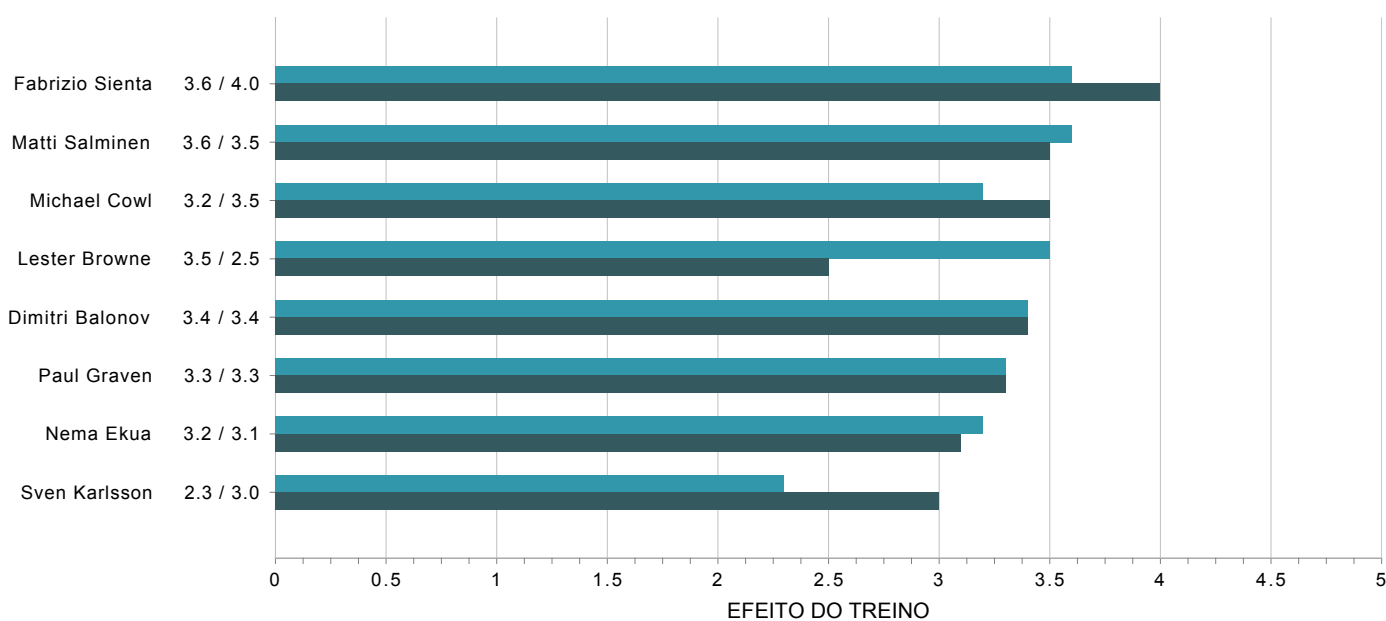


RELATÓRIO DE GRUPO DE TREINO

	EFEITO DO TREINO	TRIMP	INTENSIDADE (%FCmáx)
First Team	3.3 3.3	156	67 %
Defense	3.2 3.4	152	66 %
Offense	3.2 3.0	138	65 %

DISTRIBUIÇÃO DO EFEITO DO TREINO

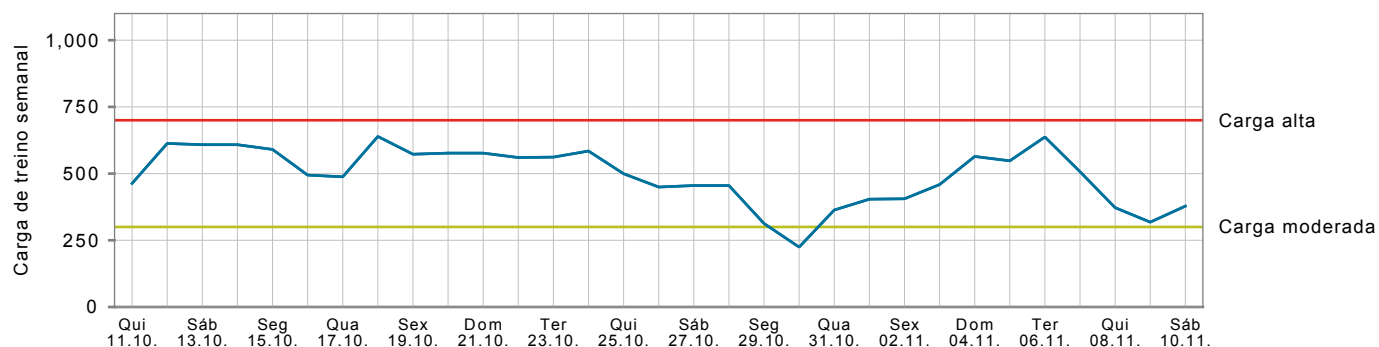


Média

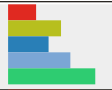


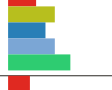







- 5.0** Sobretreino
- 4.0-4.9** Efeito de treino de grande melhoria
- 3.0-3.9** Efeito de treino de melhoria
- 2.0-2.9** Efeito de treino de manutenção
- 1.0-1.9** Efeito de treino menor
- 0.0-0.9** Sem efeito

CARGA DE TREINO SEMANAL



DETALHES DO TREINO

Nome	Duração	Tempo em zonas de treino	Intensidade (%FCmáx)		Carga de treino			
			Média	Máx.	EPOC	TRIMP	TRIMP (7 dias)	
First Team	02:05:59	9% 17% 13% 20% 28% 	00:11:22 00:21:33 00:16:34 00:25:01 00:35:36	67 %	96 %	102	156	378
Fabrizio Sienta	02:05:55	23% 20% 11% 19% 22% 	00:28:49 00:24:59 00:14:04 00:23:27 00:27:48	73 %	98 %	124	214	550
Matti Salminen	02:05:55	3% 27% 12% 17% 31% 	00:04:00 00:33:44 00:15:24 00:21:49 00:39:00	67 %	94 %	131	152	453
Michael Cowl	02:05:55	9% 15% 12% 15% 20% 	00:11:05 00:19:24 00:15:15 00:18:20 00:25:39	63 %	96 %	91	142	290
Lester Browne	02:05:55	7% 11% 12% 11% 28% 	00:08:35 00:14:34 00:14:53 00:14:17 00:34:54	62 %	97 %	118	123	461
Dimitri Balonov	02:05:55	14% 16% 9% 22% 33% 	00:16:51 00:20:33 00:10:49 00:28:09 00:42:01	68 %	97 %	109	174	446
Paul Graven	02:05:55	14% 8% 14% 31% 29% 	00:17:39 00:10:25 00:16:59 00:39:12 00:36:43	68 %	99 %	103	162	540
Nema Ekua	02:06:30	1% 23% 22% 21% 29% 	00:01:50 00:29:18 00:27:31 00:26:12 00:36:22	69 %	93 %	96	156	540
Sven Karlsson	02:05:55	2% 15% 14% 23% 34% 	00:02:05 00:19:29 00:17:39 00:28:40 00:42:21	63 %	94 %	46	122	362