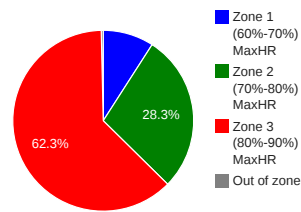
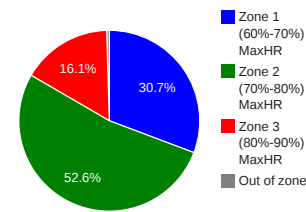


# HR Training overview

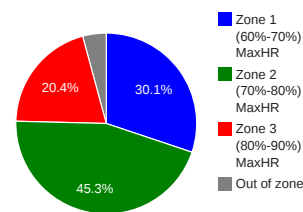
Current week training review by zone



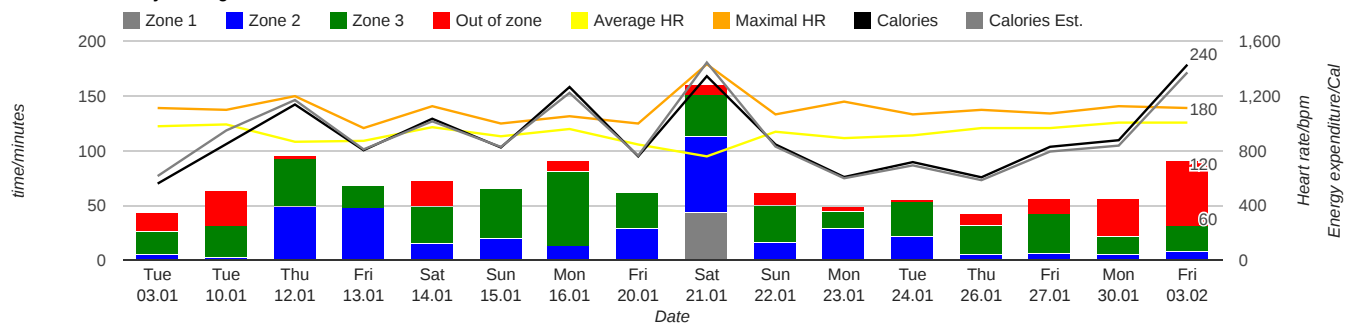
Previous week training review by zone



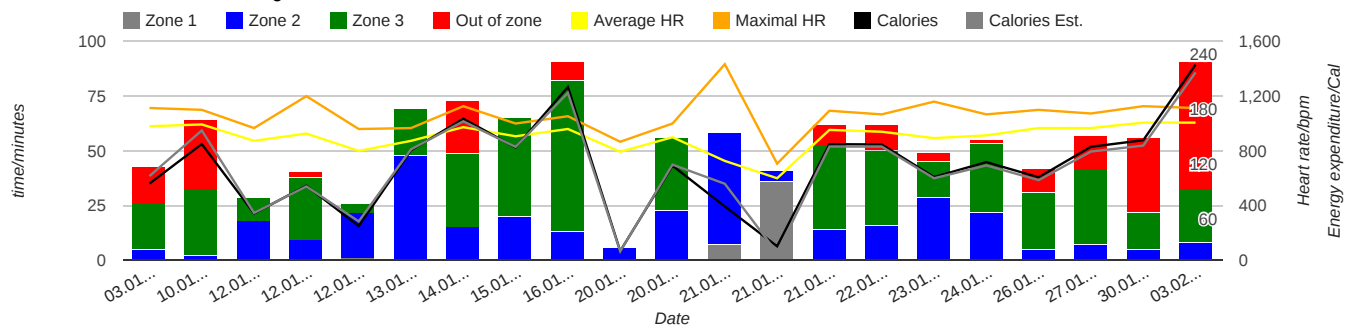
Total training review by zone



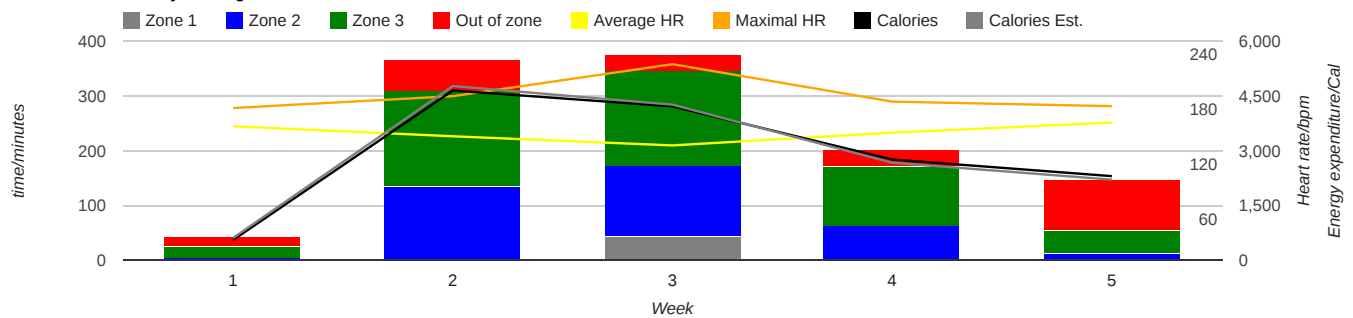
Daily training overview



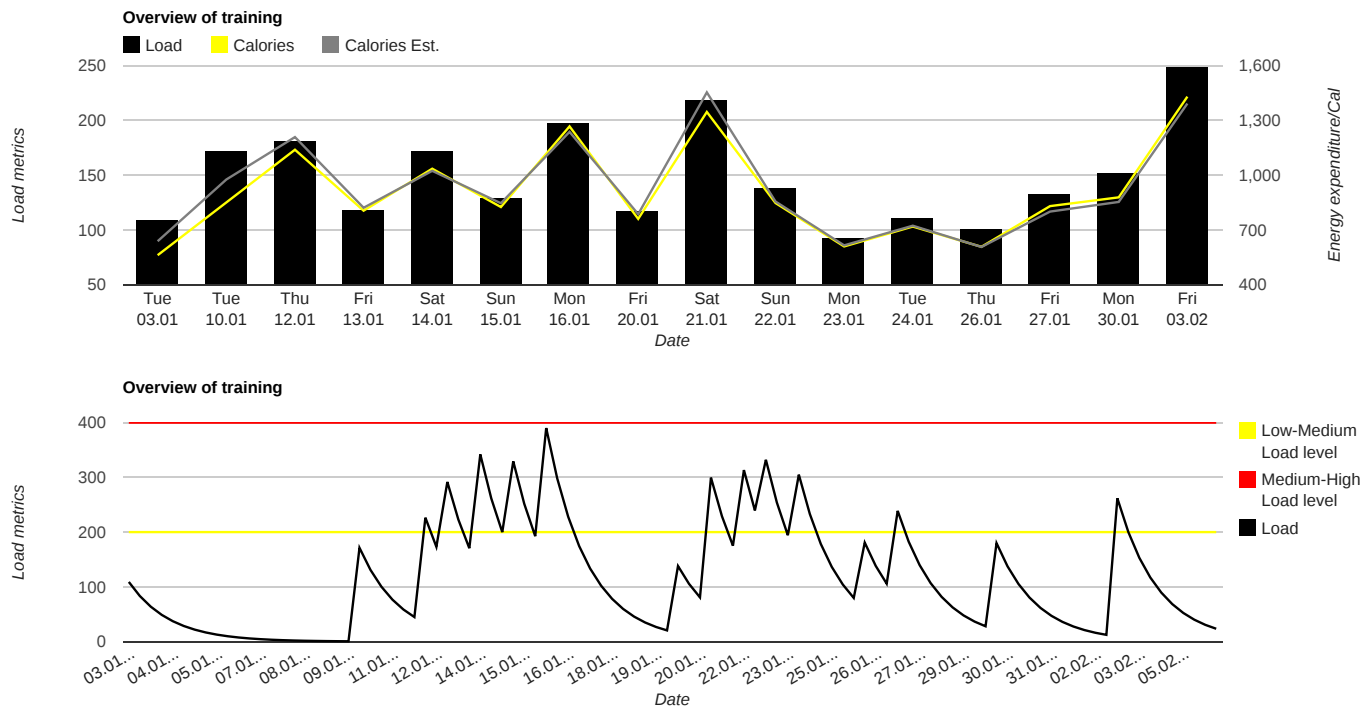
Overview of training



Weekly training overview



Estimated calories spent use formula from: Keytel LR, Goedecke JH, Noakes TD, Hillokorpi H, Laukkanen R, van der Merwe L, Lambert EV. Prediction of energy expenditure from heart rate monitoring during submaximal exercise. J Sports Sci. 2005 Mar;23(3):289-97. PubMed PMID: 15966347.



Explained at <http://westperformance.blogspot.com/2011/02/training-load-what-is-it-why-is-it.html>, fitted by observing polarpersonaltrainer.com and finally adapted to closely match results in polarpersonaltrainer.