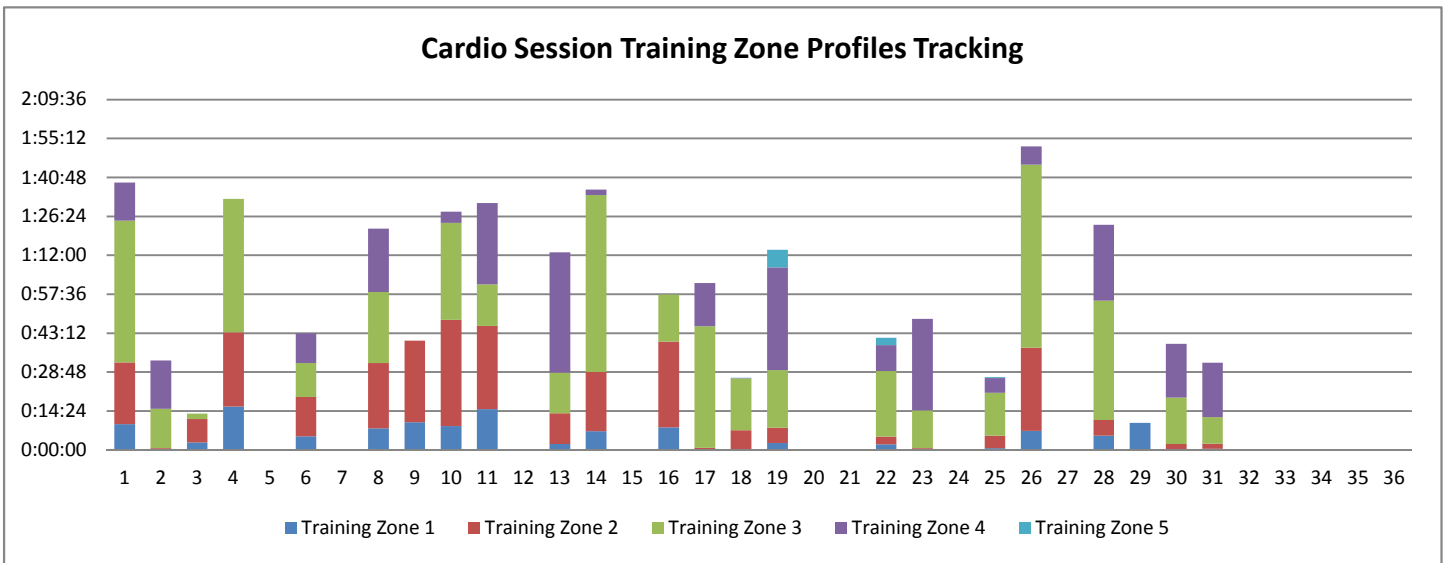
Review of your Daily Cardio Training Load profile for the period, your Cardio Training Monotony Score is calculated as **1,11**. When assessed independently of your Strength Training session Training Loads, this Cardio Training variability score suggests you are at a **Moderate** risk of developing Cardio induced Over Training symptoms.

Training Performance Report

Cardiovascular Training Analysis Cont.

The Cardiovascular Training Zones that were identified in this Training Period are detailed below

Training	Zone 1		Zone 2		Zone 3		Zone 4		Zone 5	
% HR Max	50	59,9	60	69,9	70	79,9	80	89,9	90	100
HR (bpm)	95	113	114	132	133	151	152	170	171	190



Your cardiovascular Training during the period has lead to a / an **improvement** in your V02max. capacity.

