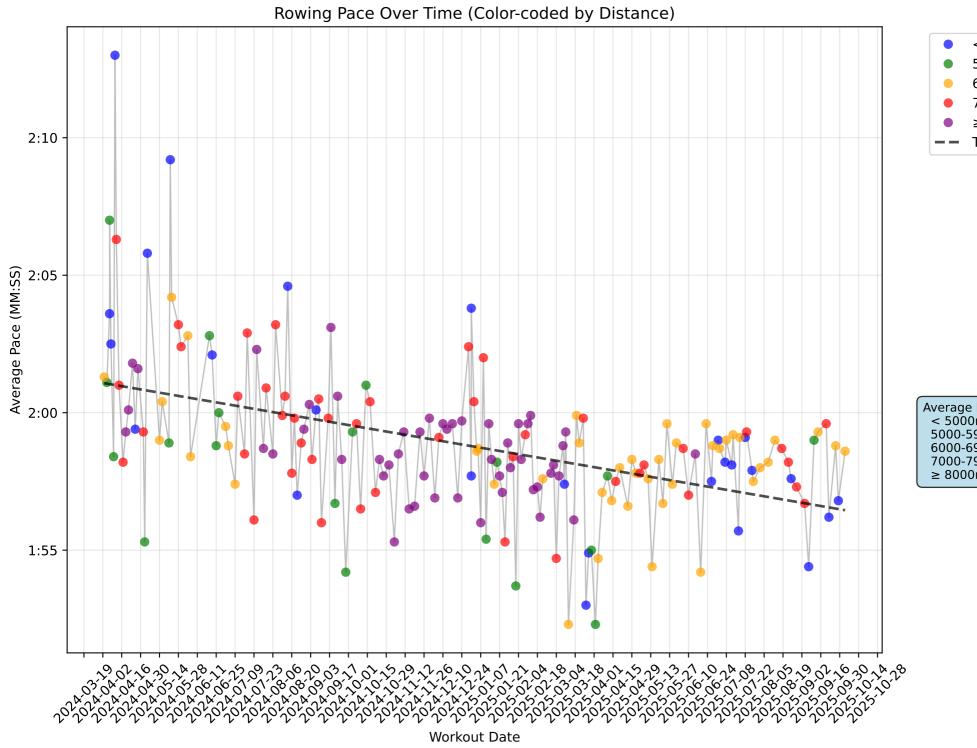
Concept2 Workout Report

Generated: 2025-10-04 06:17

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 (R²=0.233)

Average Pace by Distance: < 5000m: 1:59 (26 workouts)

5000-5999m: 1:58 (19 workouts) 6000-6999m: 1:58 (44 workouts)

7000-7999m: 1:59 (45 workouts) ≥ 8000m: 1:58 (50 workouts)

