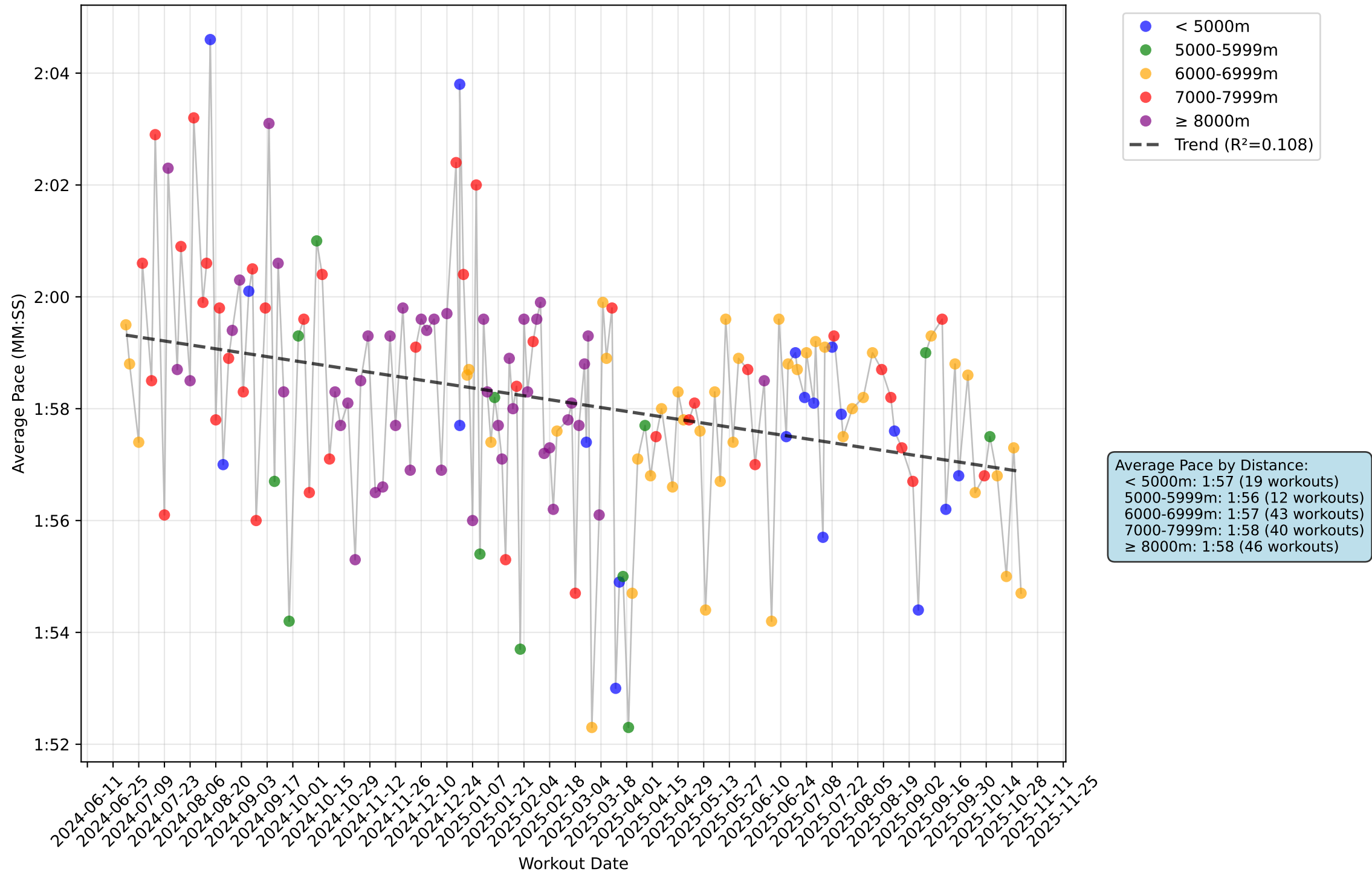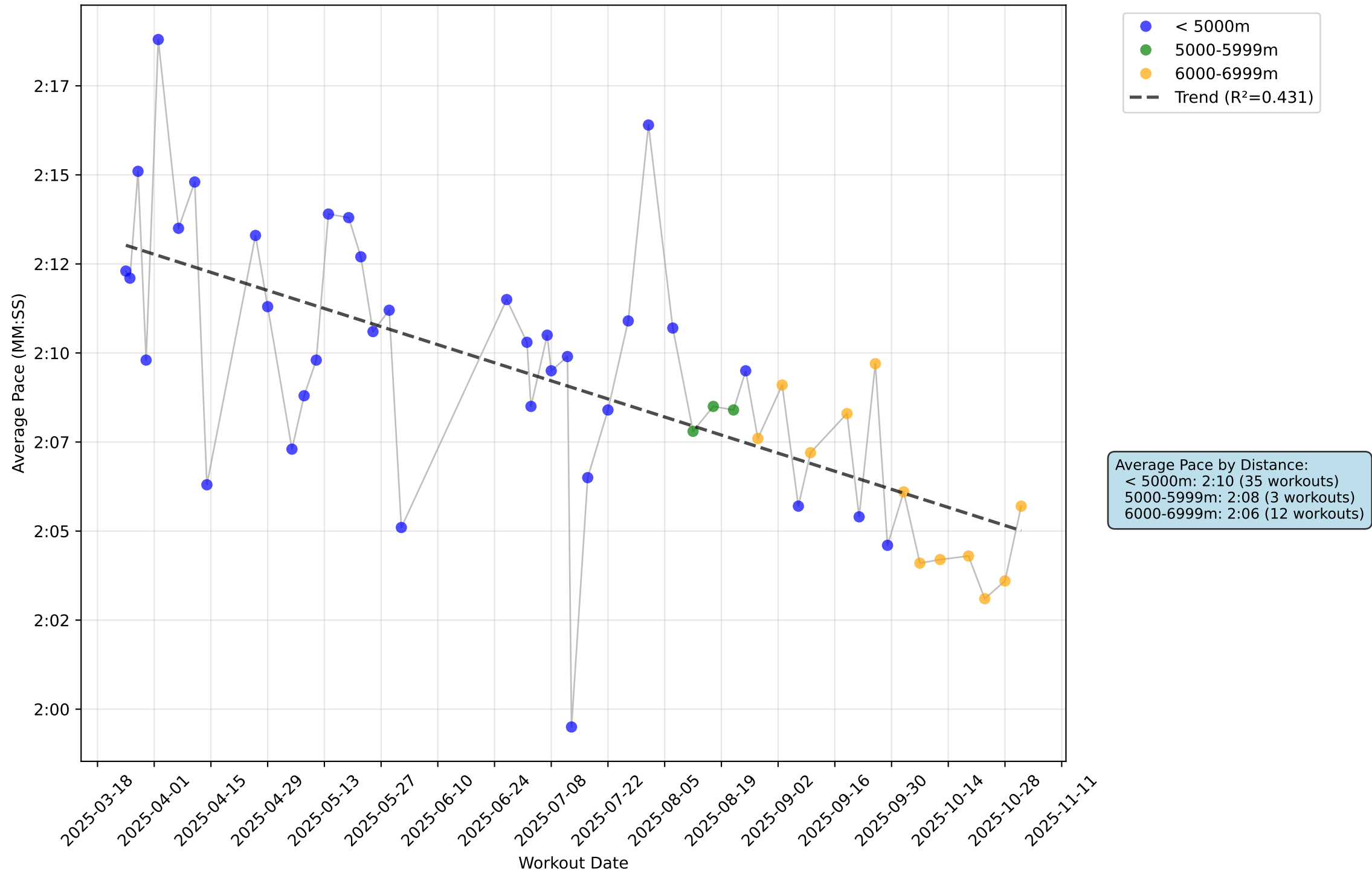# Concept2 Workout Report

Generated: 2025-11-02 05:55

This report contains your rowing performance analysis including:

- Pace progression over time
- Monthly training volume by machine type

RowErg Pace Over Time (Color-coded by Distance)

Legend:
- < 5000m
- 5000-5999m
- 6000-6999m
- 7000-7999m
- ≥ 8000m
- Trend (R²=0.108)

Average Pace by Distance:
< 5000m: 1:57 (19 workouts)
5000-5999m: 1:56 (12 workouts)
6000-6999m: 1:57 (43 workouts)
7000-7999m: 1:58 (40 workouts)
≥ 8000m: 1:58 (46 workouts)

SkiErg Pace Over Time (Color-coded by Distance)

Legend:
- < 5000m
- 5000-5999m
- 6000-6999m
- Trend (R²=0.431)

Average Pace by Distance:
< 5000m: 2:10 (35 workouts)
5000-5999m: 2:08 (3 workouts)
6000-6999m: 2:06 (12 workouts)

X-axis: Workout Date
Y-axis: Average Pace (MM:SS)

Total Meters by Year and Month — stacked by Machine Type