

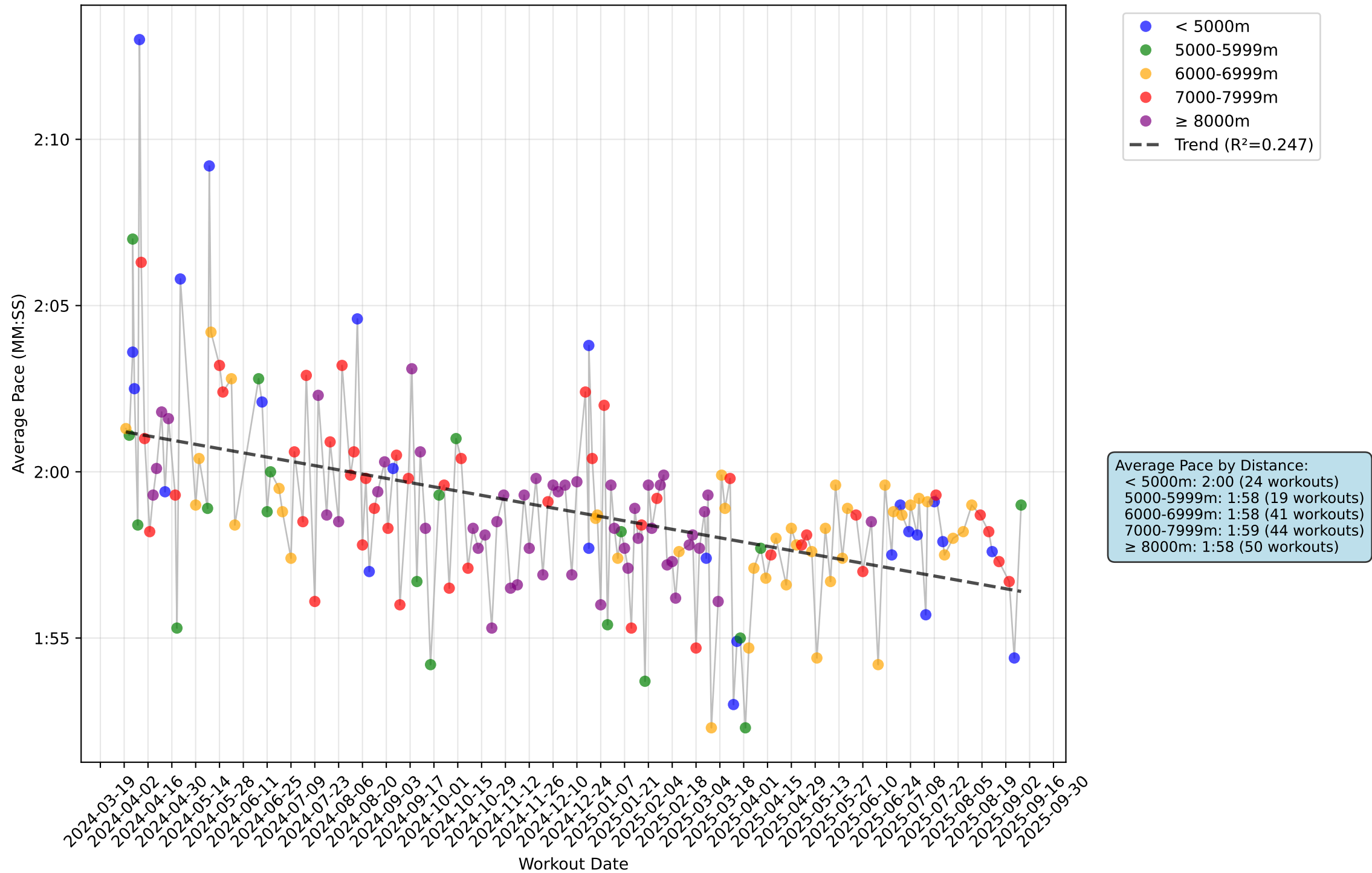
# Concept2 Workout Report

Generated: 2025-09-11 05:49

This report contains your rowing performance analysis including:

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

Rowing Pace Over Time (Color-coded by Distance)



Total Meters by Year and Month — stacked by Machine Type

