

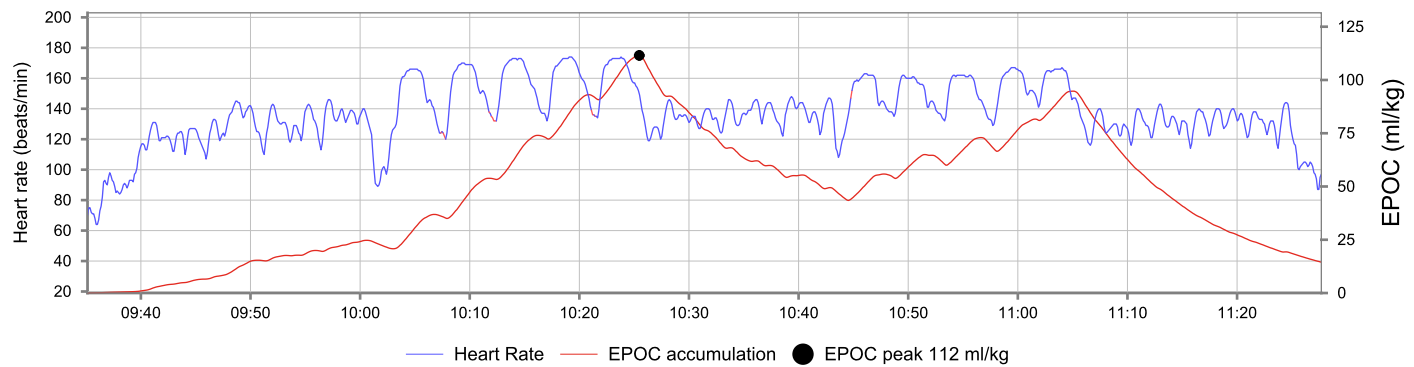
TRAINING EFFECT REPORT

Person: 367645			
Age	39	Activity Class	6.0 (Good)
Height (cm)	176	Resting heart rate	39
Weight (kg)	64	Max. heart rate	183
Body Mass Index	20.7		

Measurement:	
Start time	14.12.2016 09:35
Duration	1h 53min
Heart rate (low/avg./high)	67 / 137 / 174

EPOC AND TRAINING EFFECT CHART

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO2max) is based on the EPOC peak.



Training Effect: Improving fitness

3.8



Benefits: This workout improves cardiorespiratory fitness.
Recommended: Two to four times per week for those training regularly. These workouts are the basis of a good training program.

Exercise key figures

EPOC	112	ml/kg
TRIMP	197	TRIMP
Energy Expenditure	643	Kcal



EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.
TRIMP (Training Impulse) is a measure of quantifying training load and it accumulates during the workout as a function of time and intensity level.

TRAINING CLASSIFICATION

Classification of the exercise to different endurance training types.

