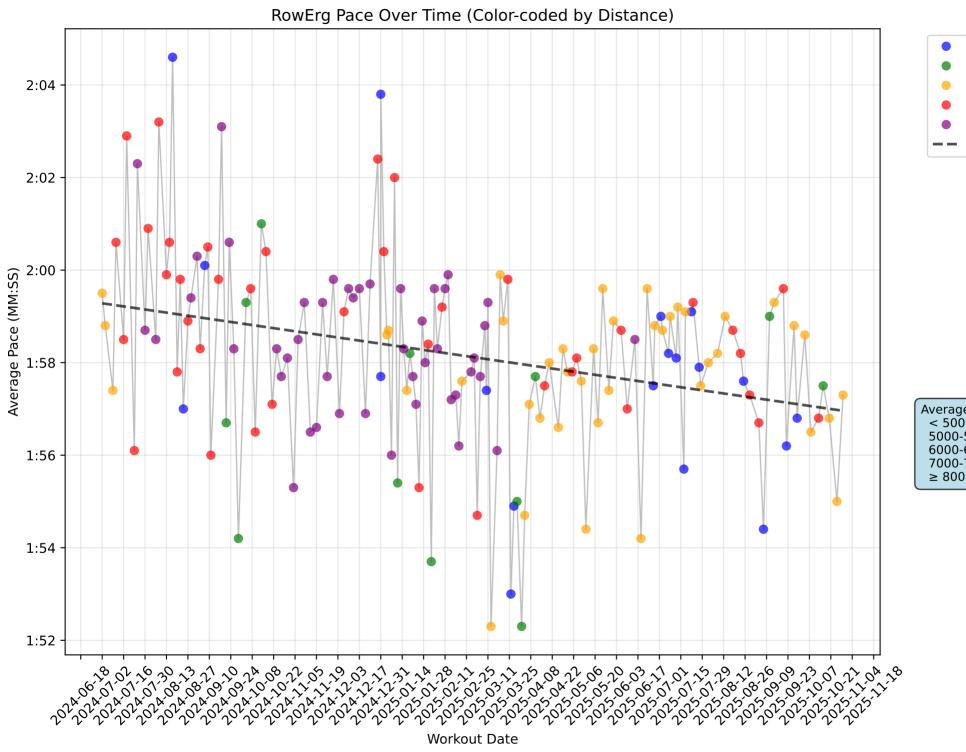
## **Concept2 Workout Report**

Generated: 2025-10-29 18:59

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>=0.099)

Average Pace by Distance: < 5000m: 1:57 (19 workouts) 5000-5999m: 1:56 (12 workouts) 6000-6999m: 1:57 (42 workouts)

7000-7999m: 1:58 (40 workouts) ≥ 8000m: 1:58 (46 workouts)

