

TRAINING REPORT

BRUNO VIEIRA DO NASCIMENTO

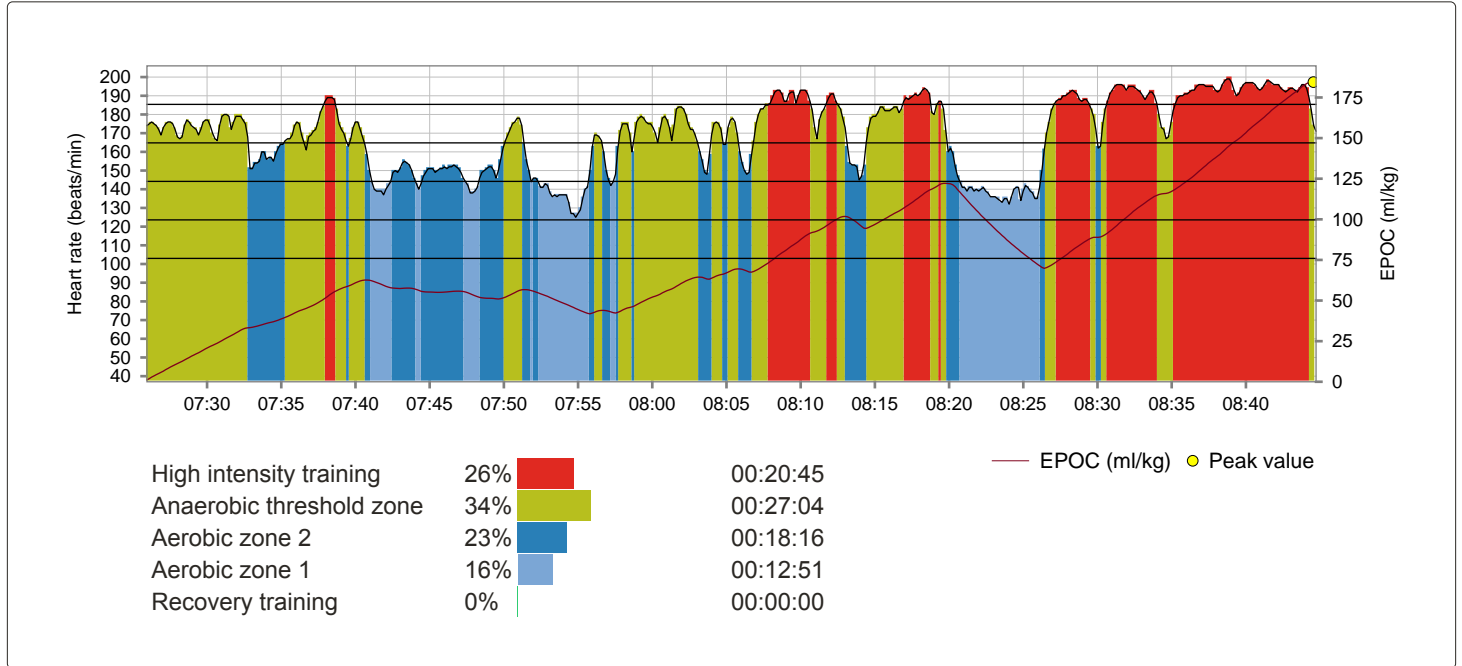
Age 20
Height (cm) 179
Weight (kg) 66
Resting HR 37
Maximum HR 206
Activity Class 8.0

Exercise summary:

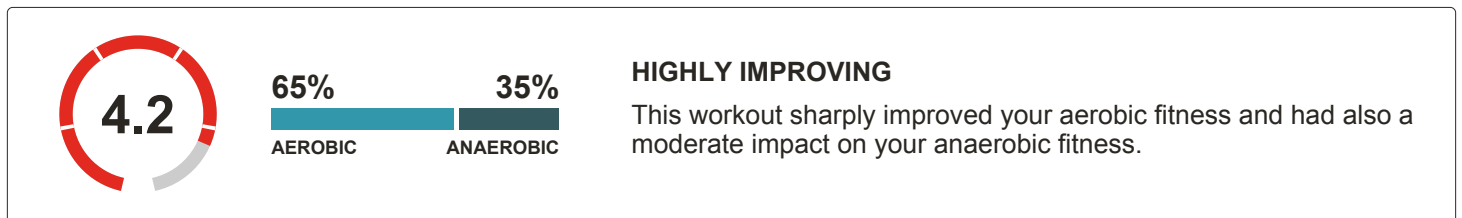
TRAINING TYPE **Football**
TRAINING EFFECT **4.2**
TRIMP **185**
DURATION **01:18:50** hh:mm:ss
HR low/avg./high **125/169/200** bpm
CALORIES **1027** kcal
carbs / fats **648/379** kcal

NOTES:

TRAINING CHART

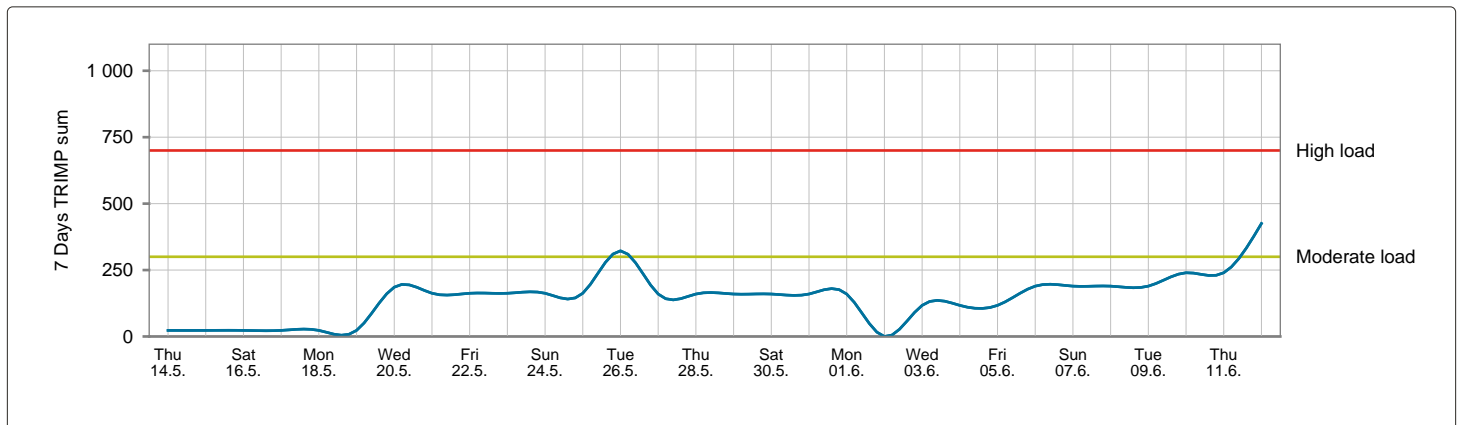


TRAINING EFFECT



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



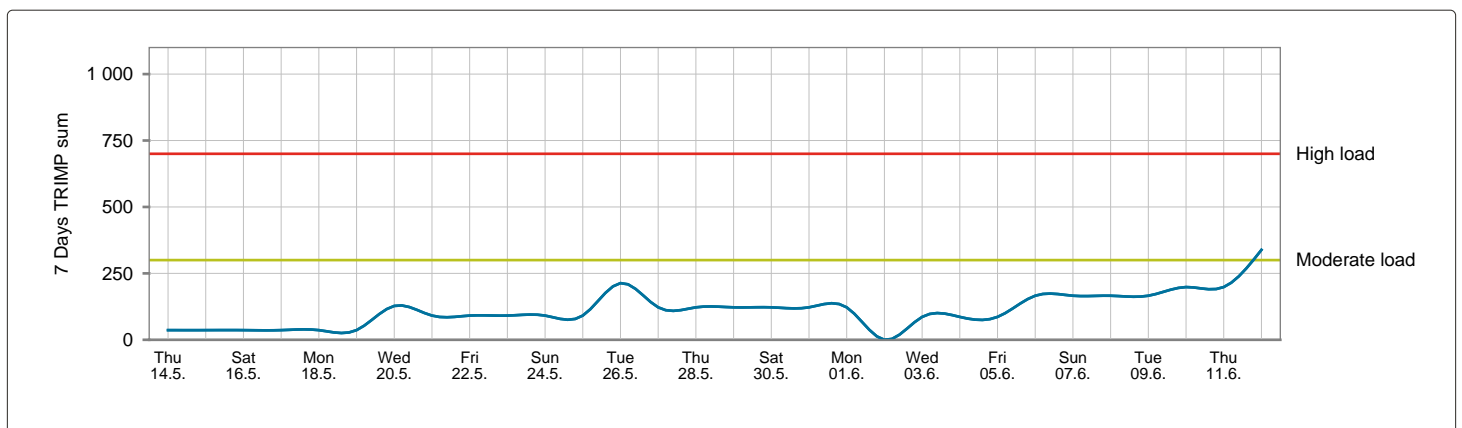
TRAINING GROUP REPORT

	TRAINING EFFECT	TRIMP	INTENSITY (%HRmax)
São Paulo FC	3.5	140	68%
Goal keepers (1)	3.1	108	60%
Strikers (2)	3.6	140	70%
Midfield (4)	3.4	135	67%
Defenders (3)	3.9	156	71%

TRAINING EFFECT DISTRIBUTION



TRAINING LOAD



TRAINING DETAILS

Name	Duration	Time in training zones	Intensity (%HRmax)		Training Load			
			Avg.	Max.	EPOC	TRIMP	TRIMP (7 days)	
São Paulo FC	01:18:27	10% 30% 30% 19% 11%	00:08:10 00:23:48 00:23:14 00:14:46 00:08:33	68%	93%	121	140	338
Bruno Vieira do Nascimento	01:18:50	26% 34% 23% 16% 0%	00:20:45 00:27:04 00:18:16 00:12:51 00:00:00	78%	96%	184	185	425
Luis Fabiano Clemente	01:16:13	14% 47% 31% 9% 0%	00:10:37 00:35:29 00:23:27 00:06:51 00:00:00	74%	94%	158	156	422
Jonathan Doin	01:18:47	21% 21% 27% 21% 10%	00:16:44 00:16:27 00:21:06 00:16:30 00:08:08	71%	96%	149	157	411
Matheus Dória Macedo	01:18:39	12% 25% 21% 17% 25%	00:09:41 00:19:21 00:16:10 00:13:33 00:19:55	63%	97%	128	127	215
PH Ganso	01:18:40	8% 34% 26% 18% 13%	00:06:41 00:26:55 00:20:26 00:14:14 00:10:07	67%	96%	107	137	210
Michel Bastos	01:18:40	1% 35% 46% 9% 10%	00:00:45 00:27:11 00:36:05 00:07:08 00:07:47	69%	88%	104	137	362
Denilson Pereira Neves	01:18:39	5% 24% 39% 21% 11%	00:04:17 00:18:56 00:30:25 00:16:26 00:08:36	64%	92%	106	120	309
Ricardo Adrián Centurión	01:18:43	10% 40% 23% 21% 7%	00:07:30 00:31:06 00:18:18 00:16:22 00:05:40	70%	92%	107	148	392
Rogério Cenil	01:18:39	3% 24% 31% 25% 17%	00:02:09 00:18:50 00:24:38 00:19:49 00:13:14	60%	88%	86	108	281
Alexandre Rodrigues da Silva	01:18:45	3% 21% 30% 31% 15%	00:02:33 00:16:46 00:23:30 00:24:03 00:12:04	65%	92%	80	125	358