

Start time:  
Sat 23 Jan 2021 12:43

# TRAINING REPORT

## PLAYER A

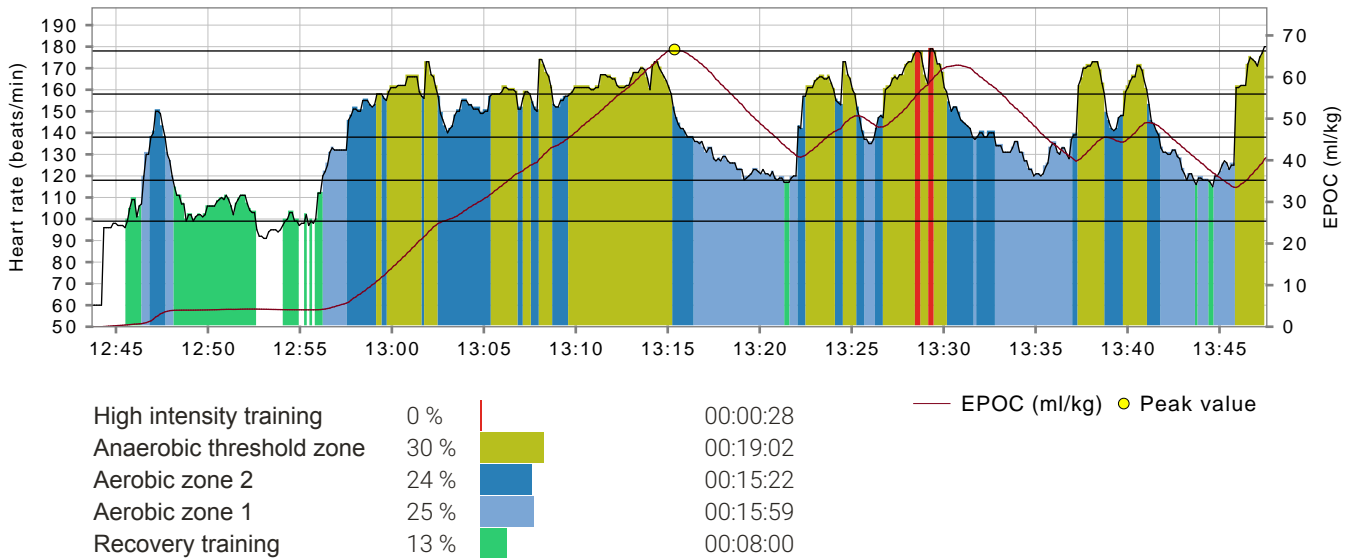
Age 19  
Height (in) 5' 4"  
Weight (lb) 180  
Resting HR 50  
Maximum HR 198  
Activity Class 8.0

### Exercise summary:

TRAINING TYPE -  
TRAINING EFFECT 3.2/2.2  
aerobic / anaerobic  
TRIMP 85  
DURATION 01:04:00 (hh:mm:ss)  
HR low/avg./high 90/139/181 bpm  
CALORIES 543 kcal  
carbs / fats 336/207 kcal

NOTES: -

## TRAINING CHART



## TRAINING EFFECT



### IMPROVING

This workout improved mainly your aerobic fitness but had a moderate impact also on your anaerobic fitness.

**i** In this context, anaerobic fitness means your abilities to perform repeated short-term maximal work and aerobic fitness means to perform prolonged submaximal work.

## TRAINING LOAD

