Training History –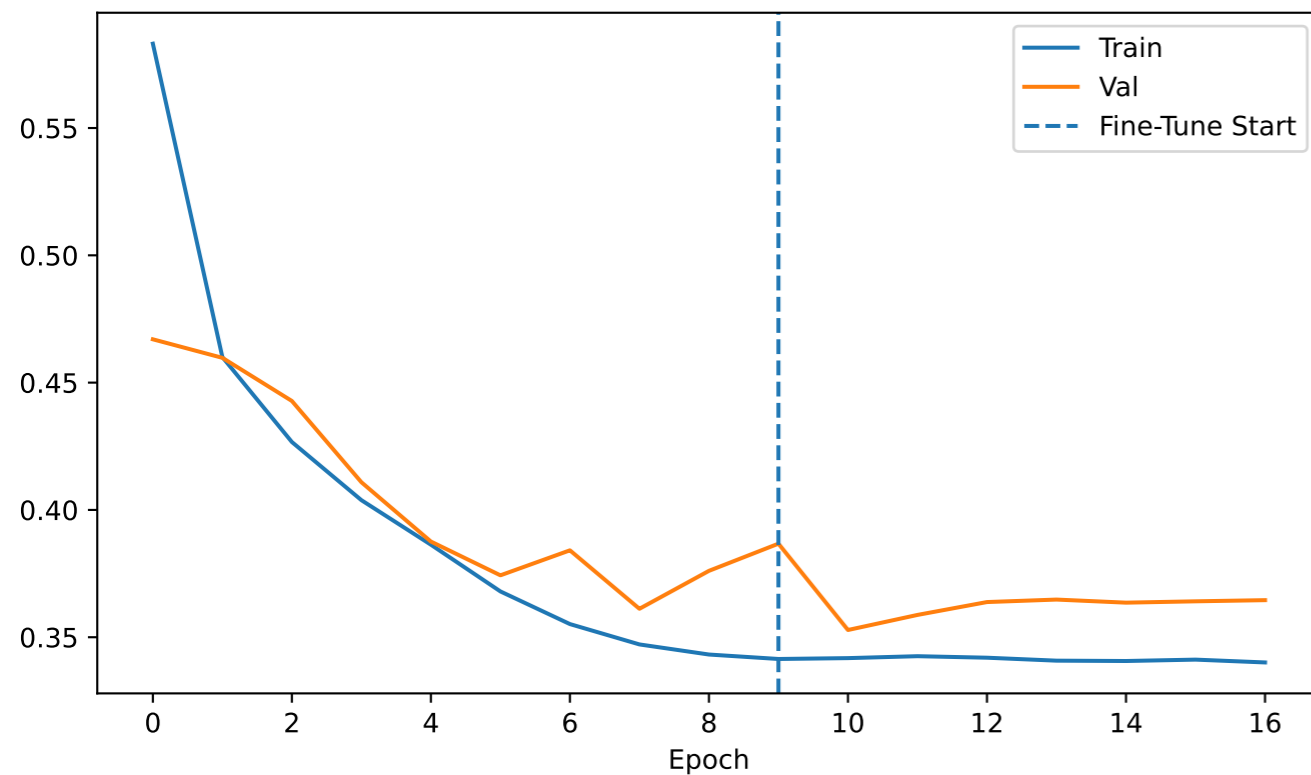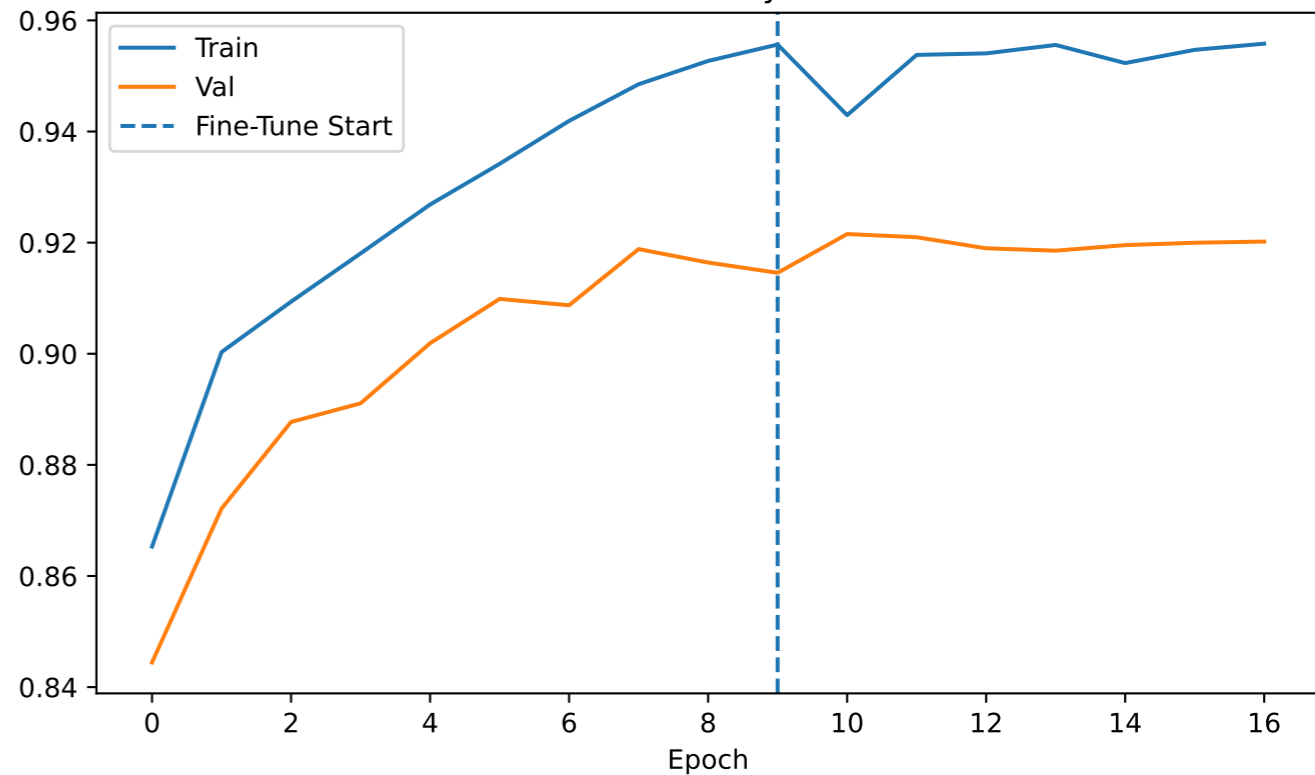 EFFV2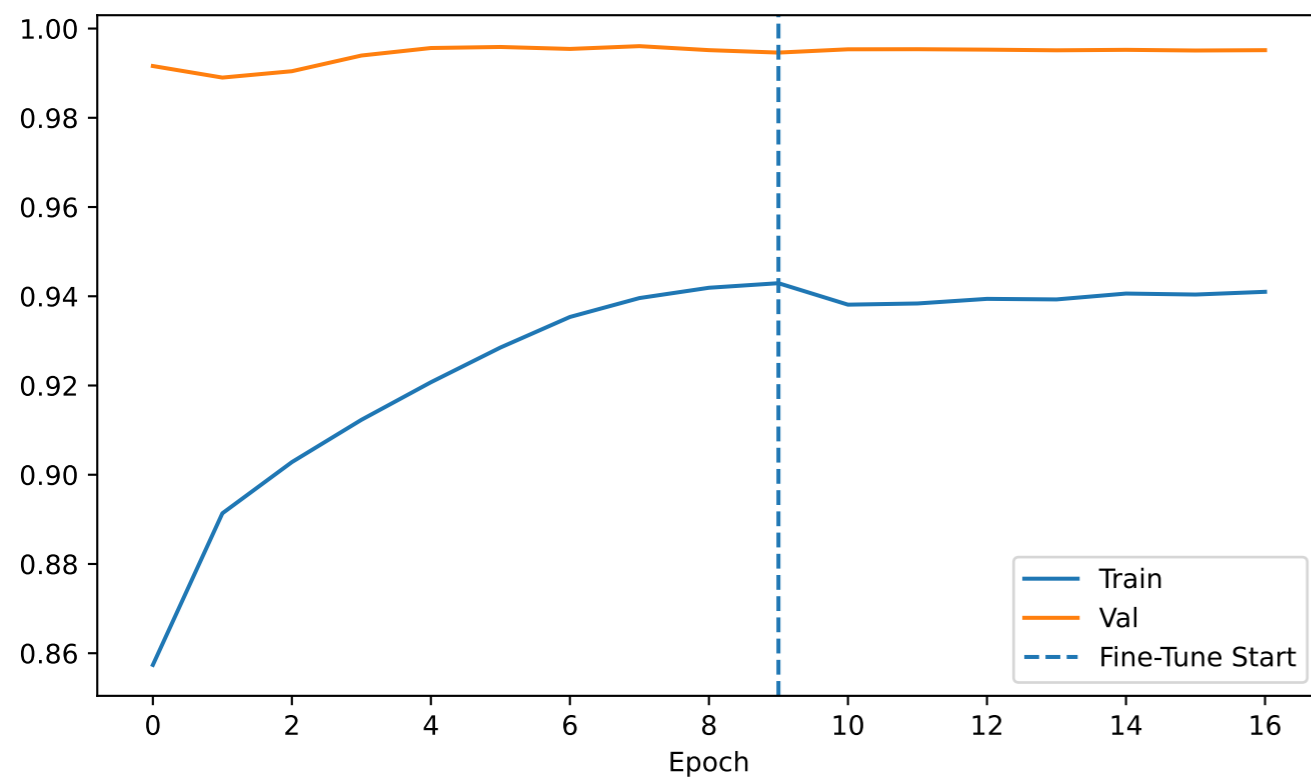L