#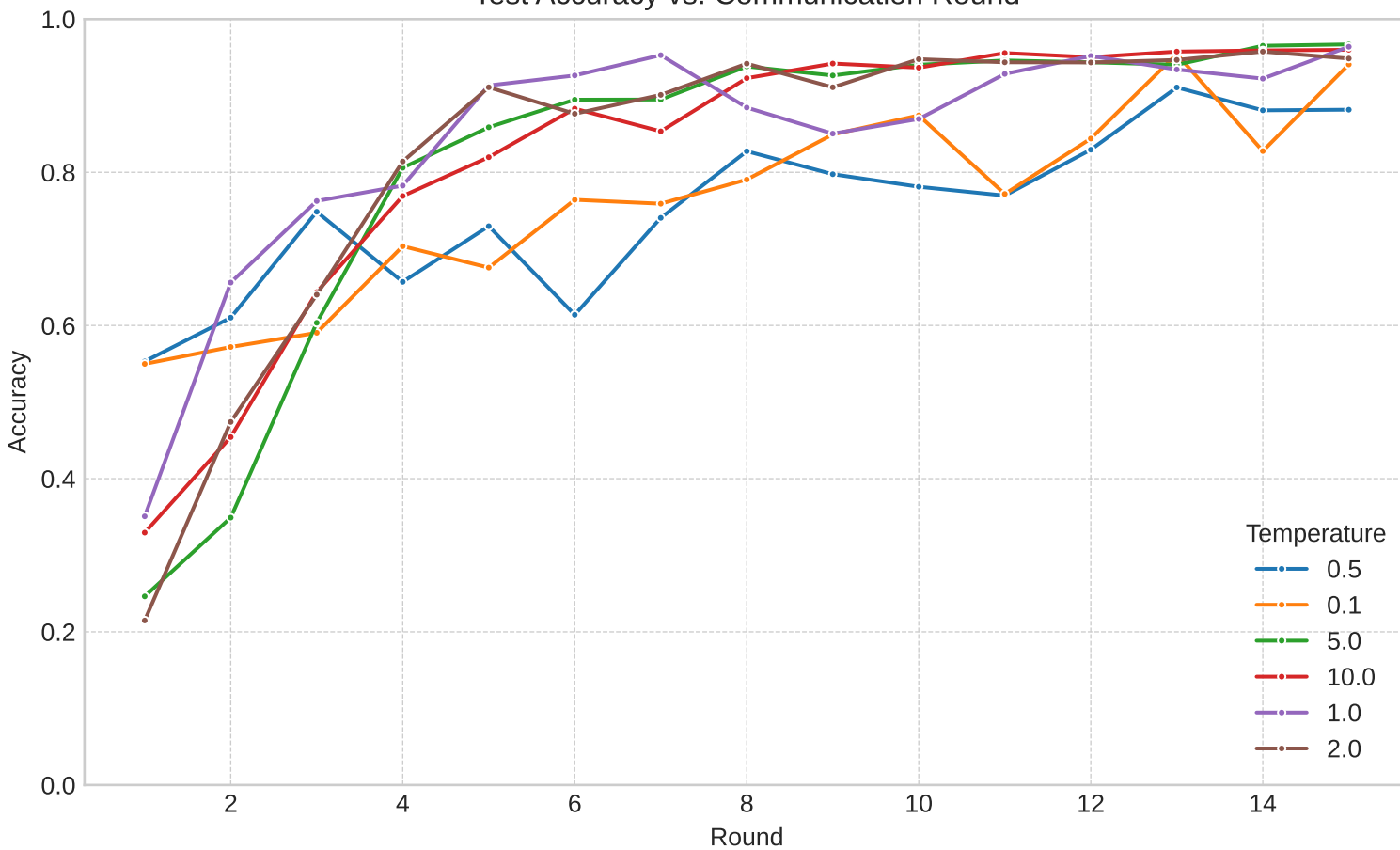 Effect of Temperature on Training Progression