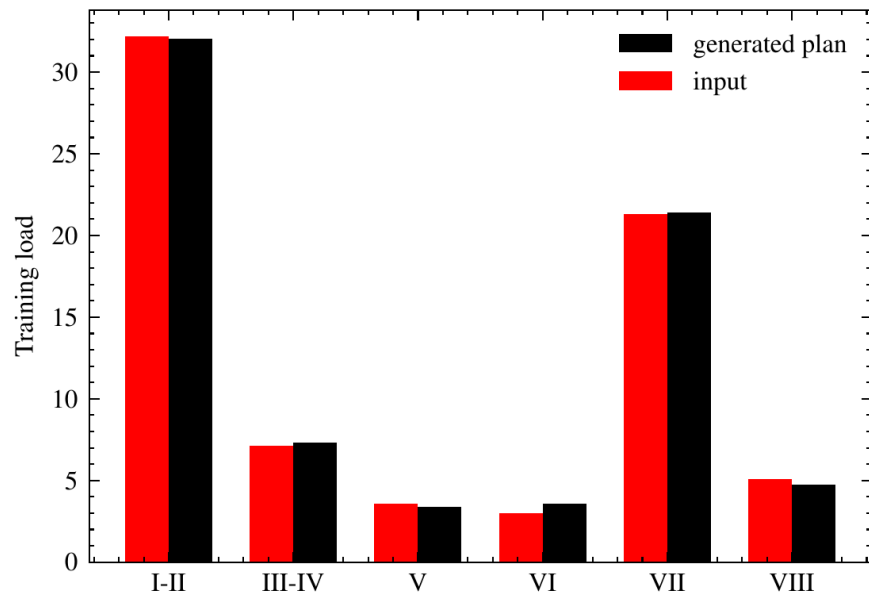


Training load by intensity zone



Session	I-II	III-IV	V	VI	VII	VIII
1	3.6	0	0	0.3	0	0
2	1.9	0.2	0	0	0	0.27
3	4.2	0	0	0	0.1	0
4	3.6	0	0	0	0.3	0.1
5	1.6	0	0	0	0.2	0.25
6	0	0	0	0	0.4	0
7	4.1	0.3	0.4	0	0	0
8	4.9	0.5	0.1	0	0	0.2
9	4	1.3	0	0	0	0
10	0	0	0	0	0.1	0
11	4.2	0	0	0	0	0.1
12	0	0	0	0	0	0
13	0	0	0	0	0	0
14	0	0	0	0	0	0

training load by sessions

