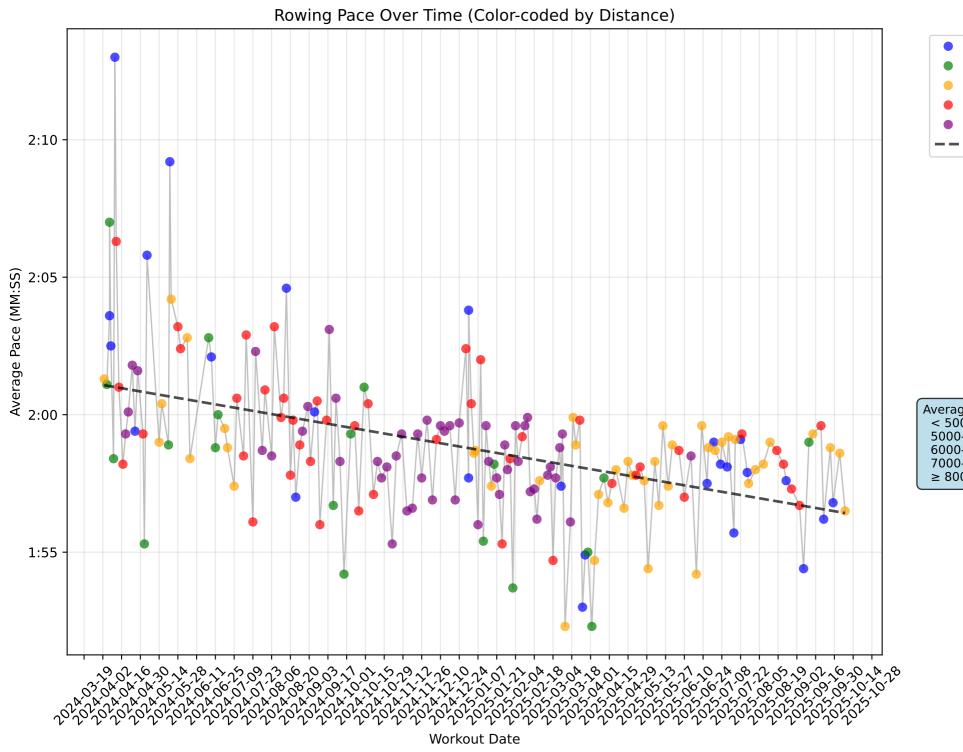
## **Concept2 Workout Report**

Generated: 2025-10-08 15:06

This report contains your rowing performance analysis including:

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



< 5000m

• 5000-5999m

• 6000-6999m

• 7000-7999m

• ≥ 8000m

-- Trend (R<sup>2</sup>=0.236)

Average Pace by Distance: < 5000m: 1:59 (26 workouts) 5000-5999m: 1:58 (19 workouts) 6000-6999m: 1:58 (45 workouts) 7000-7999m: 1:59 (45 workouts) ≥ 8000m: 1:58 (50 workouts)

