



**Welcome To COR**

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# Hello John!

## Your Analytics

Heart Rate



120/80

Steps Walked



9000 steps

Calories




1800 total



## Events

 Yin Yoga: 7pm at Casa Vinyasa

 Happy Run: 4pm 5K run & happy hour at Tacocraft



## Messages

Hey! Want to go for a run today? - Jane

Congrats on finishing your 10K! - Julia



## Workouts

Next Up:



Stride Repeats

To Recover:



Massage at LifeSpa

Something New:



2 hour Incline Ride



Search



## Last Workout



Pool Swim

2,200yd

Time: 43:09

Pace: 1:40

## Heart Rate



Resting: 60bpm  
High: 150bpm

## Calories



Resting: 1200  
Active: 750

## Steps



Total: 2000  
Goal: 10,100

## Sleep



Deep: 29m  
Light: 4h 32m  
REM: 1h 38m  
Awake: 3m

## Pulse Ox



Sleep Avg: 95%  
Awake Avg: 96%





## Search Workouts



Search

All

My Workouts



### Swim: Open Water (Breath Work)

Nov. 13

Cardio workout in the sun!



### Bike: Hill Repeats

Apr. 16

Work on bike strength by using inclines.



### Run: 10K Speed Intervals

May 2, 7:00PM

Work on speed with intervals.



### Strength: Quads & Hamstrings

Apr. 27 6:45AM

Weightlifting Workout.





Search



**Julia Eisner**

There's a 5K on May 8th in KB. We should race together!



**Katie Zgorski**

I saw your 3000m swim yesterday, nice job.



**TC McCaffrey**

That was a hard workout on Monday. Meet again this weekend?



**Josh Halper**

When's that triathlon again? The Huntington's one?



**Anna Shafer**

Did you sign up for the Boston marathon yet? I'm so excited!





## Search Events



All

Registered

Completed



### Miami Man Triathlon

Nov. 13

Join over 150 triathletes at Miami's biggest triathlon event of the year! ...



### UM Swim-a-thon

Apr. 16

Come join, watch, or donate to the University of Miami Swim Club team raising ...



### Orange Theory Group Spin

May 2, 7:00PM

Come join fellow spinners this week with a complementary \$5 off ...



### Mary's Morning Ride

Apr. 27 6:45AM

Ride from UM Watsco Center to KB. Message me if interested!



## Cancel Event



Title:

## Key Biscayne Open Water Swim

Time & Date:

April 17th, 7:30AM



Description:

Join Jeffrey Hudak and Matt Mallon on a 1-mile open swim off the coast of Key Biscayne! Potential trip to Panther Coffee afterwards.

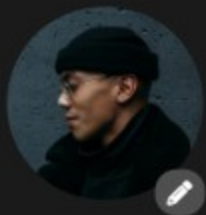
131/144 characters

Type of Event:

Dropdown







# John Smith

[johnsmith123@gmail.com](mailto:johnsmith123@gmail.com)

## Height & Weight

**180 lbs**

**6' 3"**

## Location

**Miami, Florida**

## Notifications

**Turn on Notifications**



Log out