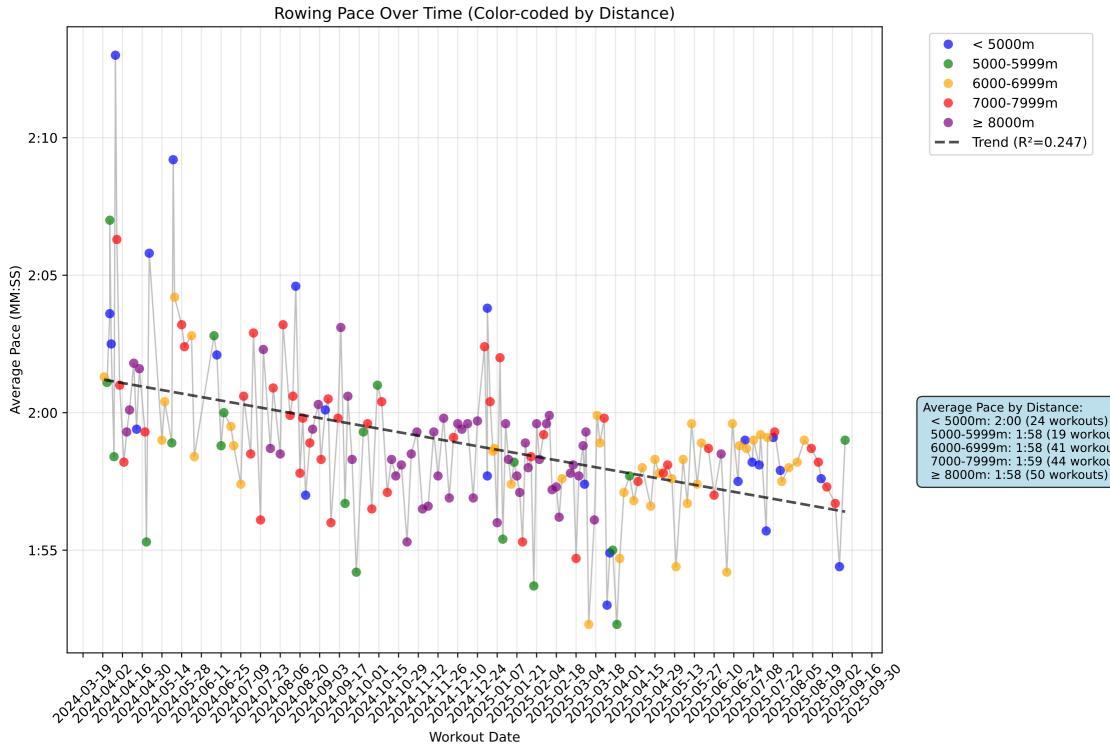
## **Concept2 Workout Report**

Generated: 2025-09-11 05:49

This report contains your rowing performance analysis including:

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



< 5000m

5000-5999m

6000-6999m

7000-7999m

≥ 8000m

Trend ( $R^2 = 0.247$ )

Average Pace by Distance: < 5000m: 2:00 (24 workouts) 5000-5999m: 1:58 (19 workouts) 6000-6999m: 1:58 (41 workouts) 7000-7999m: 1:59 (44 workouts)

