Dashboard with new Team heart rate chart

**DASHBOARD**

**TRAINING AND RECOVERY**

**ICE TRAINING 12.06.2017**

**QUICK RECOVERY TEST**

**TRAINING EFFECT**

**SELECTED**

MONDAY 12.06.

**STRENGTH**

**ICE TRAINING**

**TRAINING EFFECT**

45% AEROBIC

55% ANAEROBIC

68% HRMAX

1583 KCAL

02:30:21 DURATION

210 HRMP

**TIME IN ZONES**

00:00:59

00:23:41

00:22:15

00:20:14

00:11:20

00:01:15

**NOTES**

Training camp, ice #1 (Strength training before ice)

**TRAINING EFFECT RANKING**

3.9 IMPROVING

4.7 HIGHLY IMPROVING

4.6 HIGHLY IMPROVING

4.5 HIGHLY IMPROVING
New time in zones chart in individual dashboard view.
SPORTS CLOUD
New Data-export view with example Excel file

DATA EXPORT

Measurements from date...

Measurements to date...

Exercise  Quick recovery test  Overnight Recovery

SPORTS CLOUD
New Data-export view with example Excel file