

## Training Performance Report

Report Tracking Period:

1. Mai. 12 to 2. Jun. 12

Client: [REDACTED]

Age: 30

The following report is a review of your past **33** days of training.

During the Training Period you performed a total of **39** training sessions, while having a total of **9** Rest / Recovery Days where you did not participate in any planned' Training.

### Overall Training Performance Monitoring

Daily Mean Load (Duration x RPE)	499
Daily Standard Deviation of Load	381
Monotony (Variability of training over the period)	1,31
Average Weekly Load	3494
Strain (Overall stress imposed)	18289

### Anthropometric Report

	6. Mai. 12	2. Jun. 12	% change
Weight	81,2	79,3	-2,3%
Height	183	183	0,0%
BMI	24,2	23,7	-2,3%
BIA BF %	10,5	9,8	-6,7%
BIA % Body Water	65,5	64,9	-0,9%
BMR (Kcals / day)	1895,5	1869,4	-1,4%

### Physical Performance Report

	6. Mai. 12	2. Jun. 12	% change
Plank (in Seconds)	161	188	16,8%
Pull-Ups (60 Sec)	12	14	16,7%
Sit-Ups (60 Sec)	30	32	6,7%
Push-Ups (60 Sec)	28	31	10,7%
Standing Long Jump (cm)	221	234	5,9%
Bruce Treadmill VO2max	55,48	57,24	3,2%

### Strength Training Profile

Number of Strength Training Sessions:	10
Avg. Length of Strength Training (in Min)	72,6
Avg. Strength Training Load (RPE x Min)	534,6
# of Strength Training Sessions per Week	2,1
Avg. Number of Exercises Performed per Session:	9,7
Number of Power Exercises per Session:	0,0
Number of Strength Training Exercises per Session:	9,7
Upper Body Strength Exercises:	6,7
Lower Body Strength Exercises:	3,0
Frequency of Flexibility Training (% of Sessions)	28,2%
Avg. Number of Sets per Exercise per Session:	3,2
Avg. Number of Reps per Set:	9,3

### Cardio Training Profile

Number of Cardio Training Sessions (15min +)	29		
Avg. Length of Cardio Training (in Min)	48		
Avg. Cardio Training Intensity Load (RPE x Min)	335		
Number of Cardio Training Sessions per Week	7,3		
<b>All Cardio Training Activity Tracking (Warm-Up &amp; Training)</b>			
Type	# of times	Avg. Duration	Avg. Load
Outdoor Run	9	0:41:55	338
Treadmill	0		
Interval Run	2	0:13:05	115
Spin Bike	1	0:30:02	210
Road Bike	6	1:26:45	664
Mountain Bike	13	0:31:23	164
Swim	0		
Snowshoe	0		
Hiking	0		
Row Machine	2	0:10:14	65