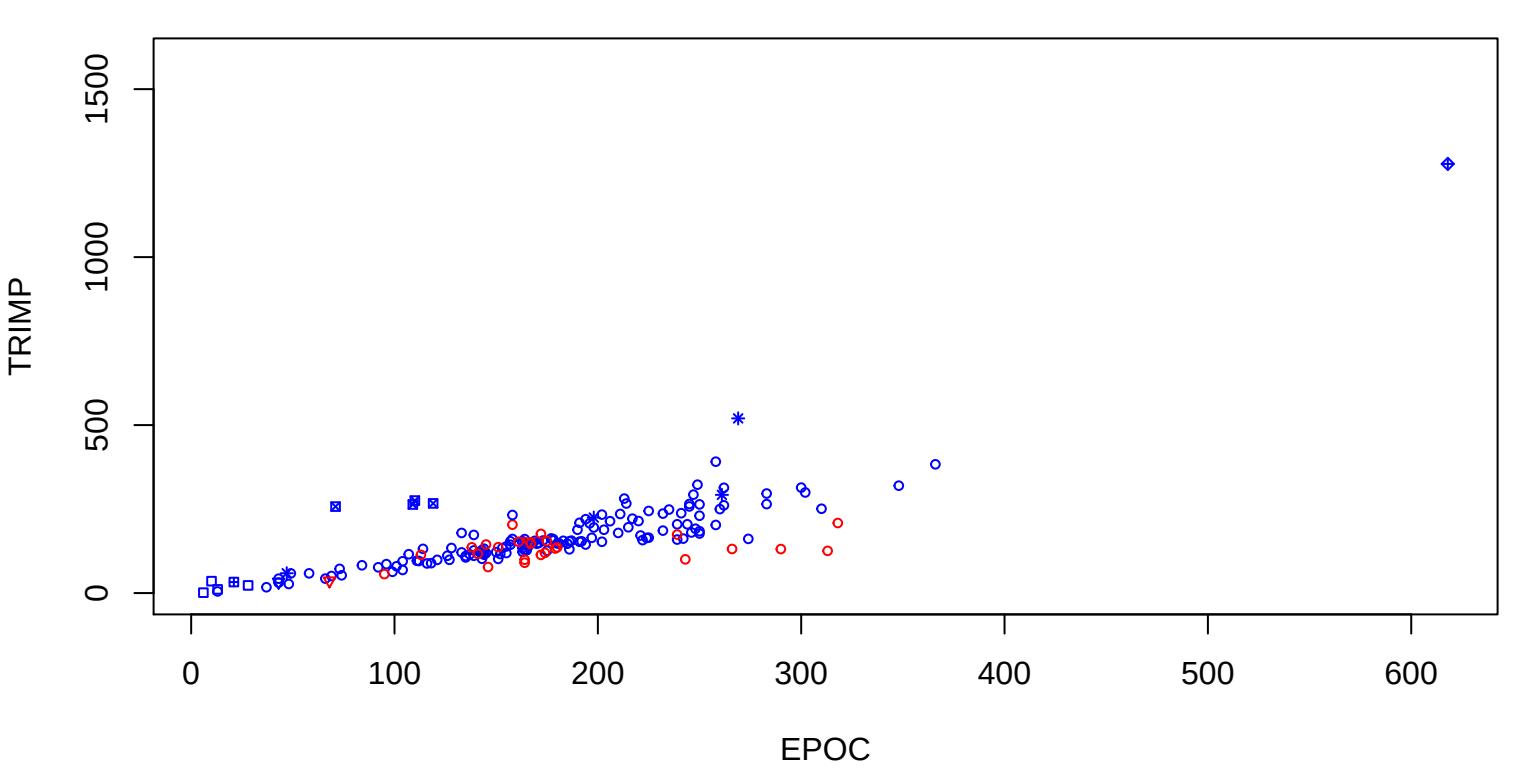
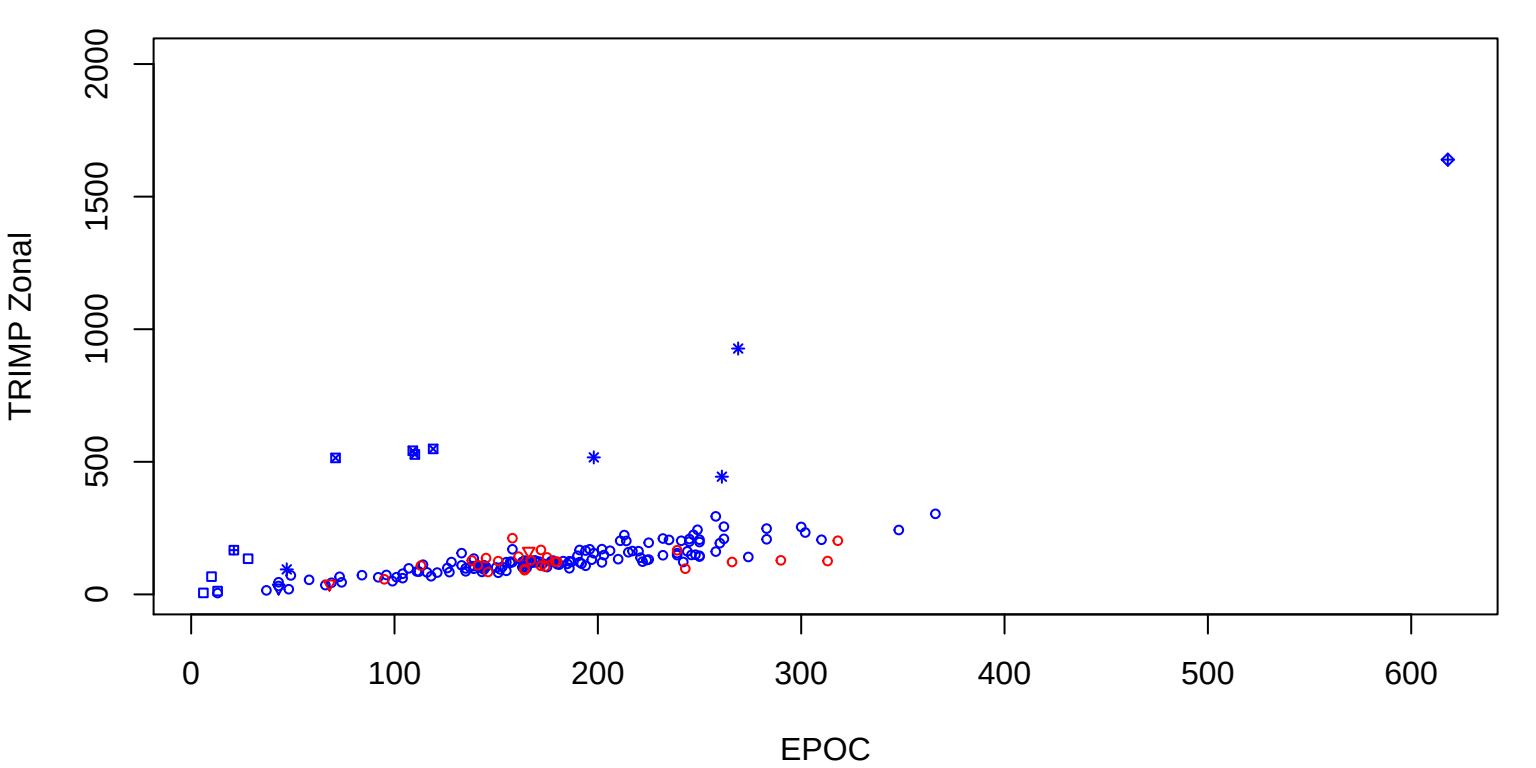
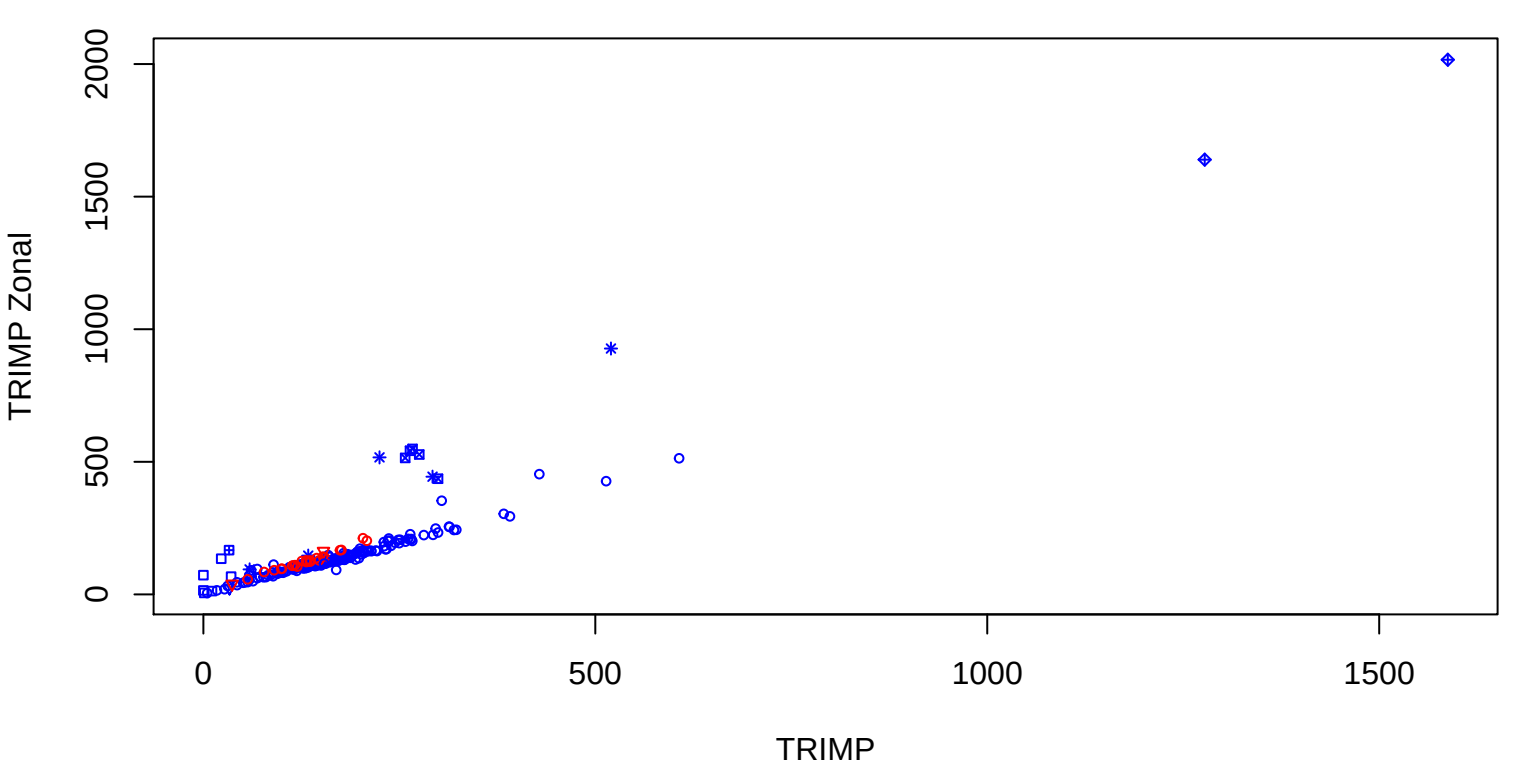
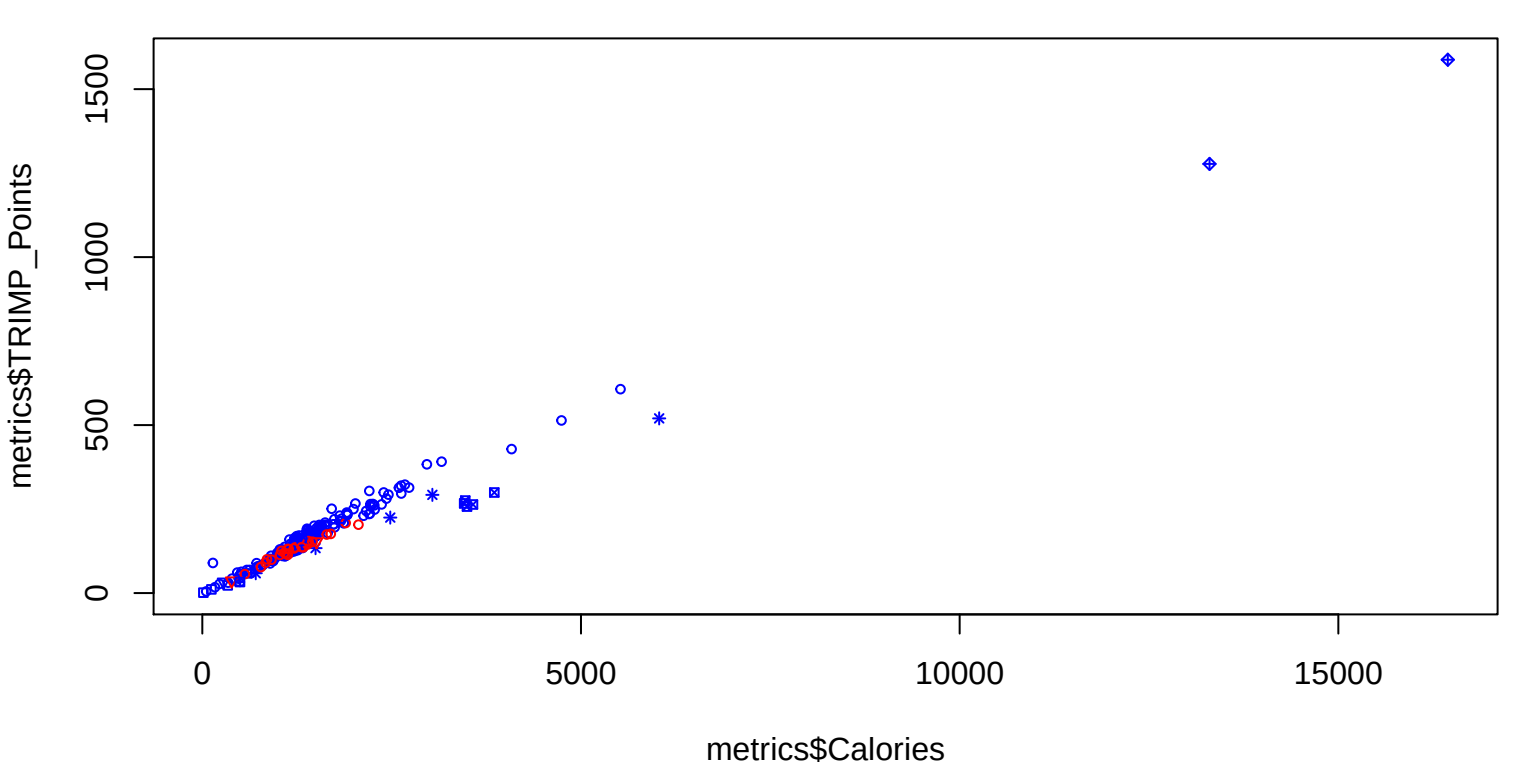
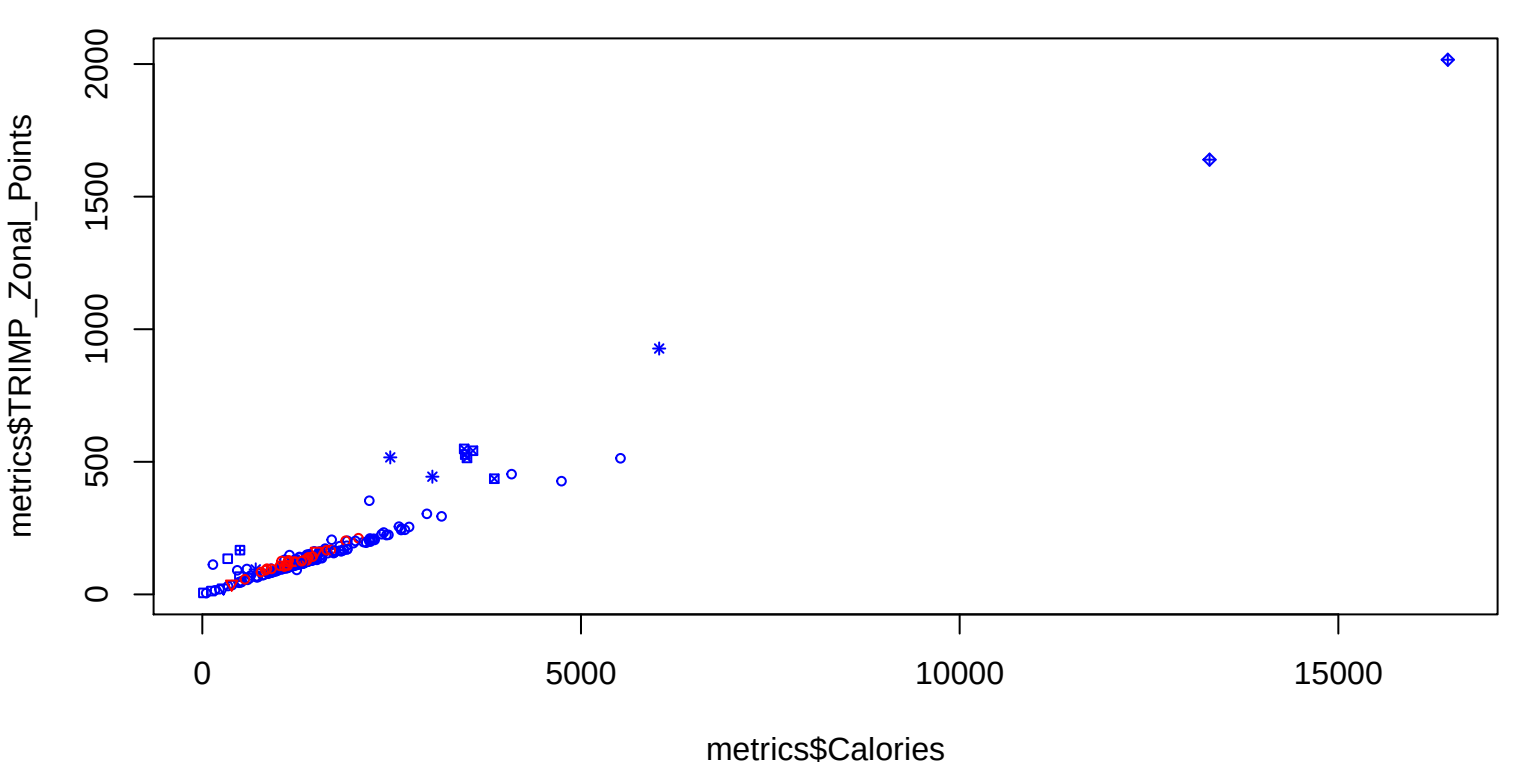
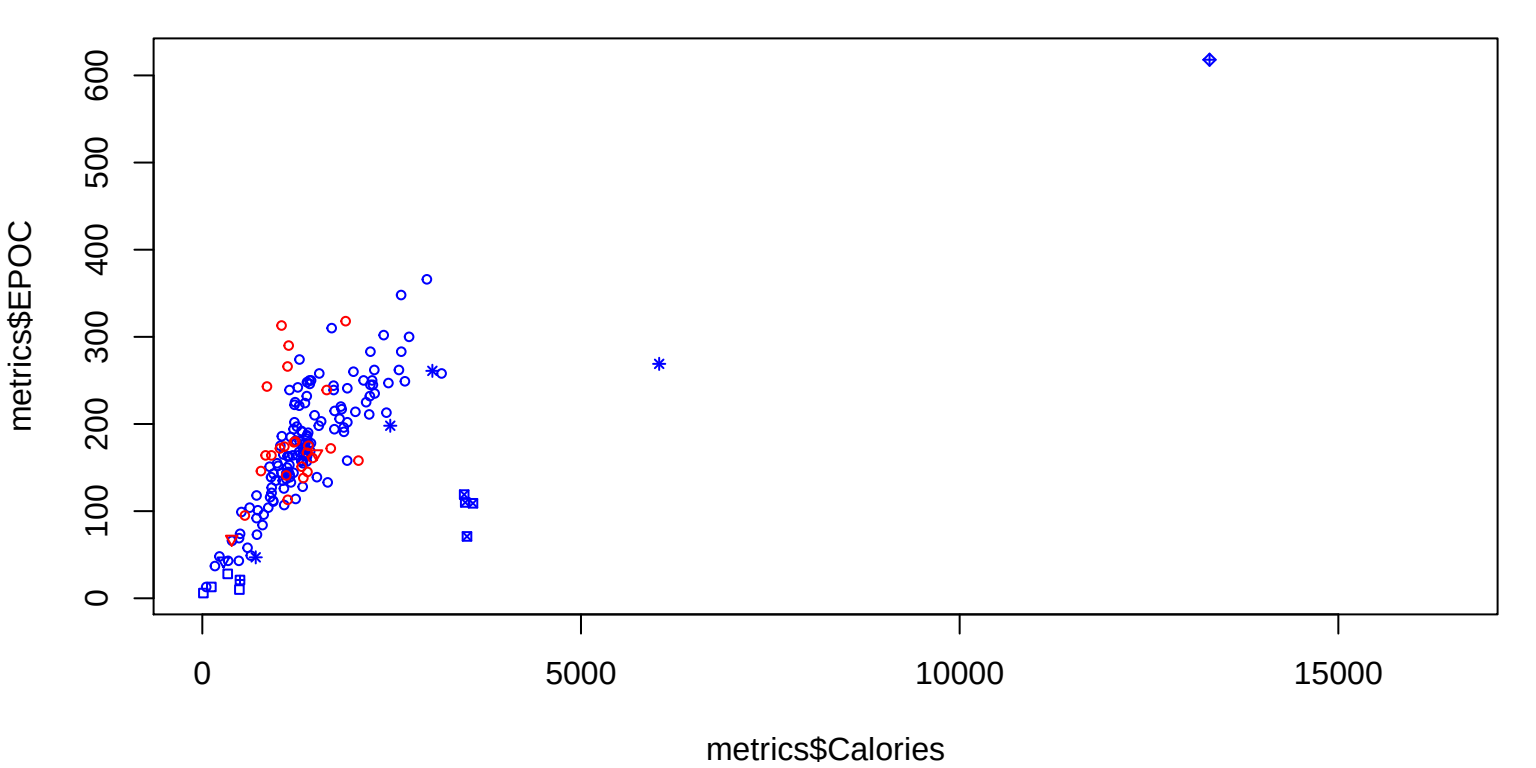

TRIMP
0
500
1000
1500
0
100
200
300
400
500
600
EPOC

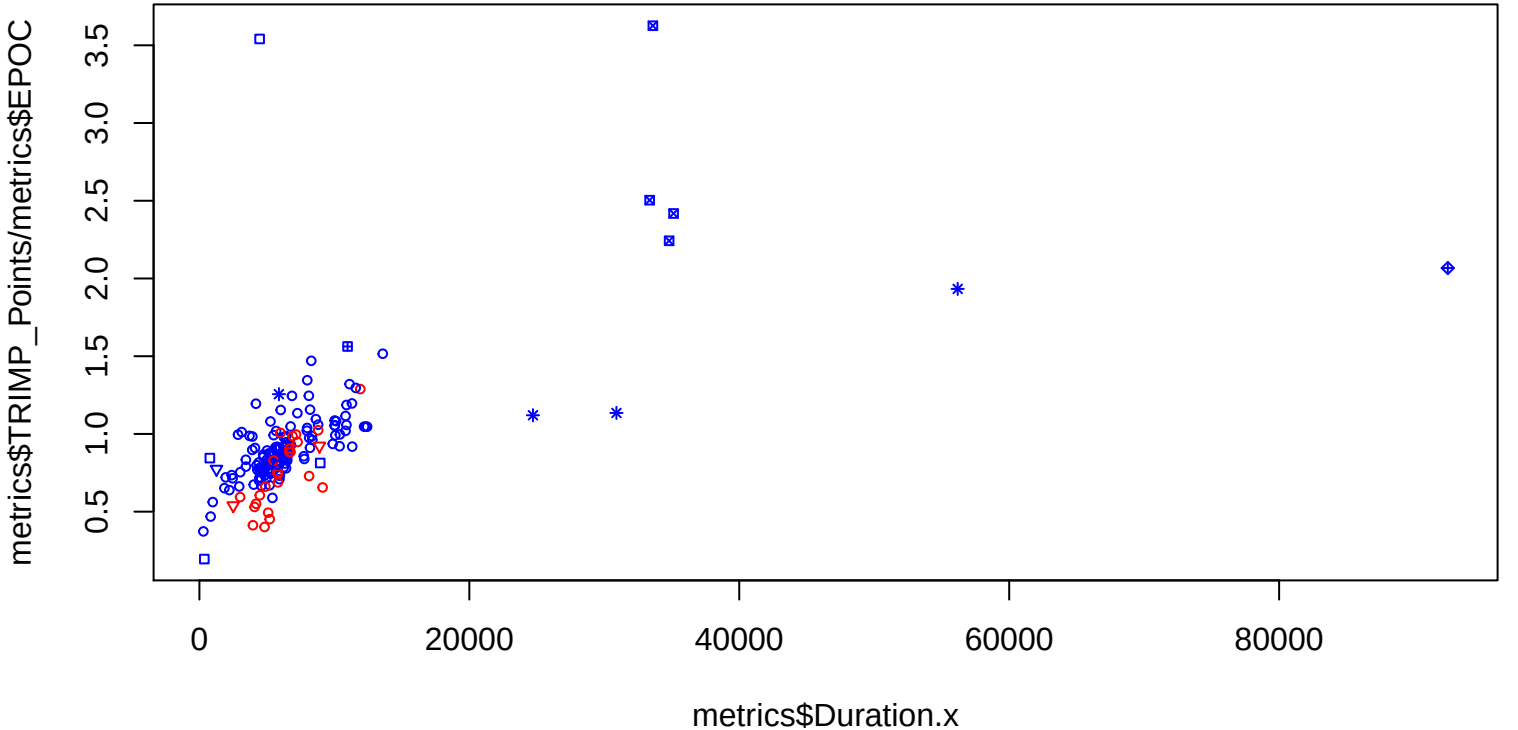

TRIMP Zonal
0
500
1000
1500
2000
0
100
200
300
400
500
600
EPOC

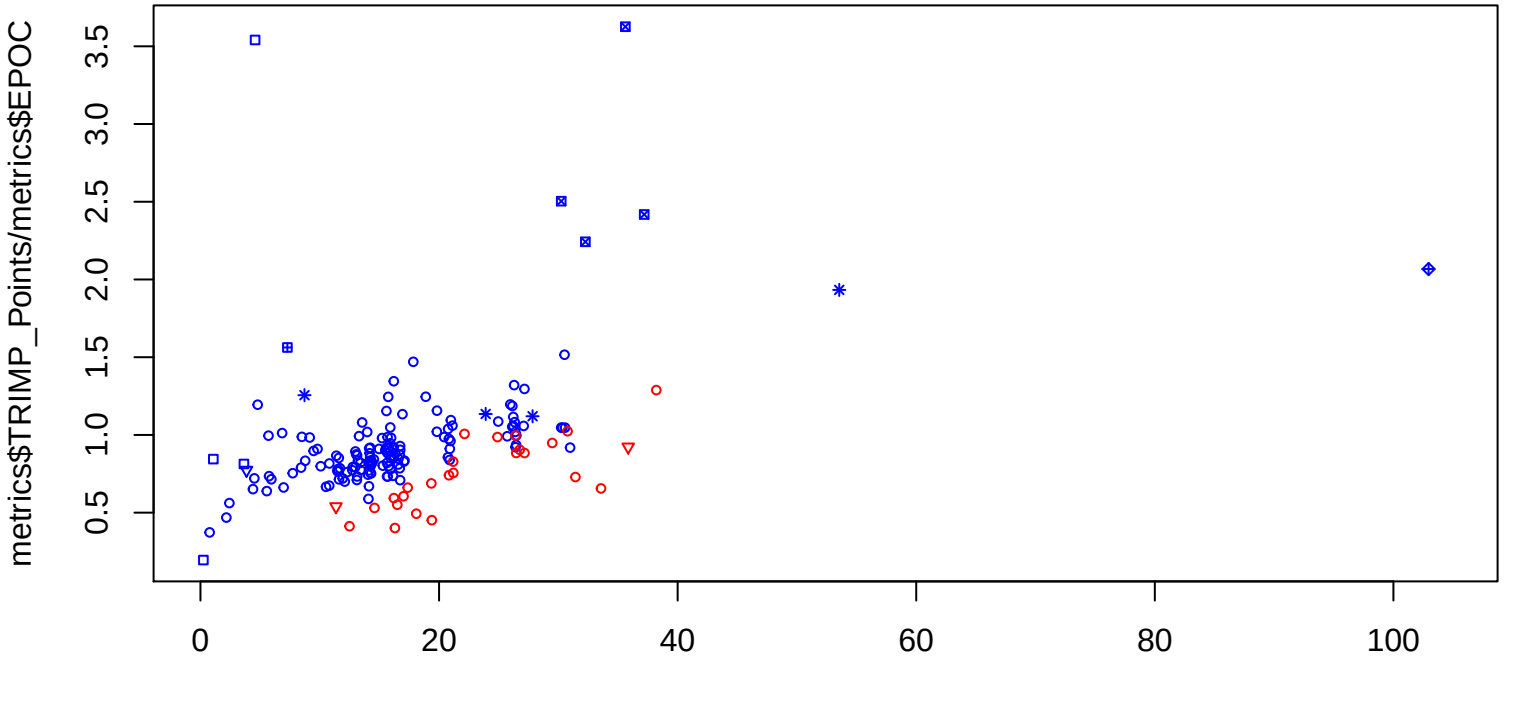

TRIMP Zonal
0
500
1000
1500
2000
0
500
1000
1500
TRIMP

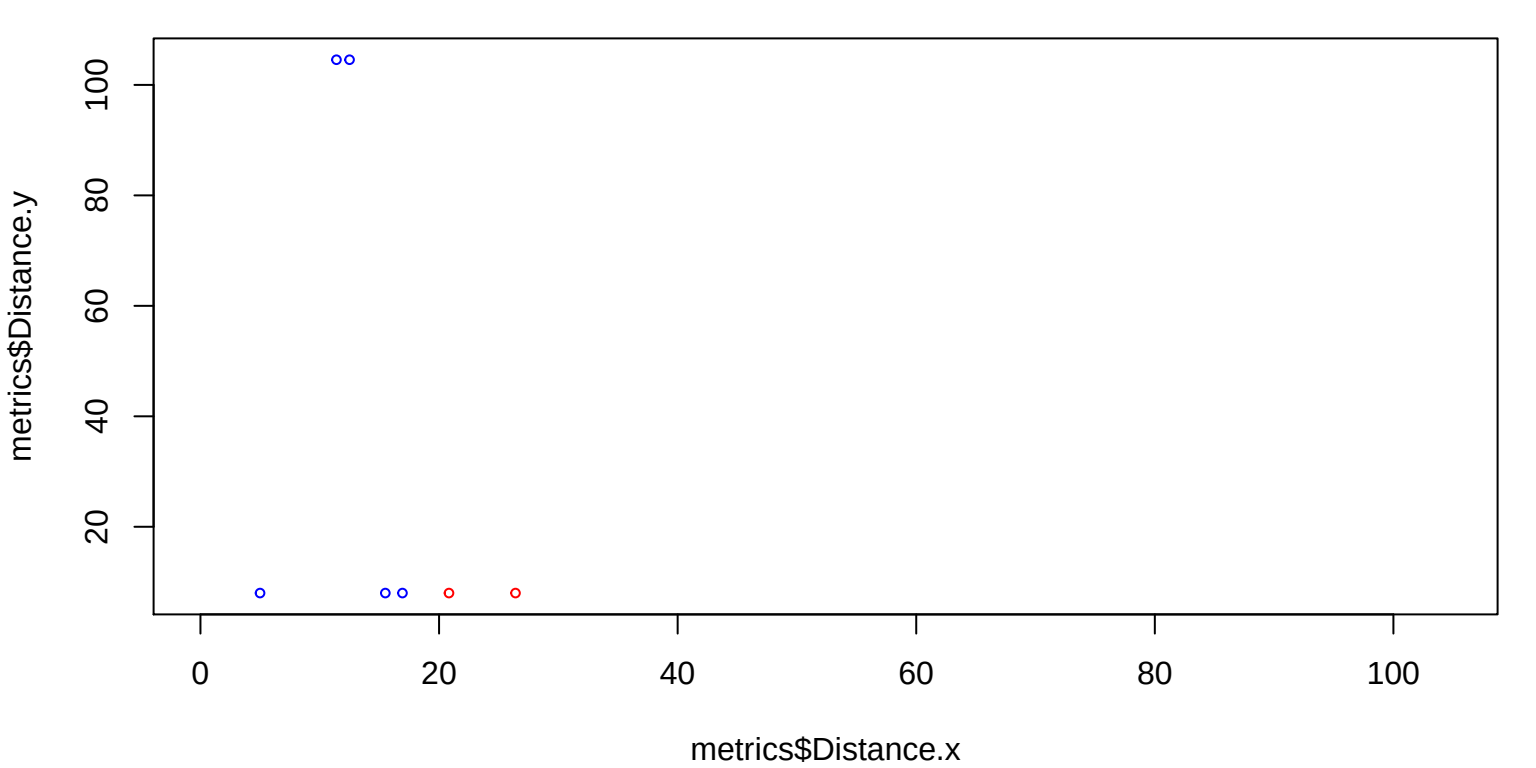

metrics$TRIMP_Points
0
500
1000
1500
0
5000
10000
15000
metrics$Calories

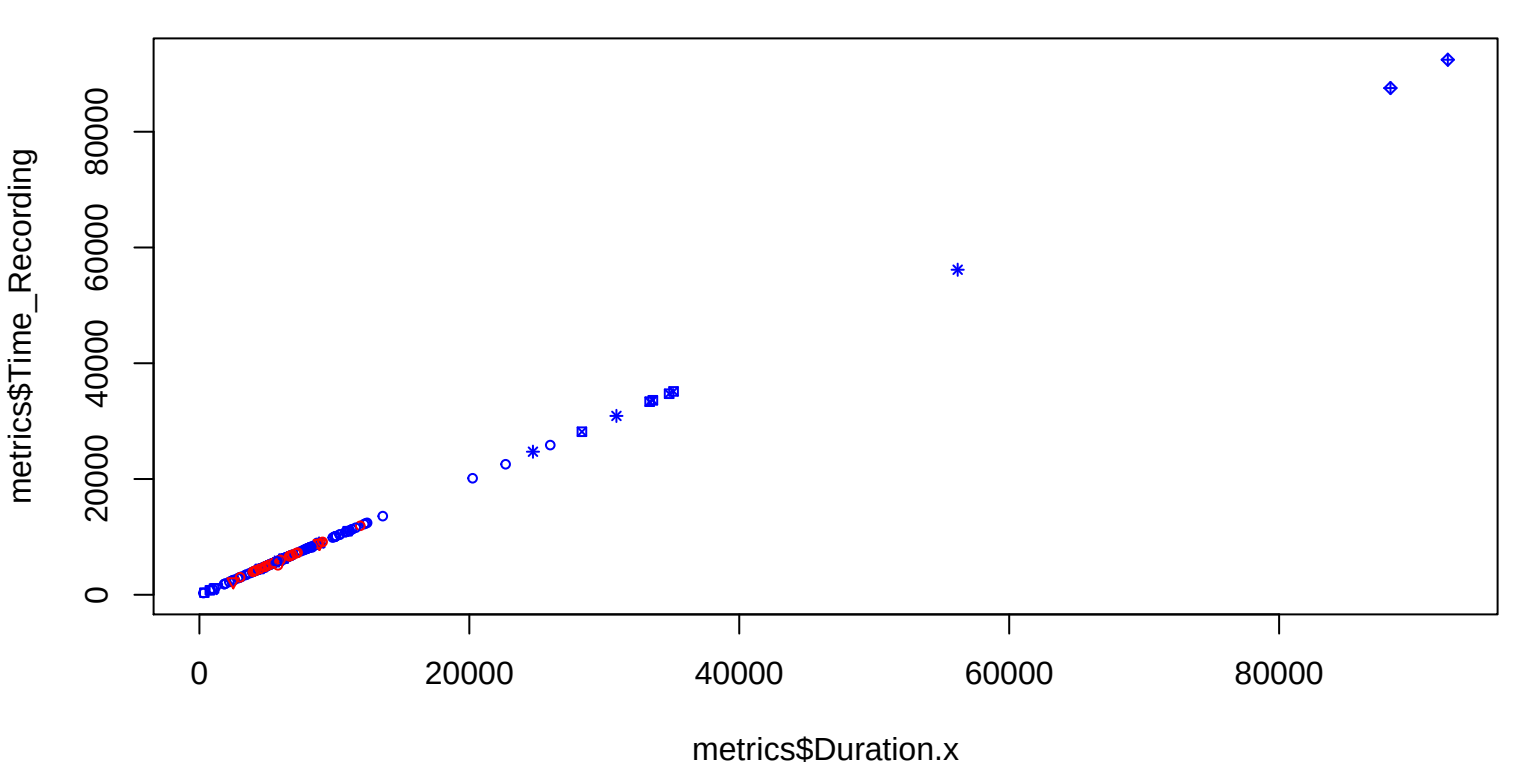

metrics$TRIMP_Zonal_Points
0
500
1000
1500
2000
0
5000
10000
15000
metrics$Calories

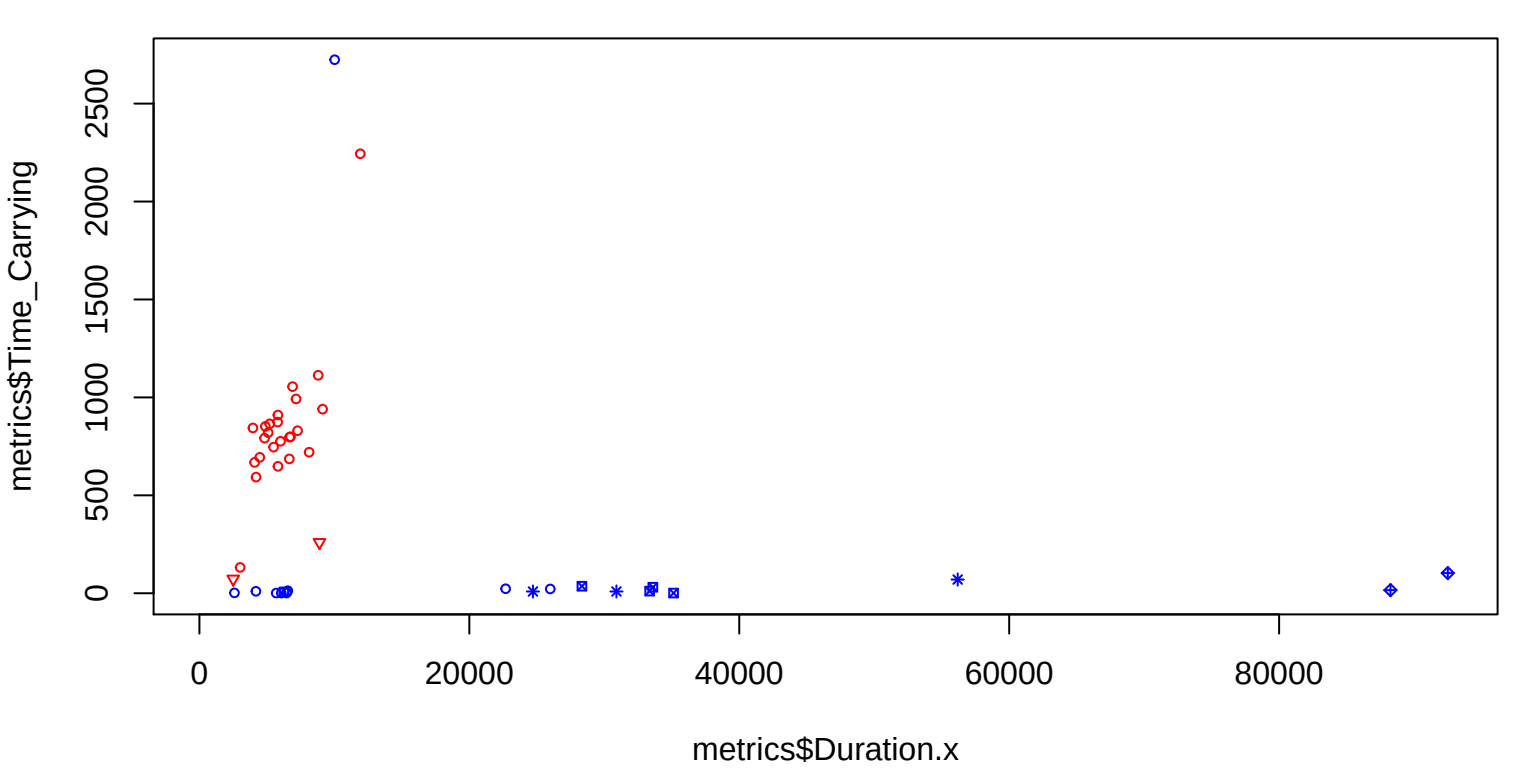

metrics$EPOC
0
100
200
300
400
500
600
0
5000
10000
15000
metrics$Calories

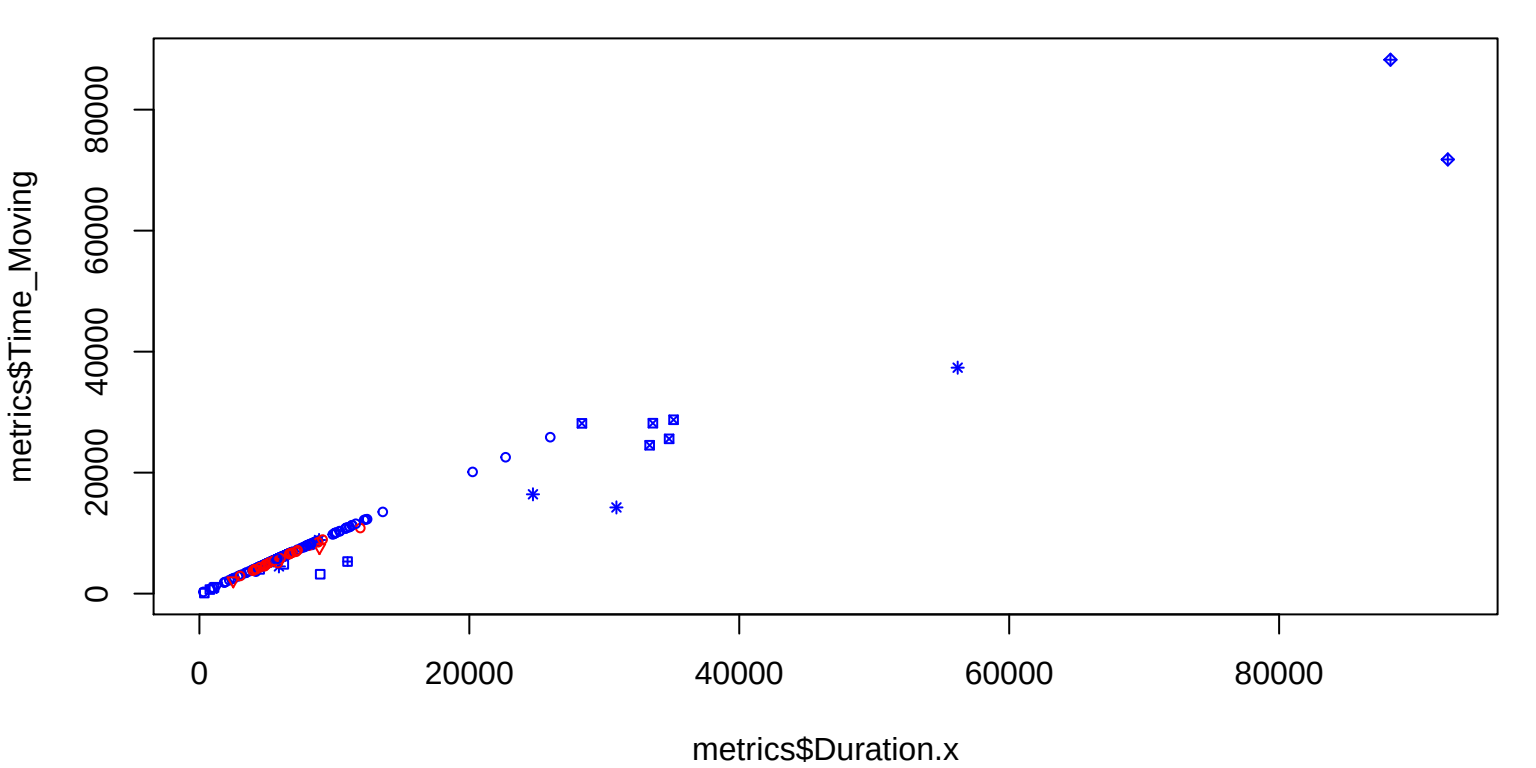

metrics$TRIMP_Points/metrics$EPOC
0.5
1.0
1.5
2.0
2.5
3.0
3.5
0
20000
40000
60000
80000
metrics$Duration.x

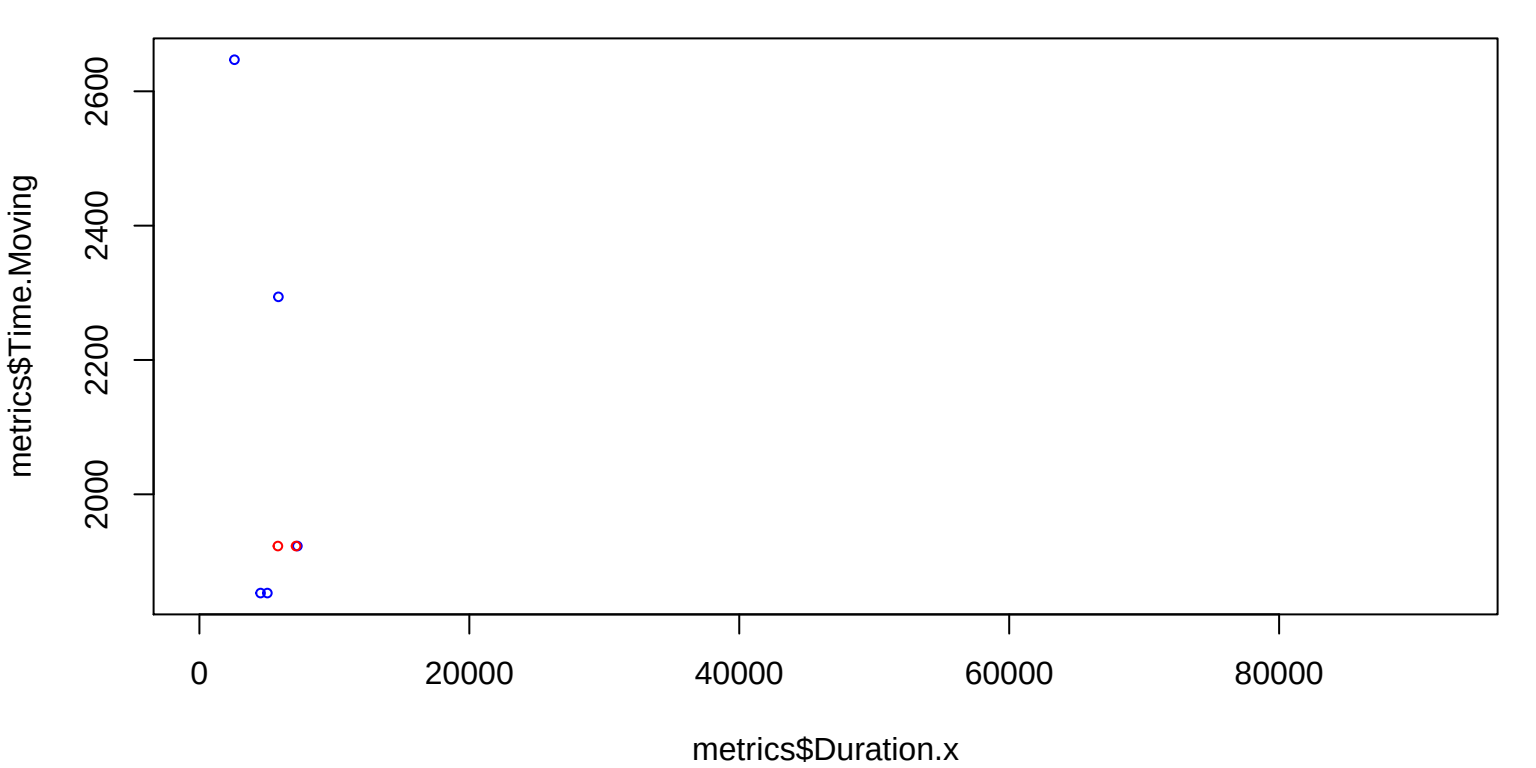

metrics$TRIMP_Points/metrics$EPOC
0.5
1.0
1.5
2.0
2.5
3.0
3.5
0
20
40
60
80
100
metrics$Distance.x

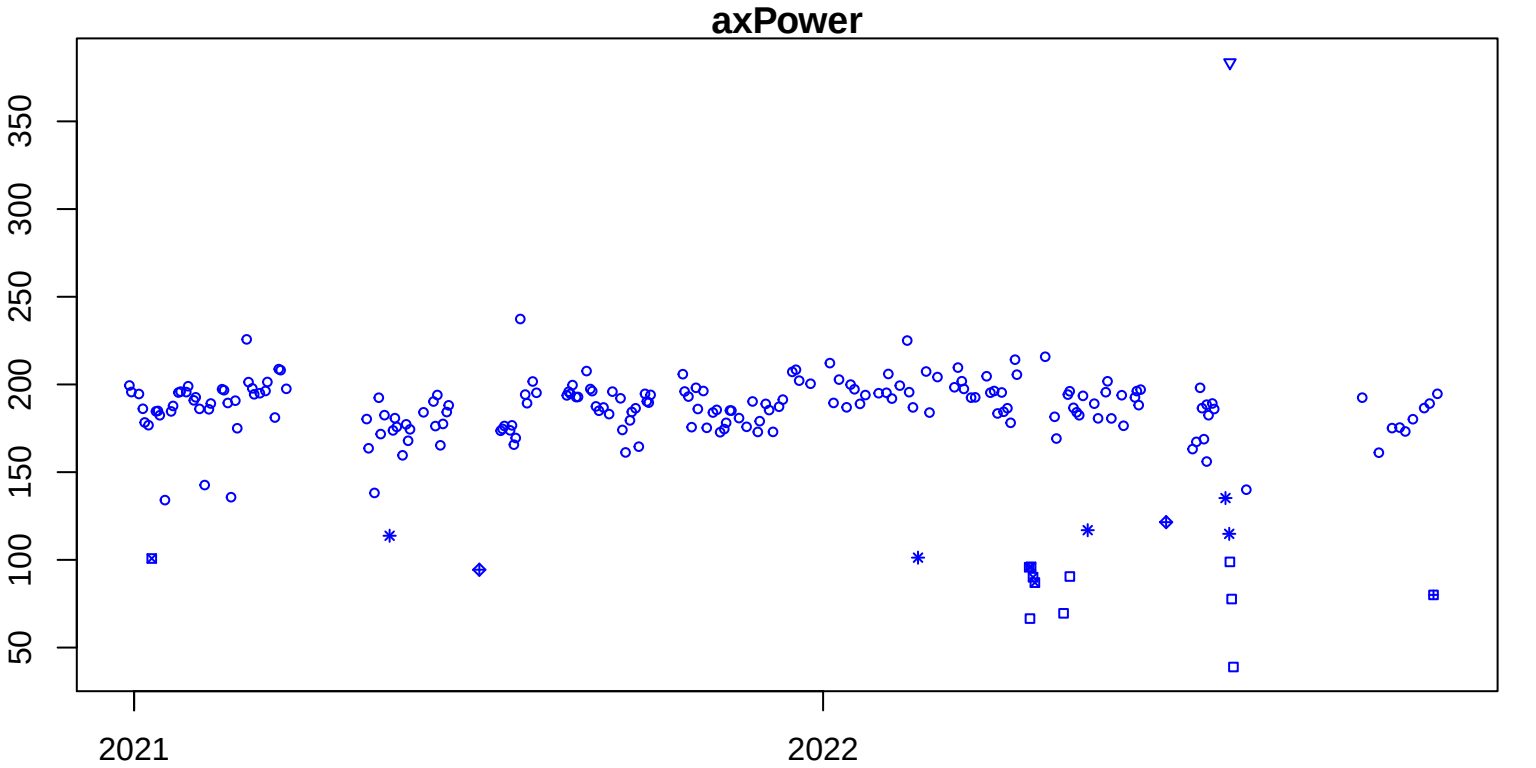

metrics$Distance.y
20
40
60
80
100
0
20
40
60
80
100
metrics$Distance.x

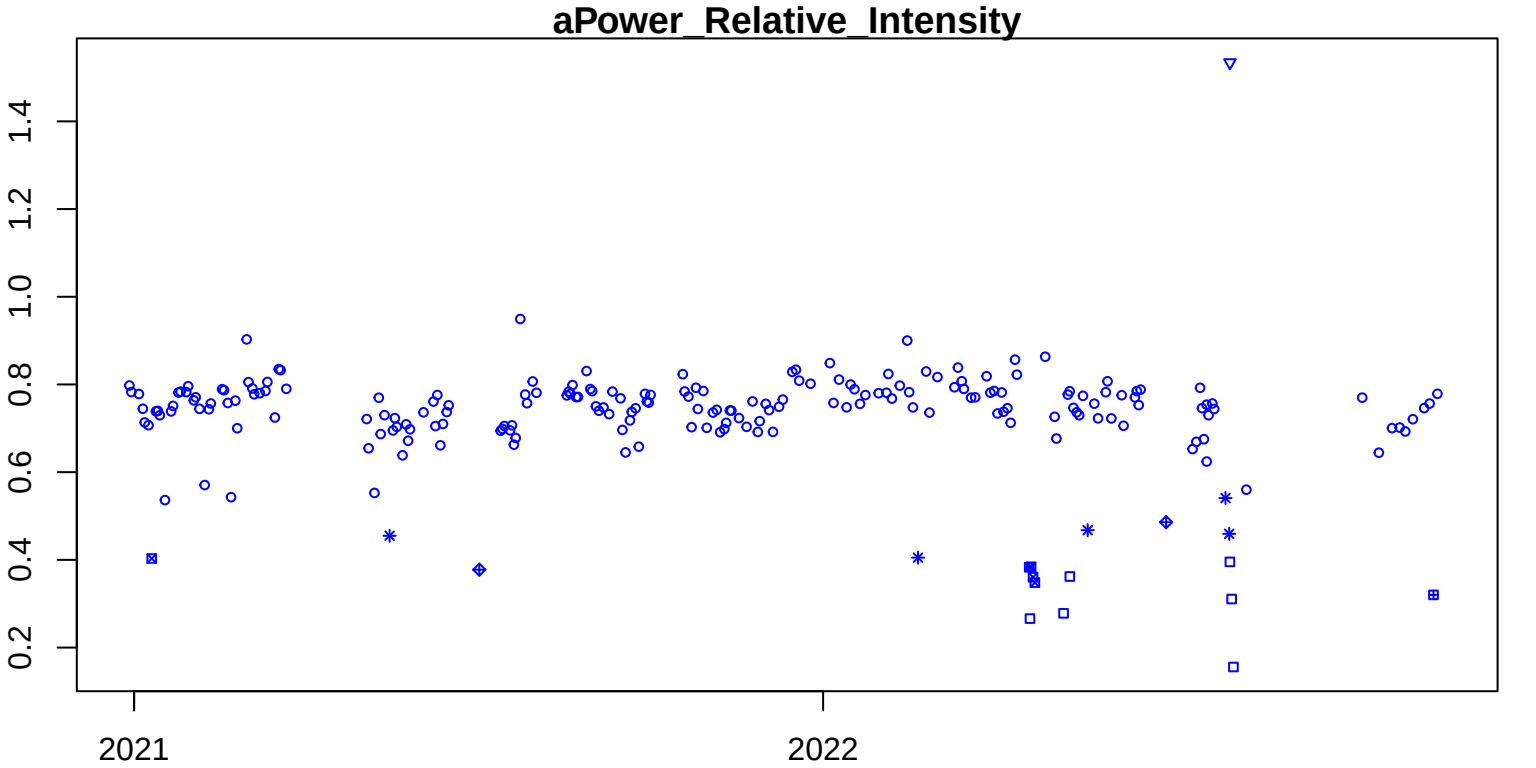

metrics$Time_Recording
0
20000
40000
60000
80000
0
20000
40000
60000
80000
metrics$Duration.x

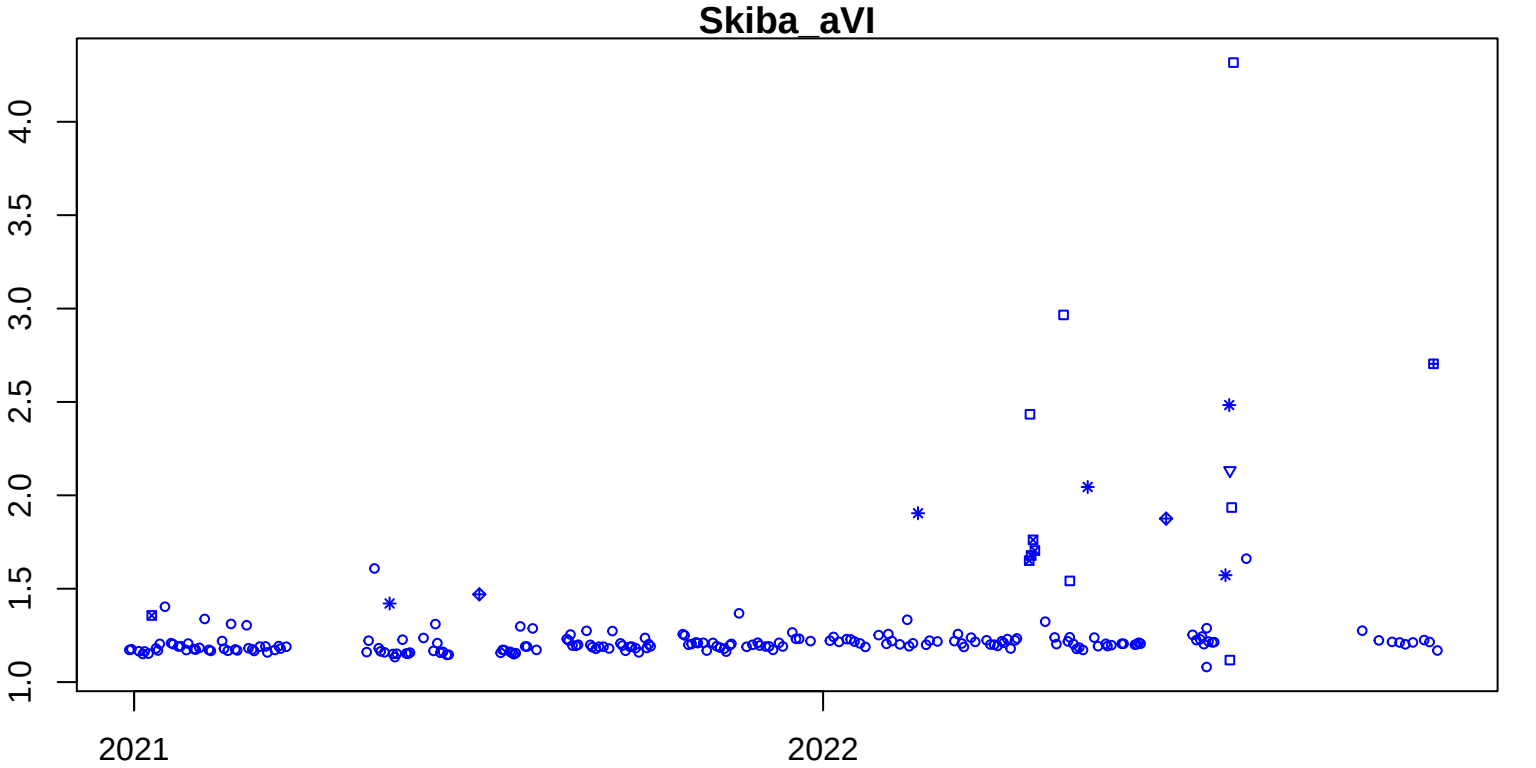

metrics$Time_Carrying
0
500
1000
1500
2000
2500
0
20000
40000
60000
80000
metrics$Duration.x

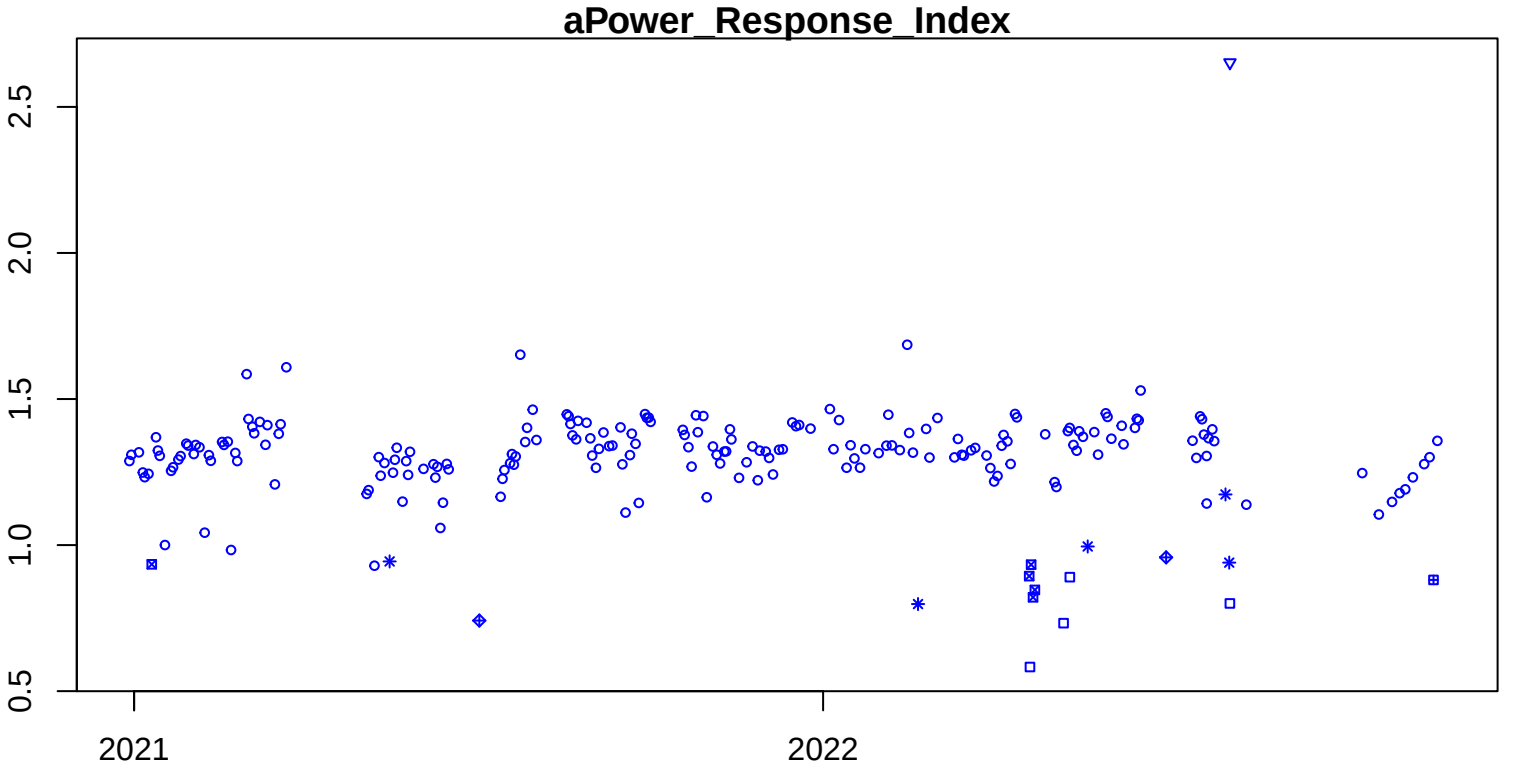

metrics$Time_Moving
0
20000
40000
60000
80000
0
20000
40000
60000
80000
metrics$Duration.x

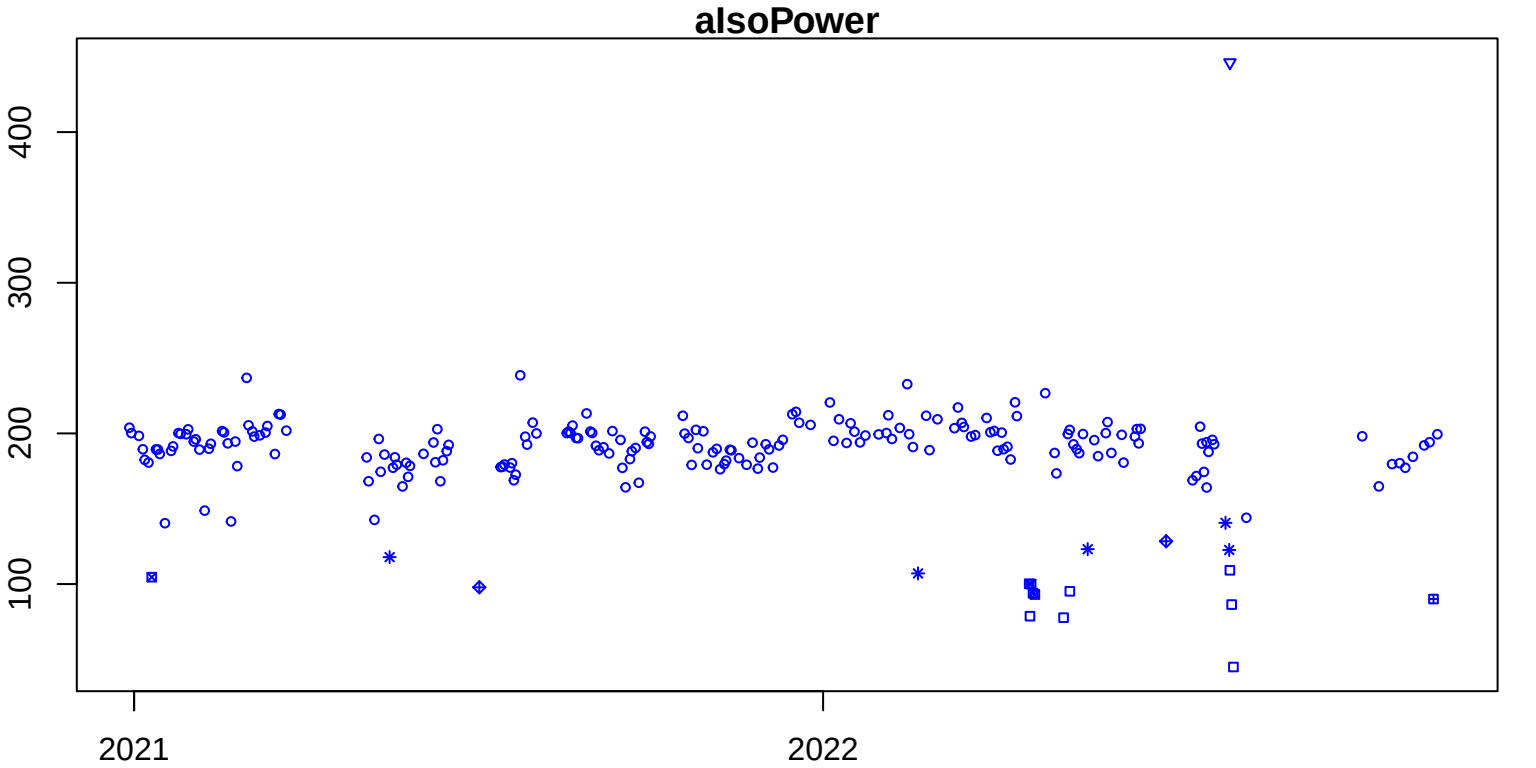

metrics$Time.Moving
2000
2200
2400
2600
0
20000
40000
60000
80000
metrics$Duration.x

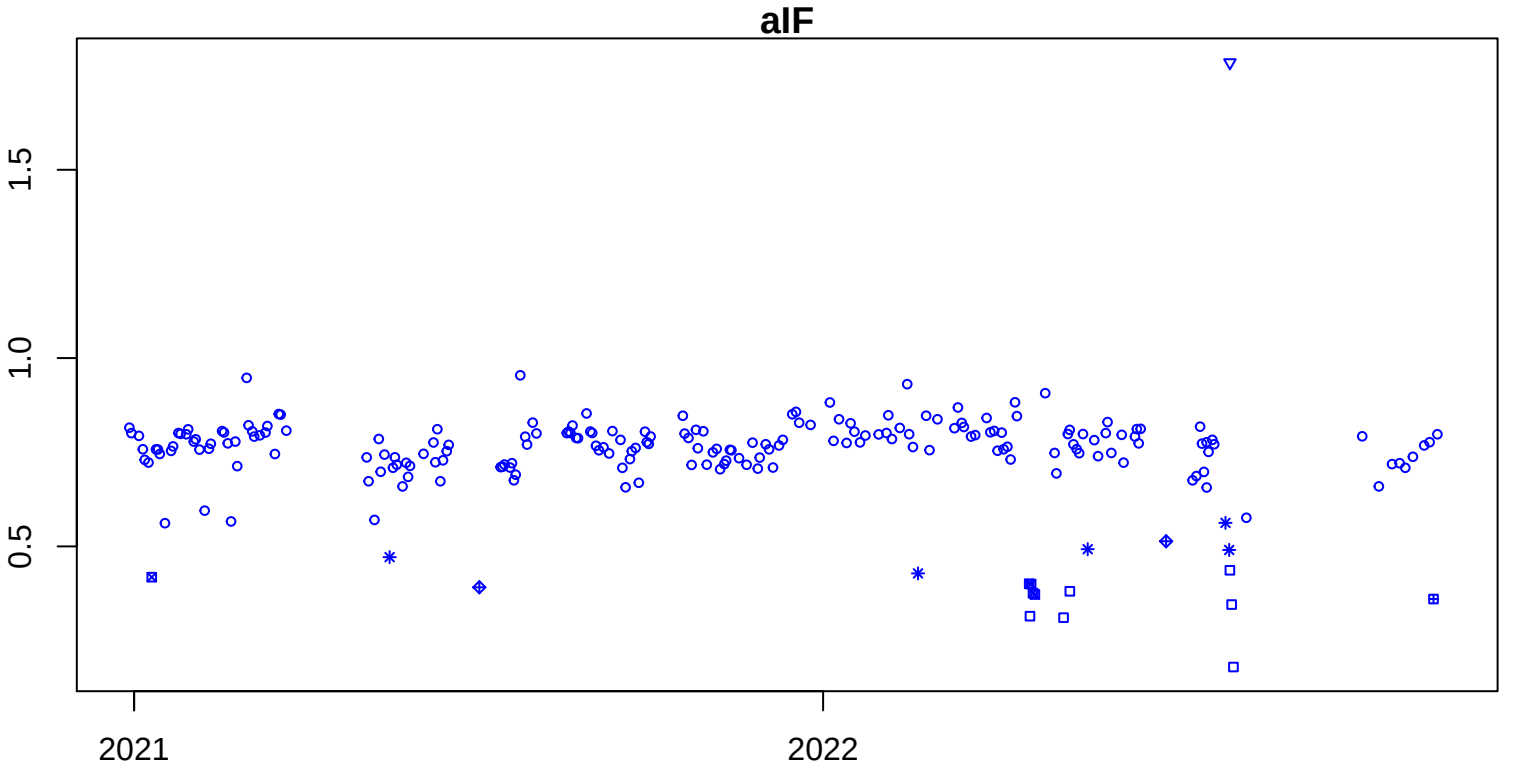

axPower
350
300
250
200
150
100
50
2021
2022

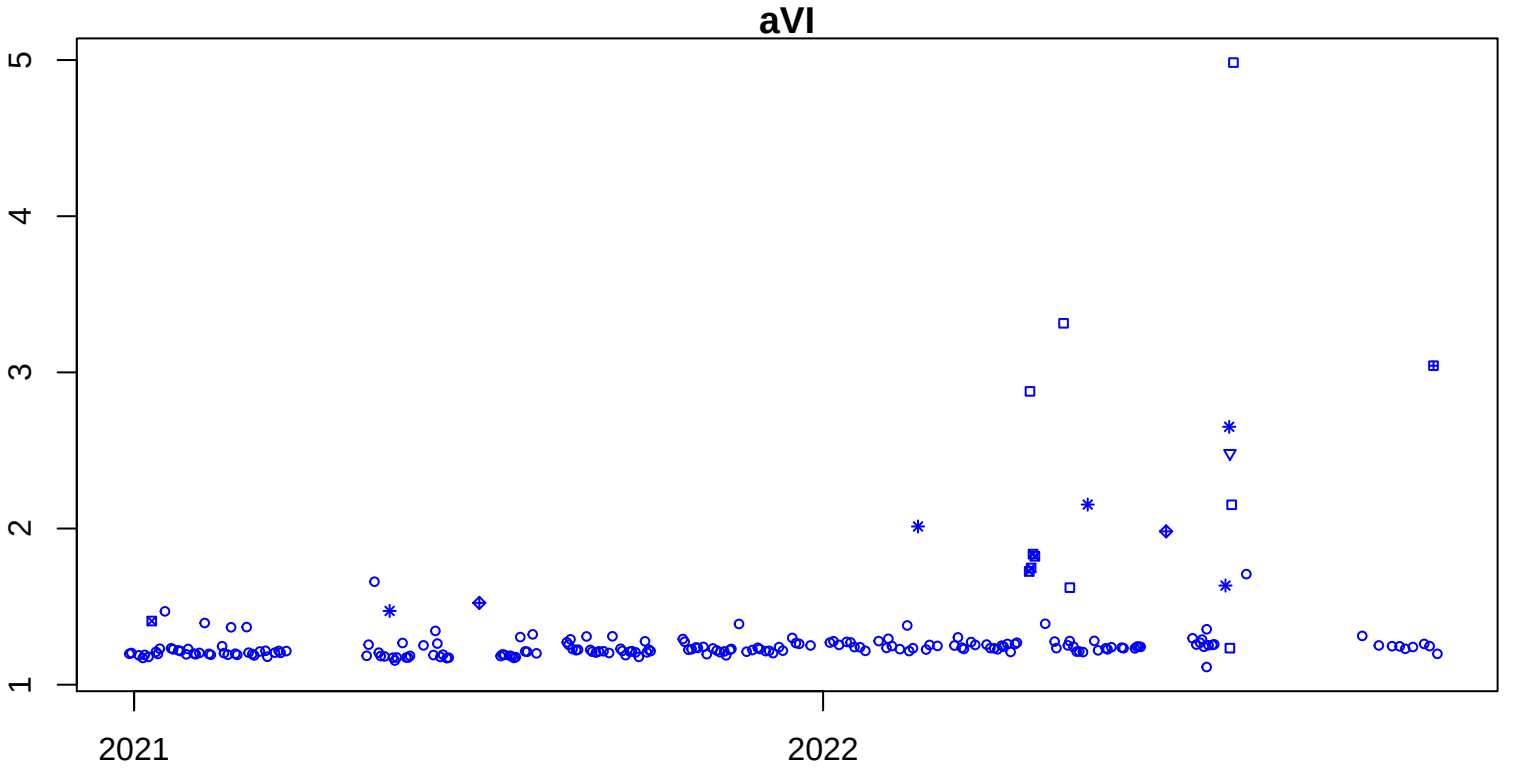

aPower_Relative_Intensity
0.2
0.4
0.6
0.8
1.0
1.2
1.4
2021
2022

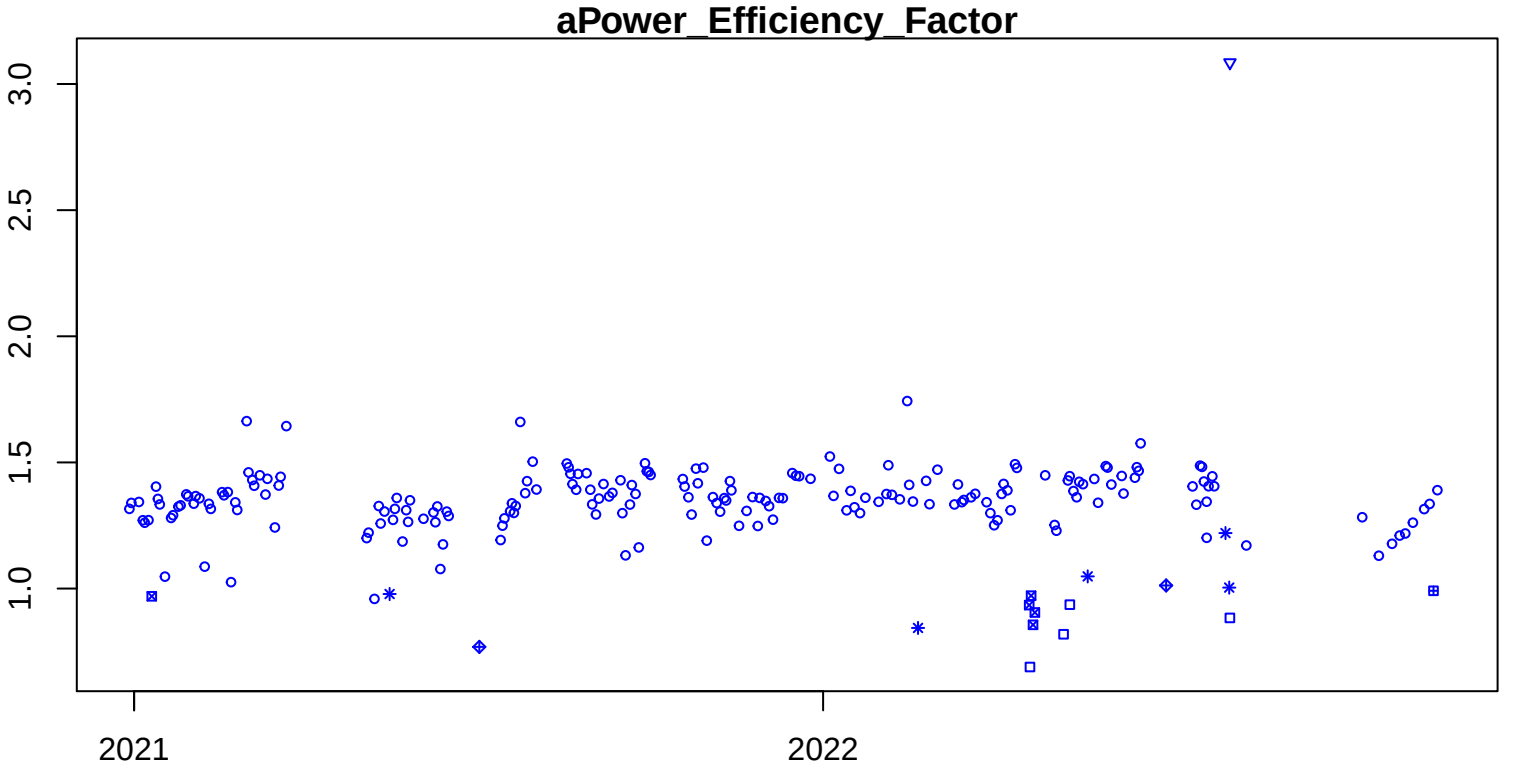

Skiba_aVI
4.0
3.5
3.0
2.5
2.0
1.5
1.0
2021
2022

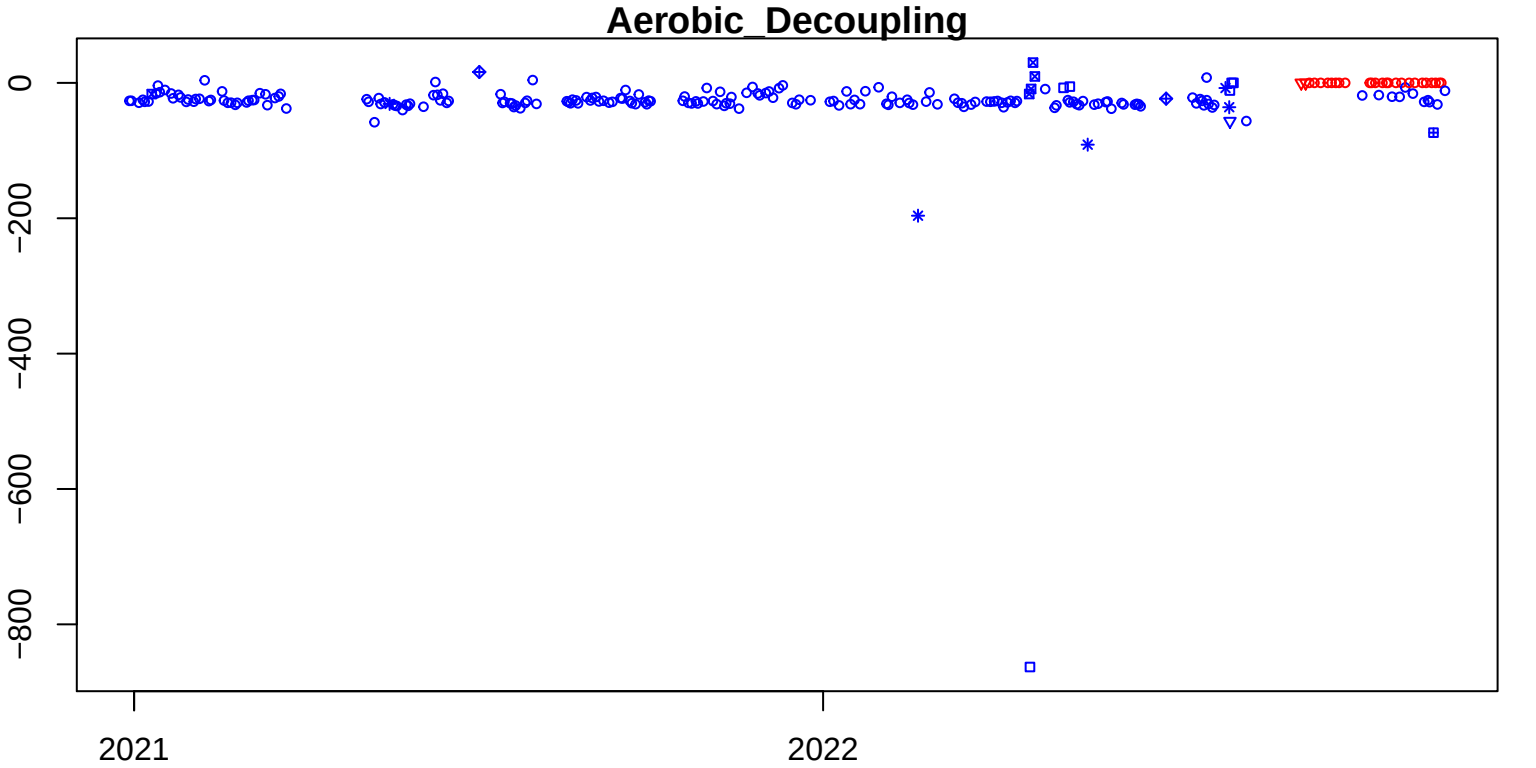

aPower_Response_Index
0.5
1.0
1.5
2.0
2.5
2021
2022

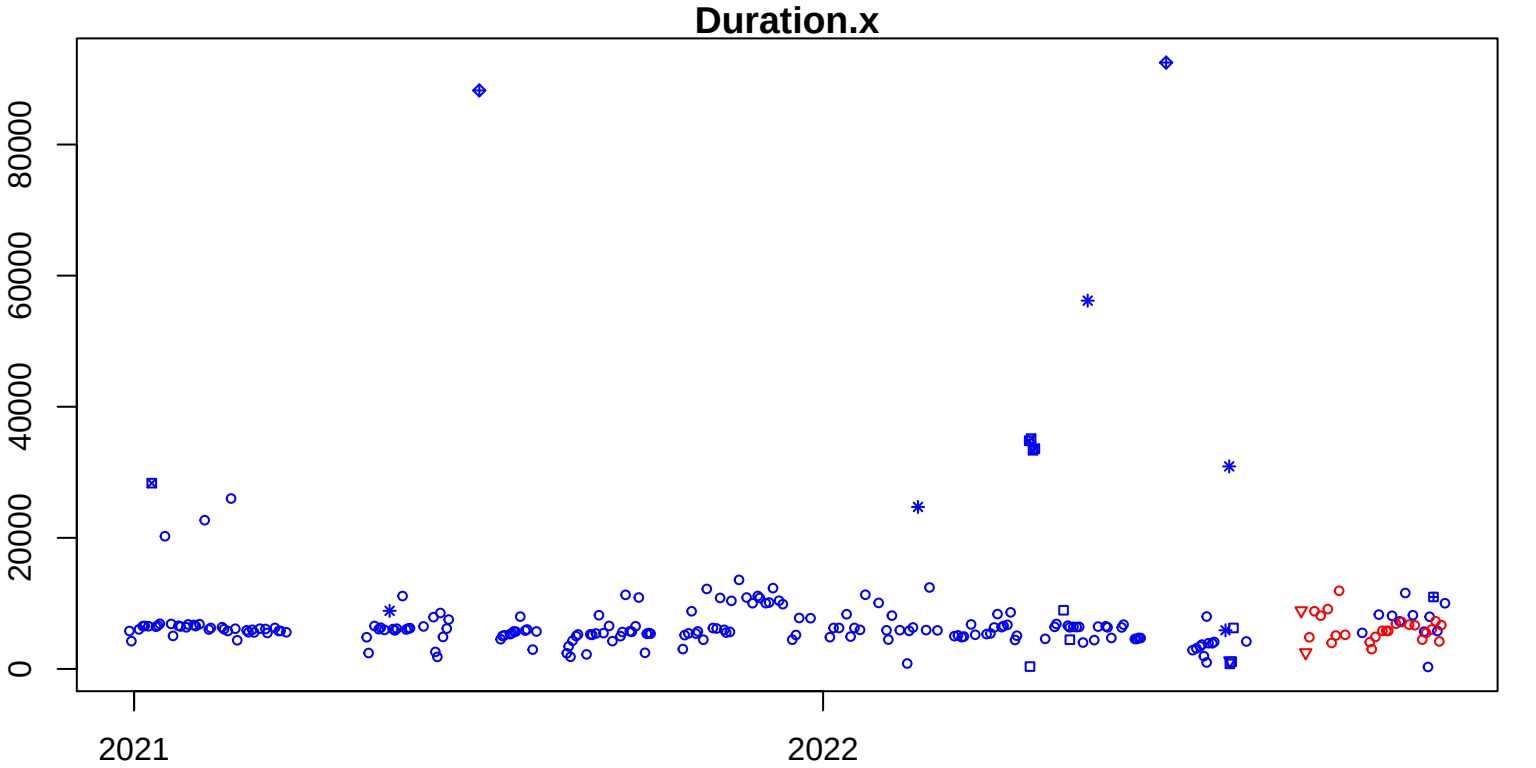

alsoPower
100
200
300
400
2021
2022

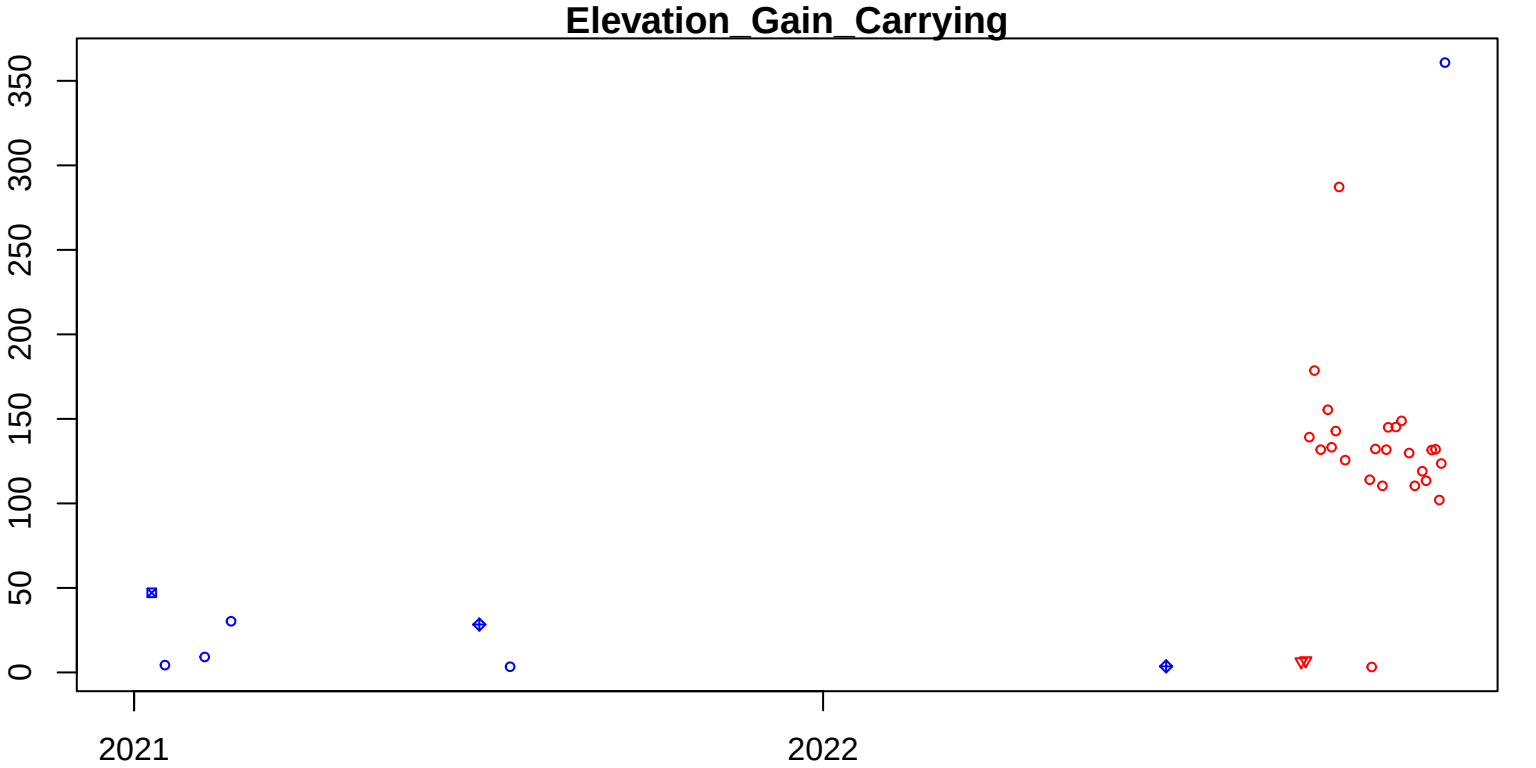

aIF
1.5
1.0
0.5
2021
2022

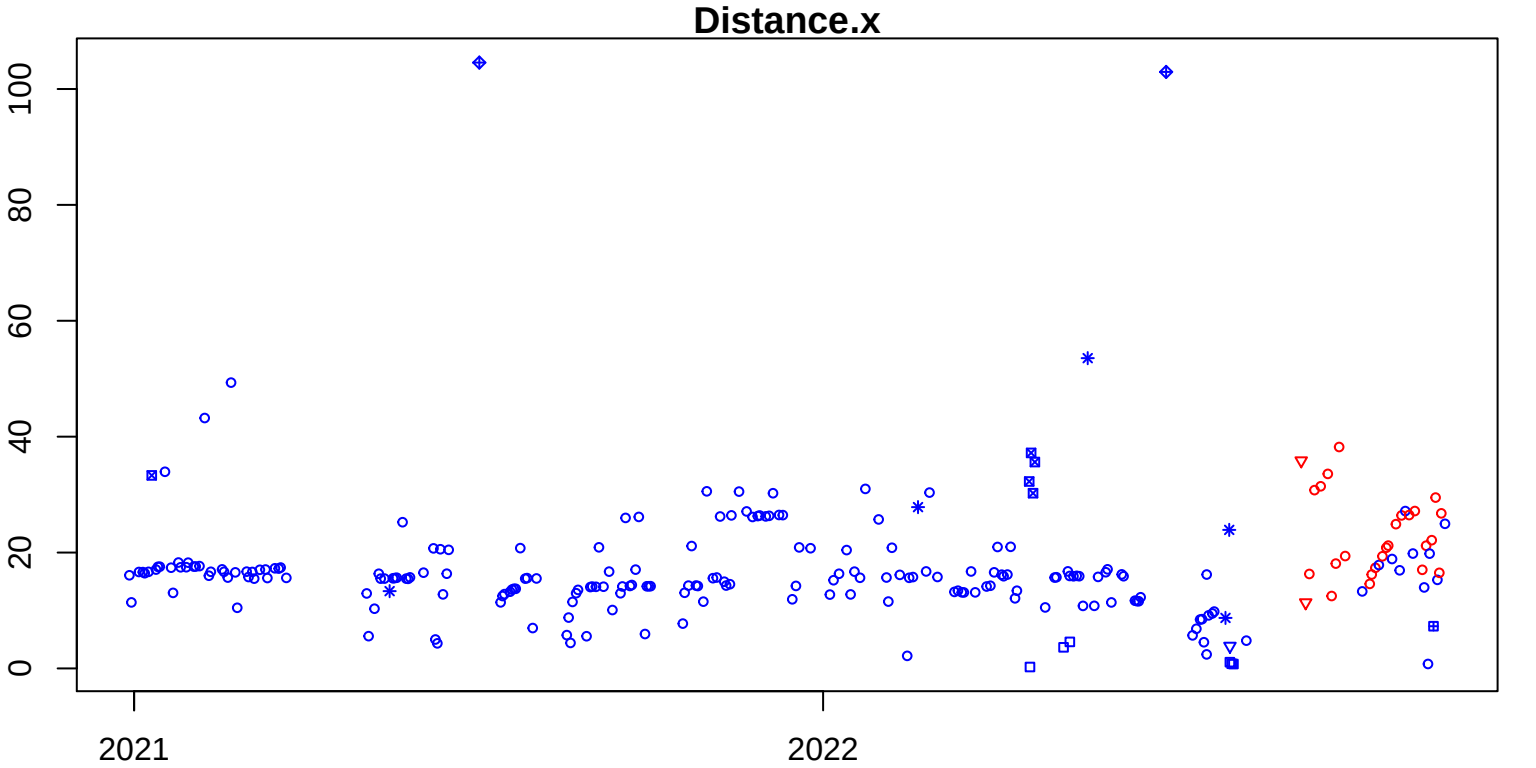

aVl
5
4
3
2
1
2021
2022

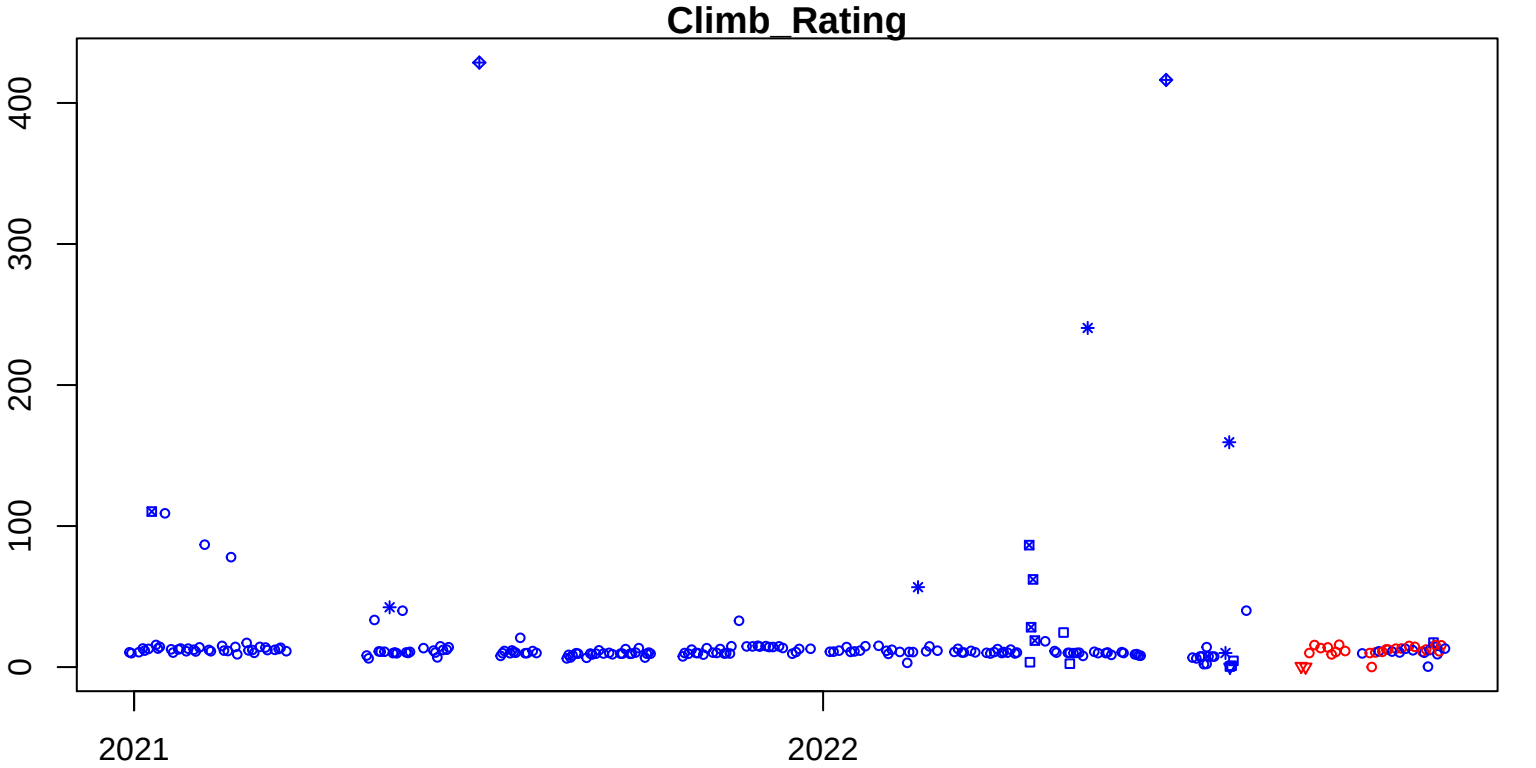

aPower_Efficiency_Factor
3.0
2.5
2.0
1.5
1.0
2021
2022

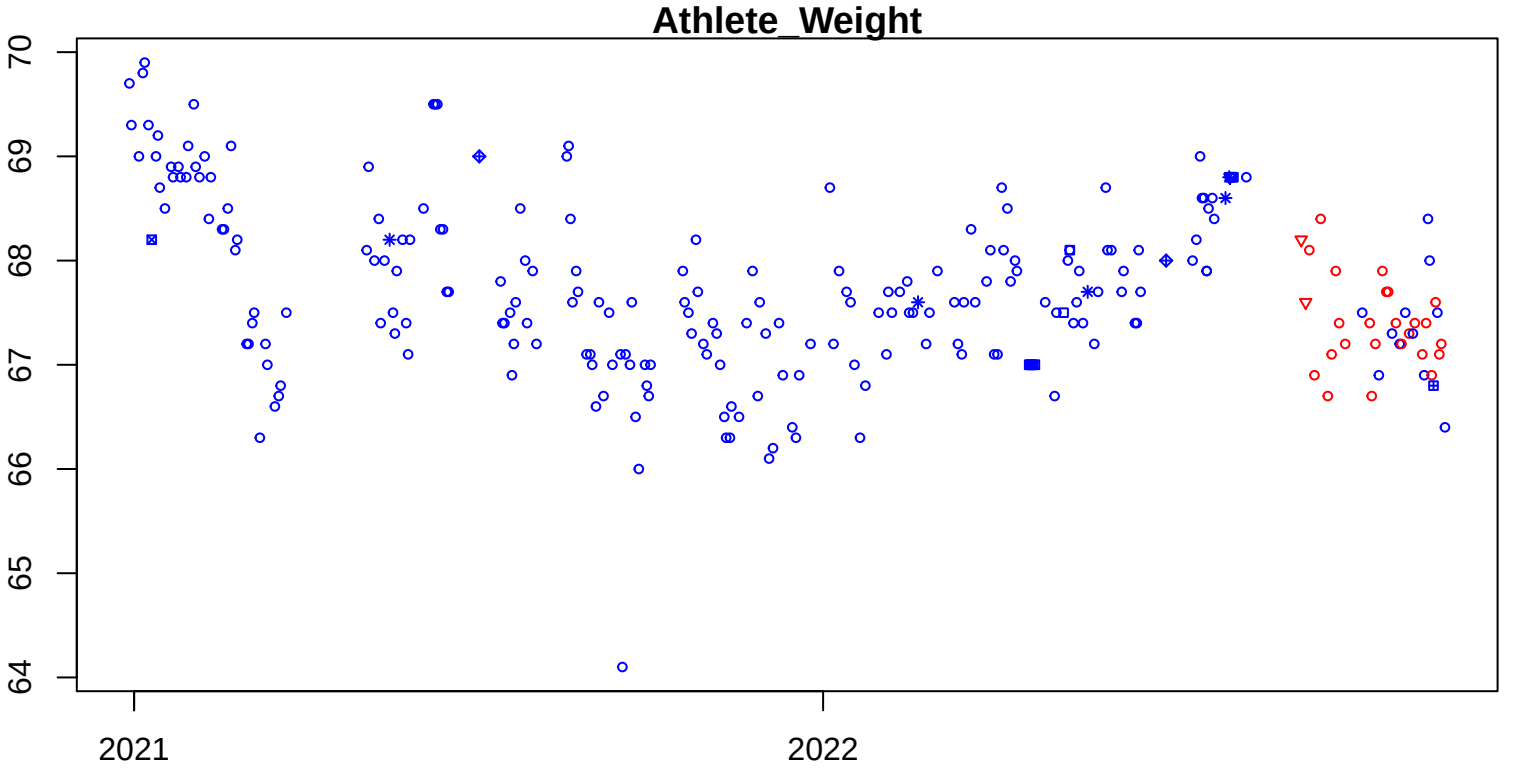

Aerobic_Decoupling
0
−200
−400
−600
−800
2021
2022

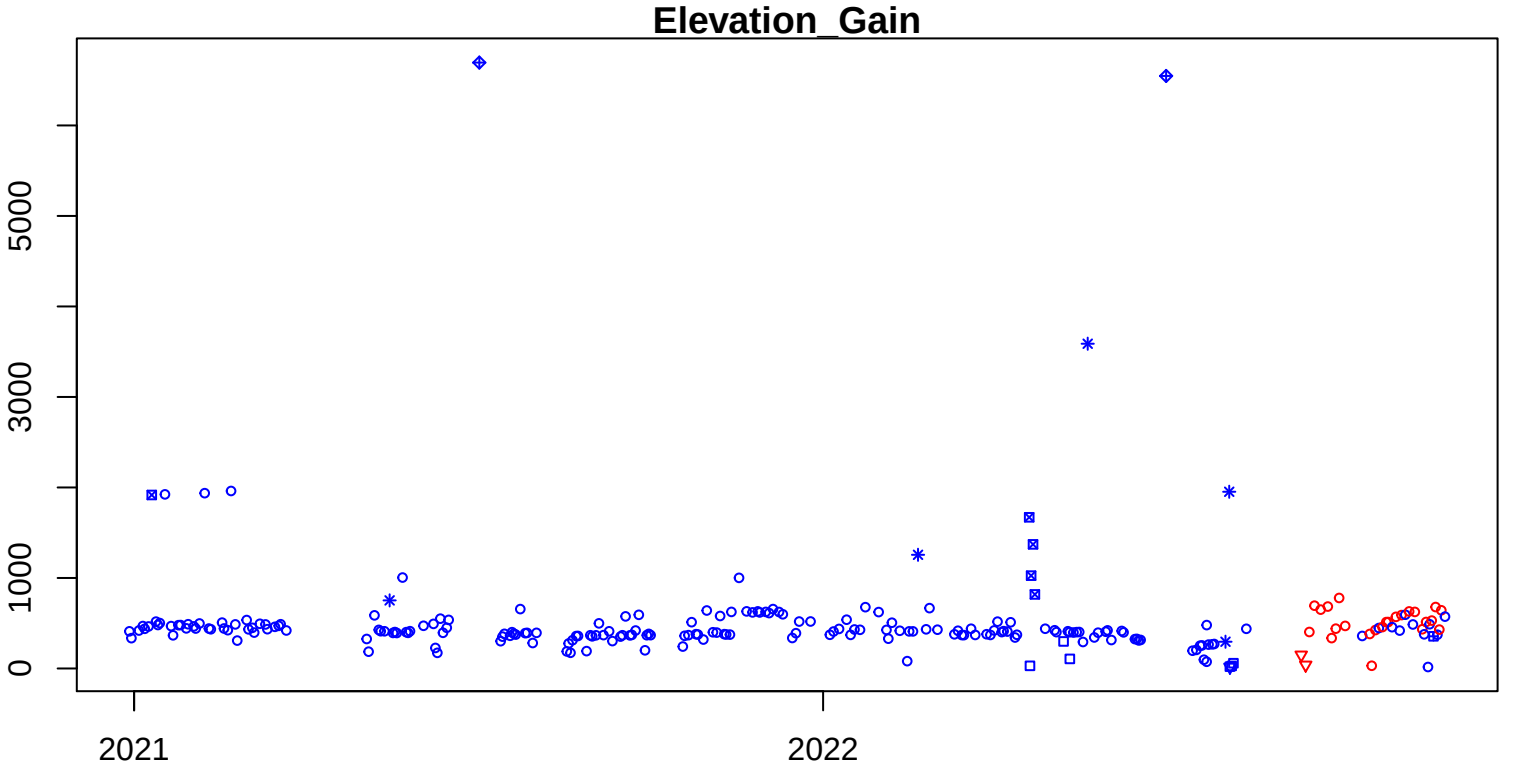

Duration.x
0
20000
40000
60000
80000
2021
2022

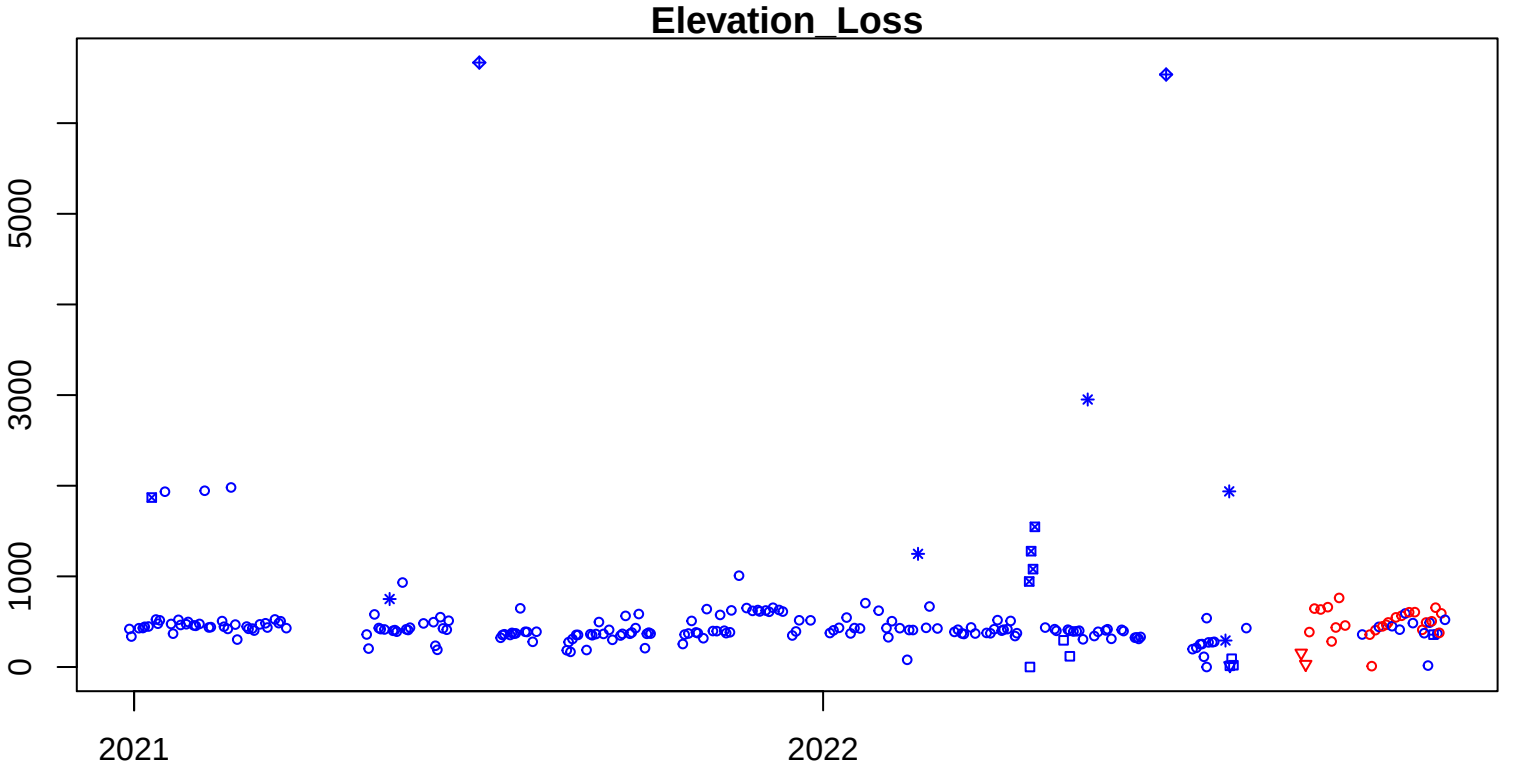

Elevation_Gain_Carrying
0
50
100
150
200
250
300
350
2021
2022

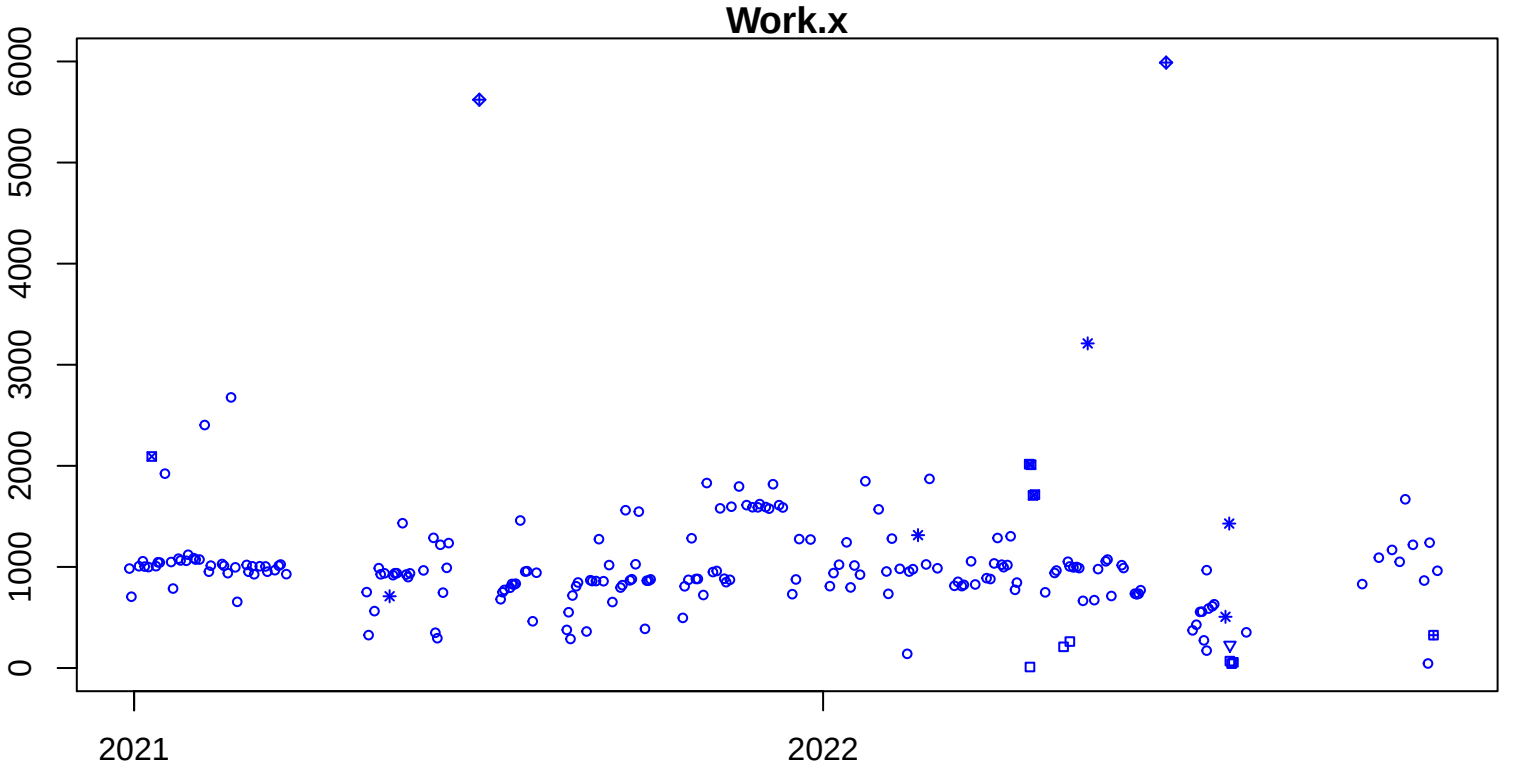

Distance.x
0
20
40
60
80
100
2021
2022

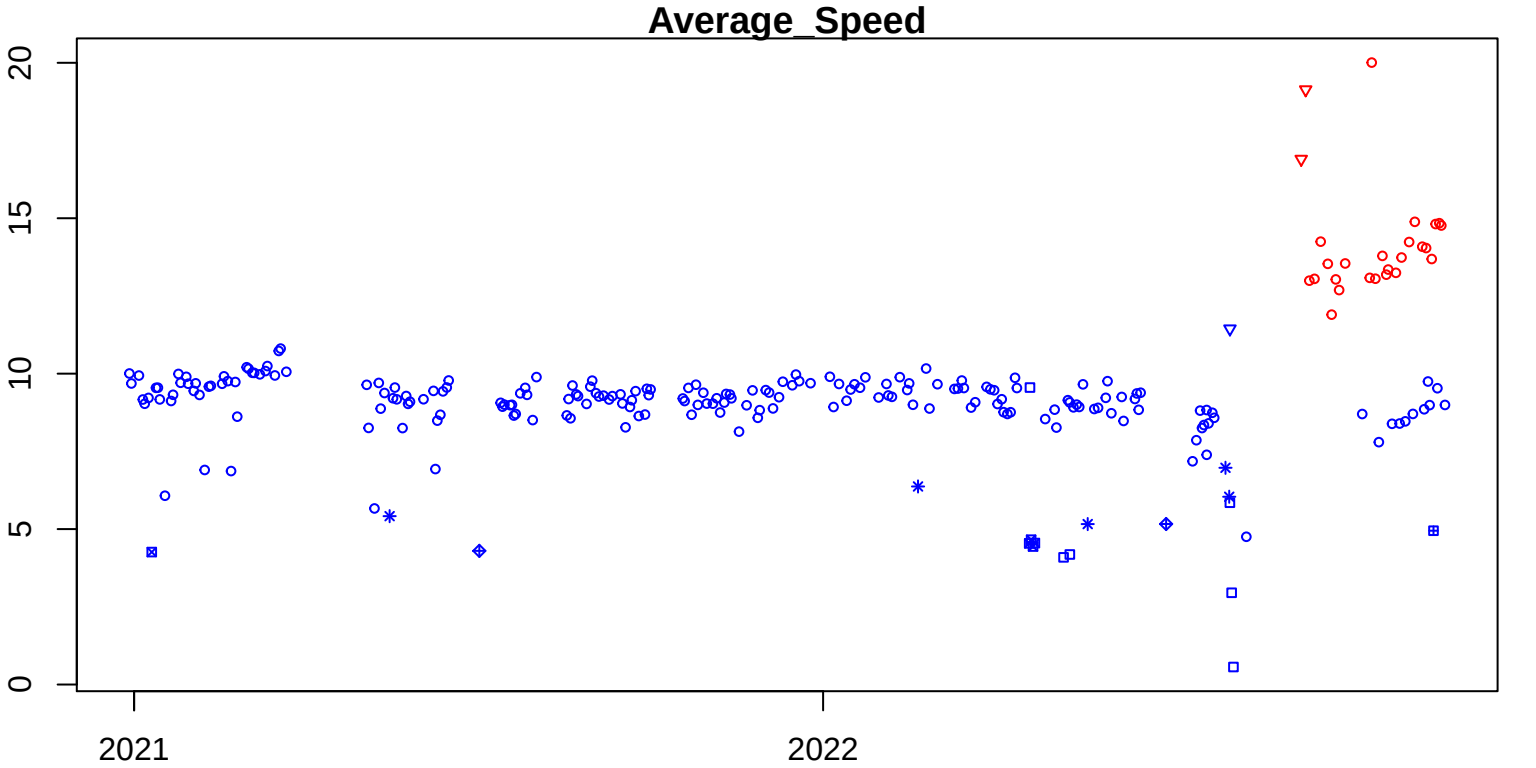

Climb_Rating
0
100
200
300
400
2021
2022

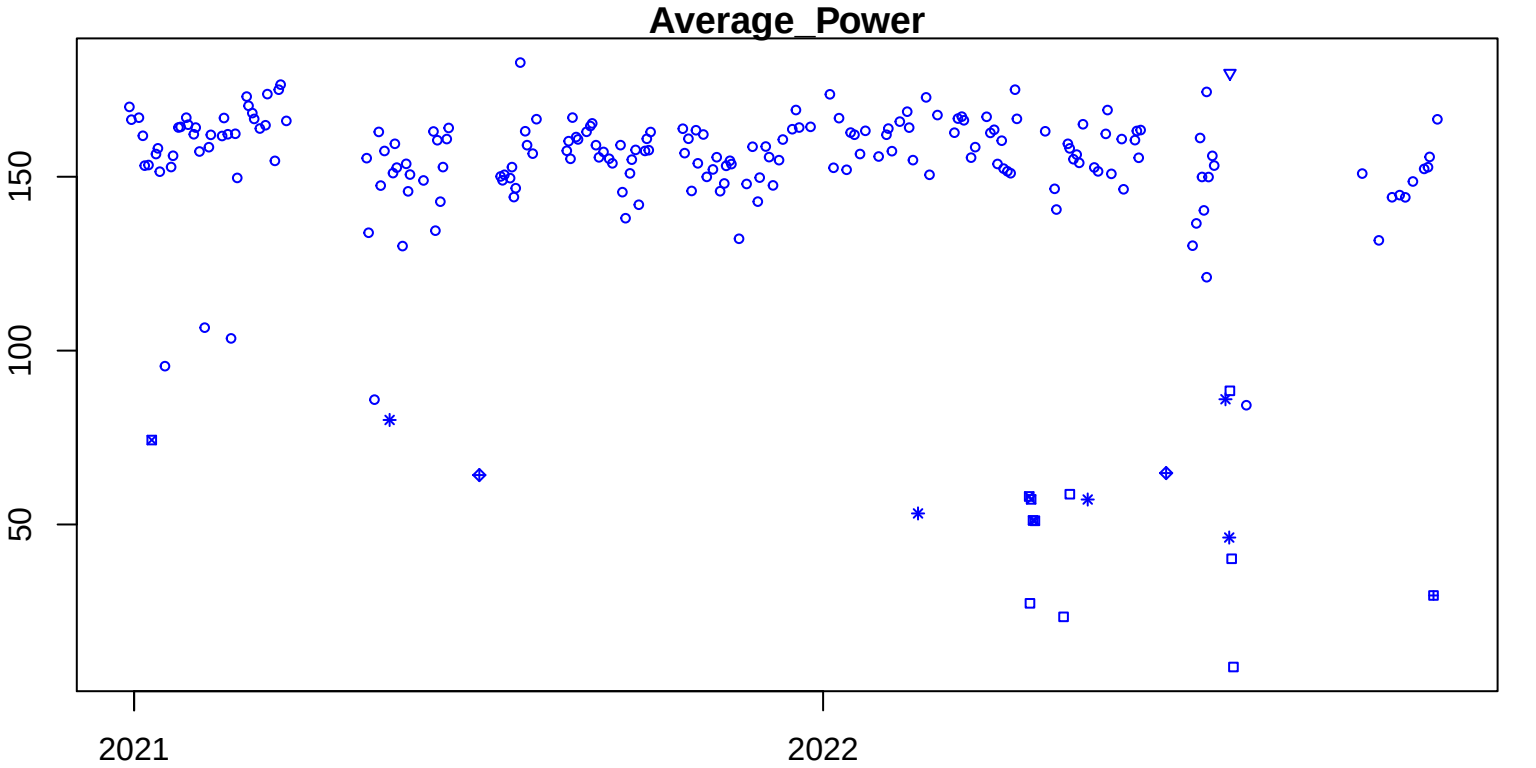

Athlete_Weight
70
69
68
67
66
65
64
2021
2022

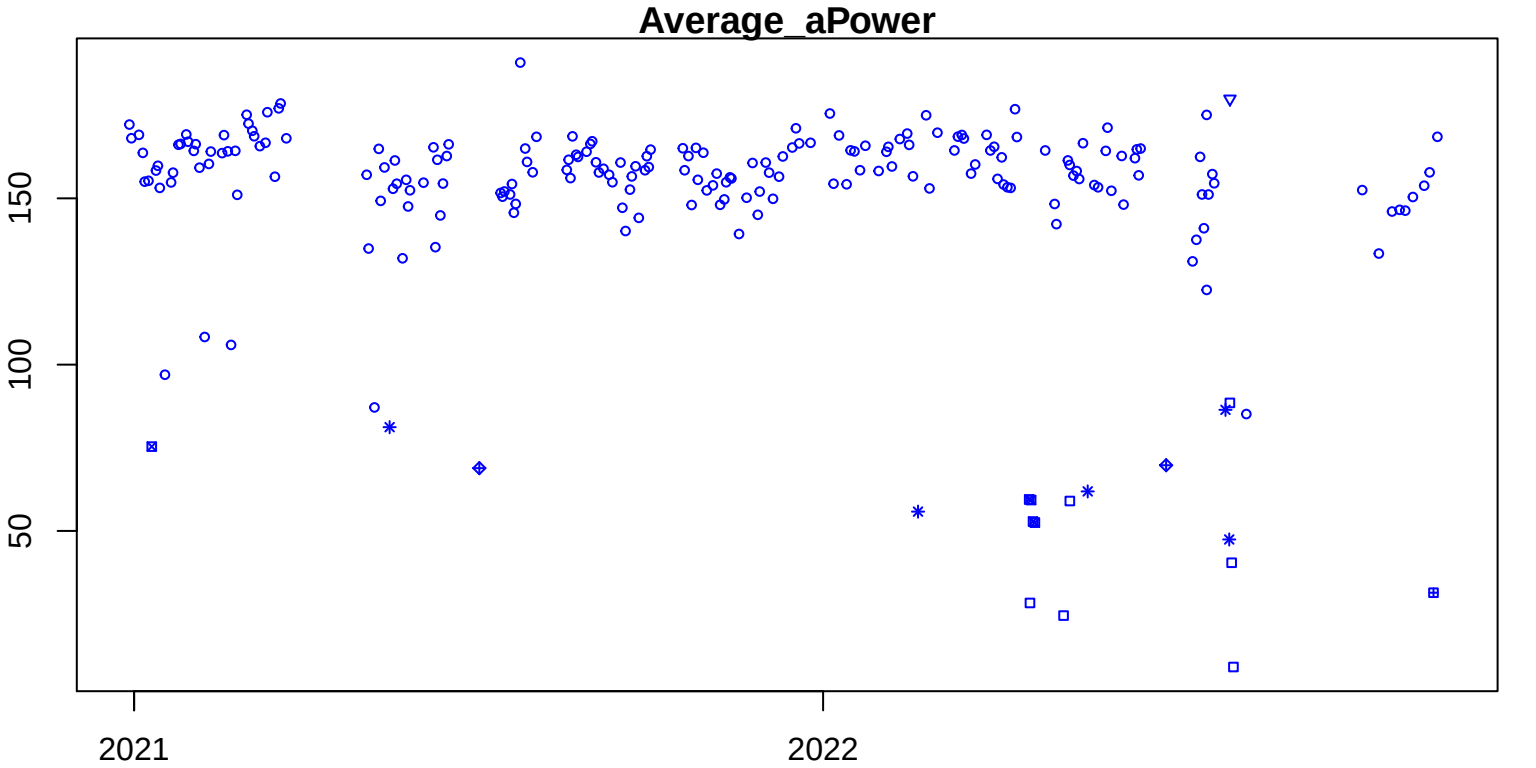

Elevation_Gain
0
1000
3000
5000
2021
2022

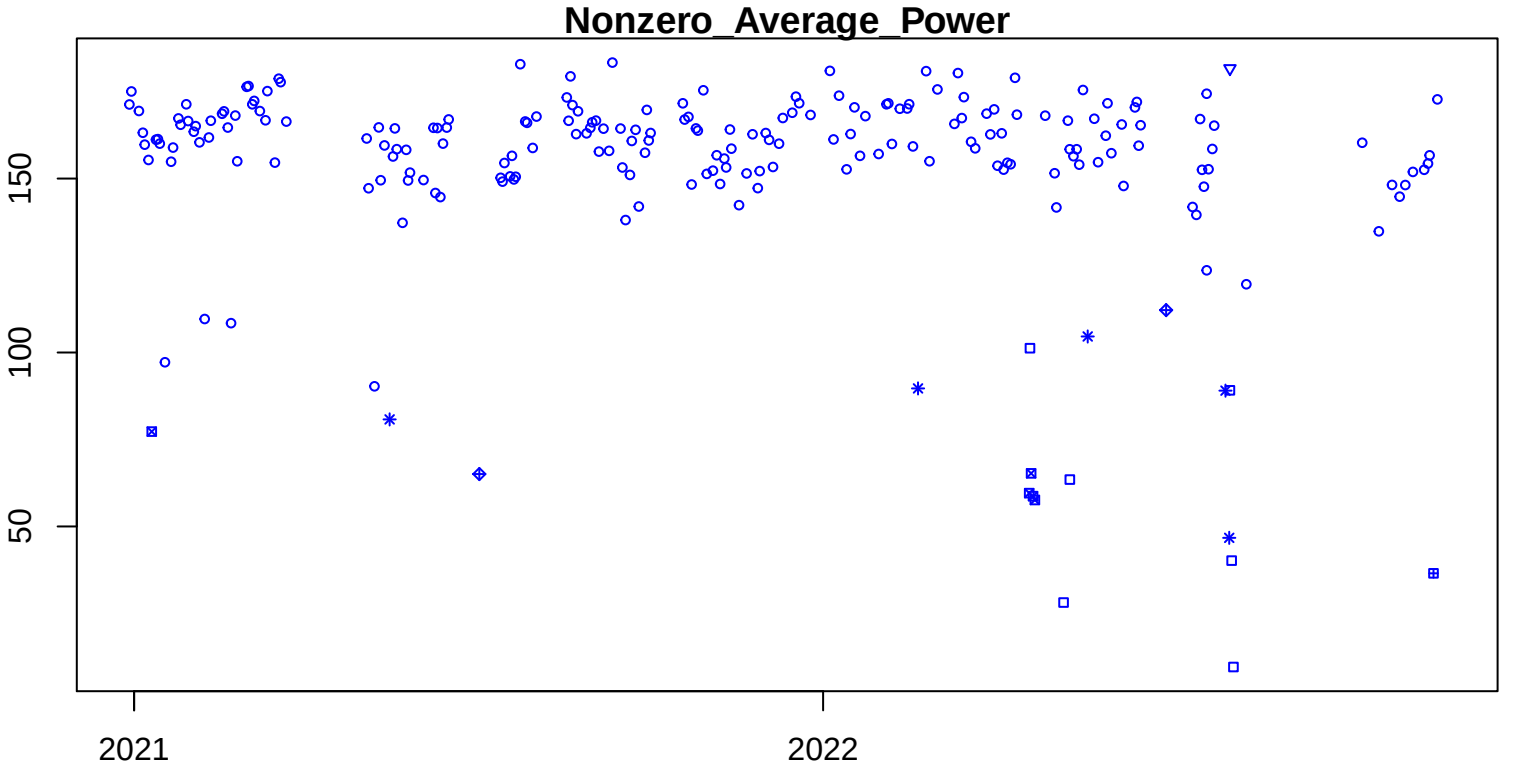

Elevation_Loss
0
1000
3000
5000
2021
2022

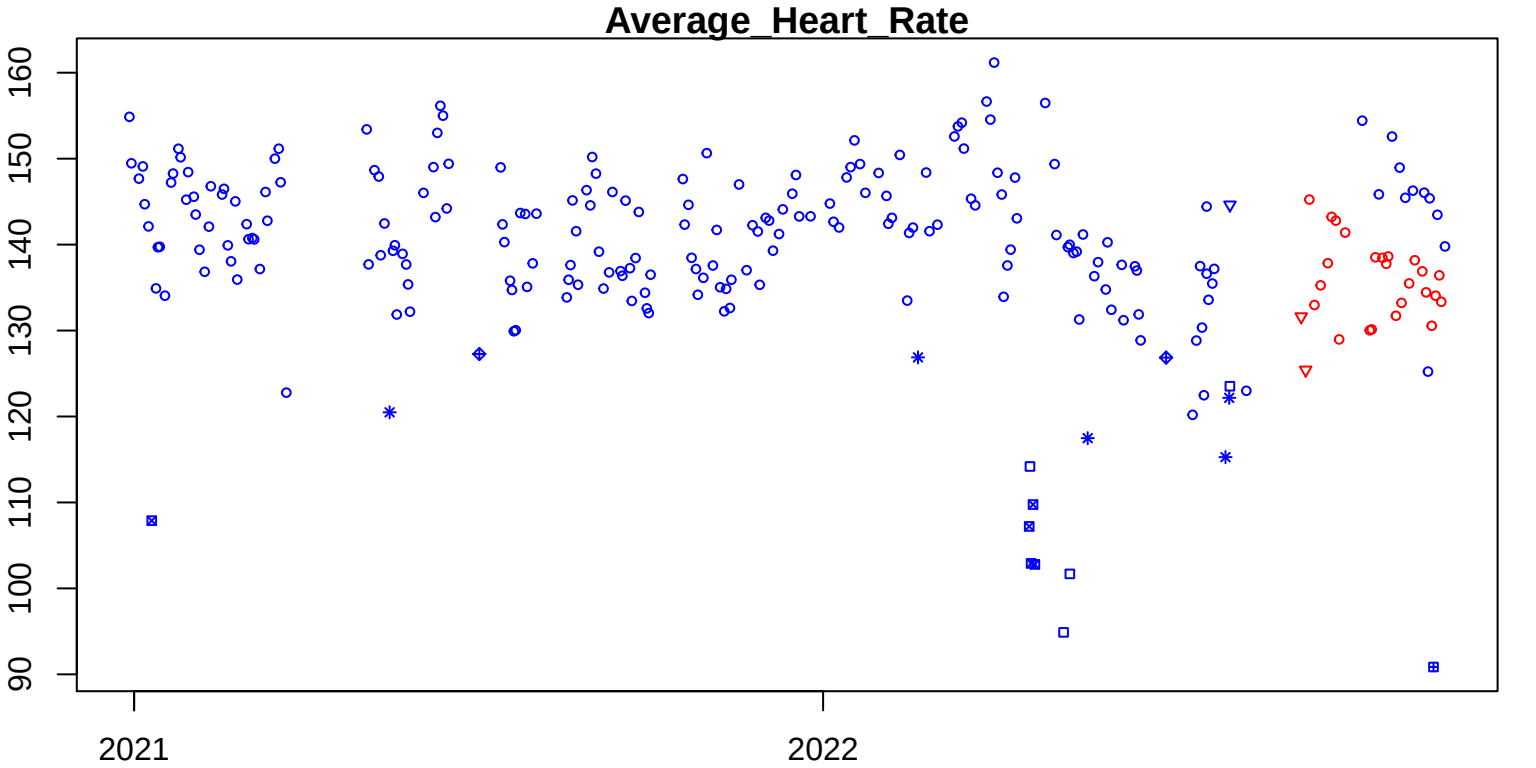

Work.x
0
1000
2000
3000
4000
5000
6000
2021
2022

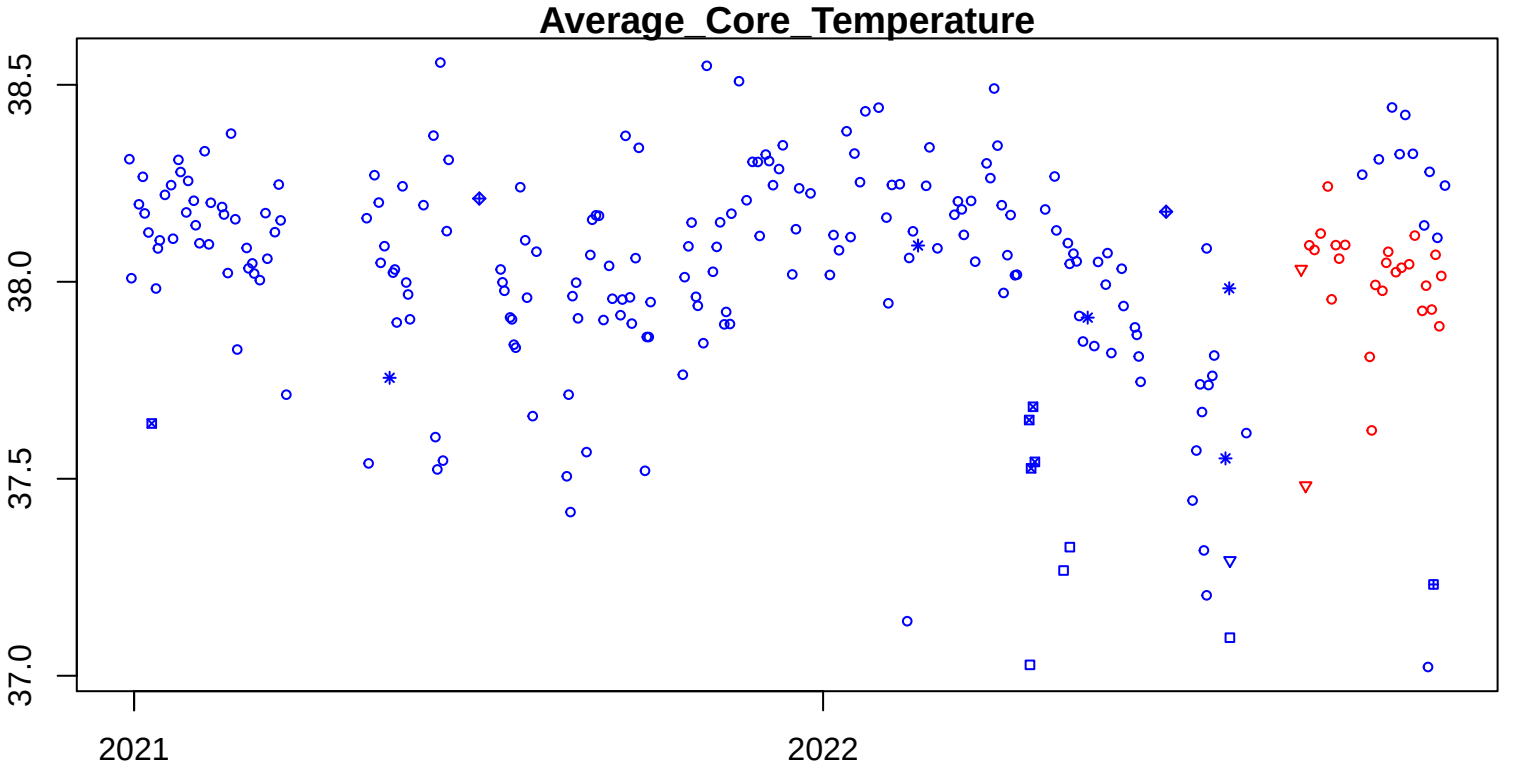

Average_Speed
0
5
10
15
20
2021
2022

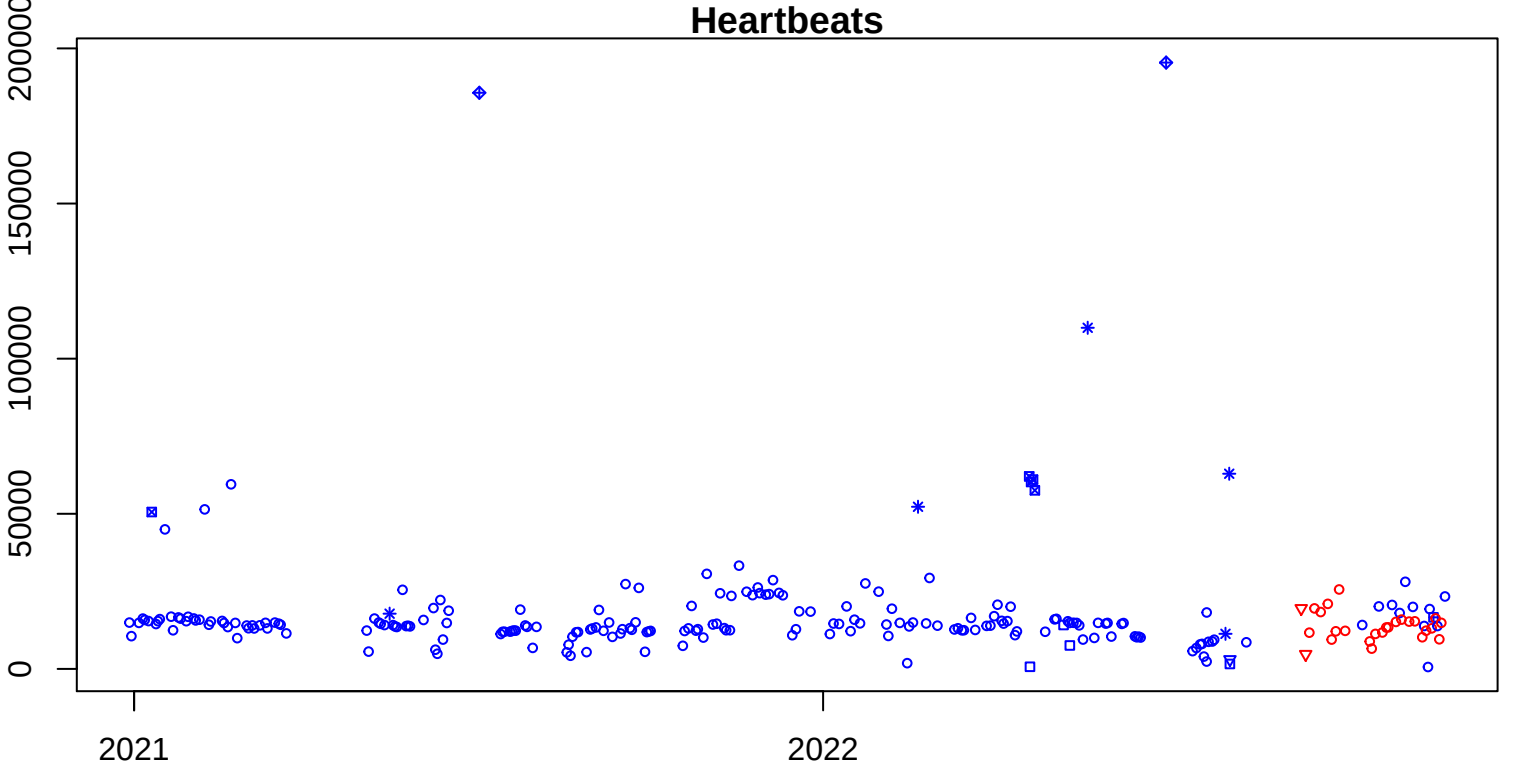

Average_Power
150
100
50
2021
2022

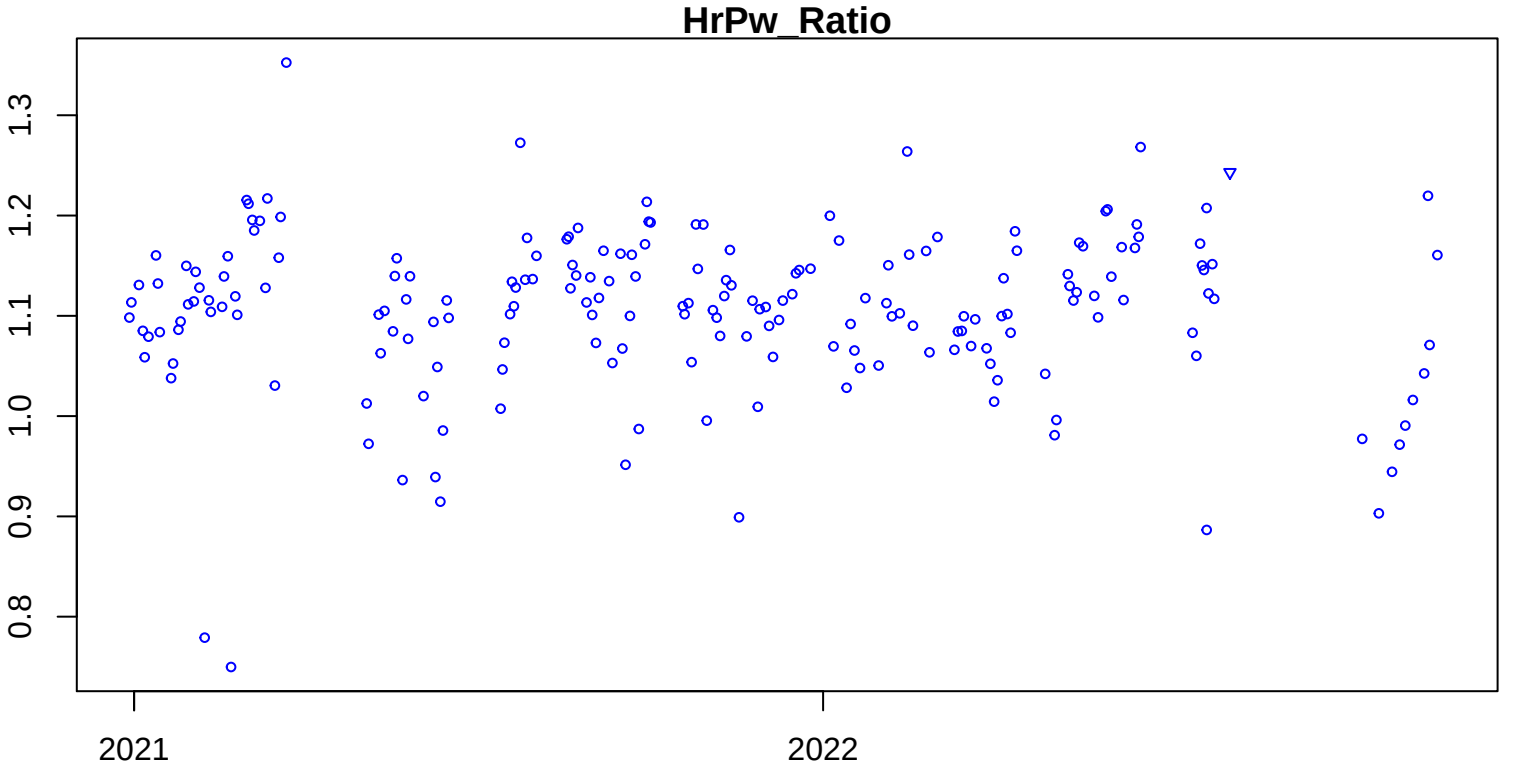

Average_aPower
150
100
50
2021
2022

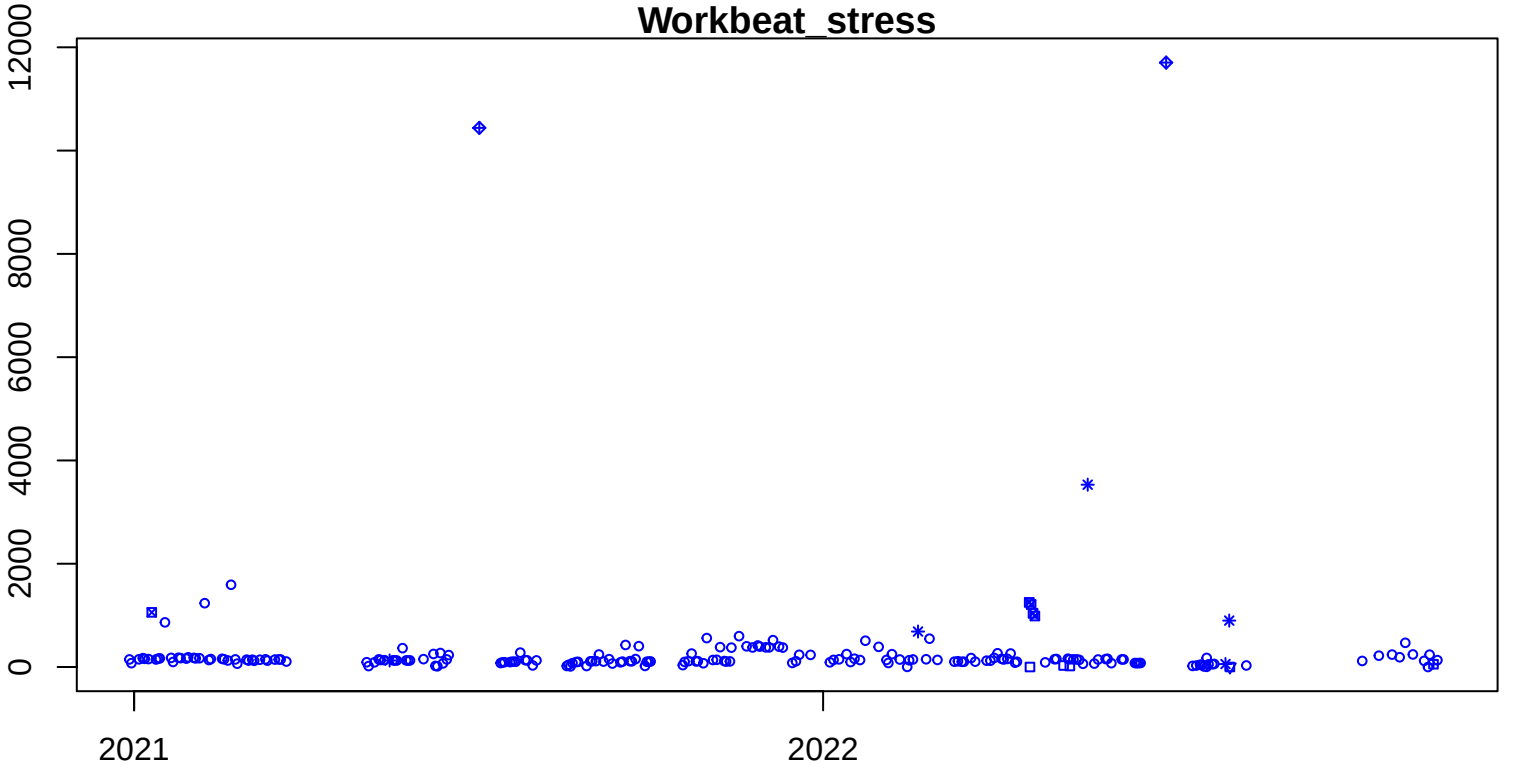

Nonzero_Average_Power
150
100
50
2021
2022

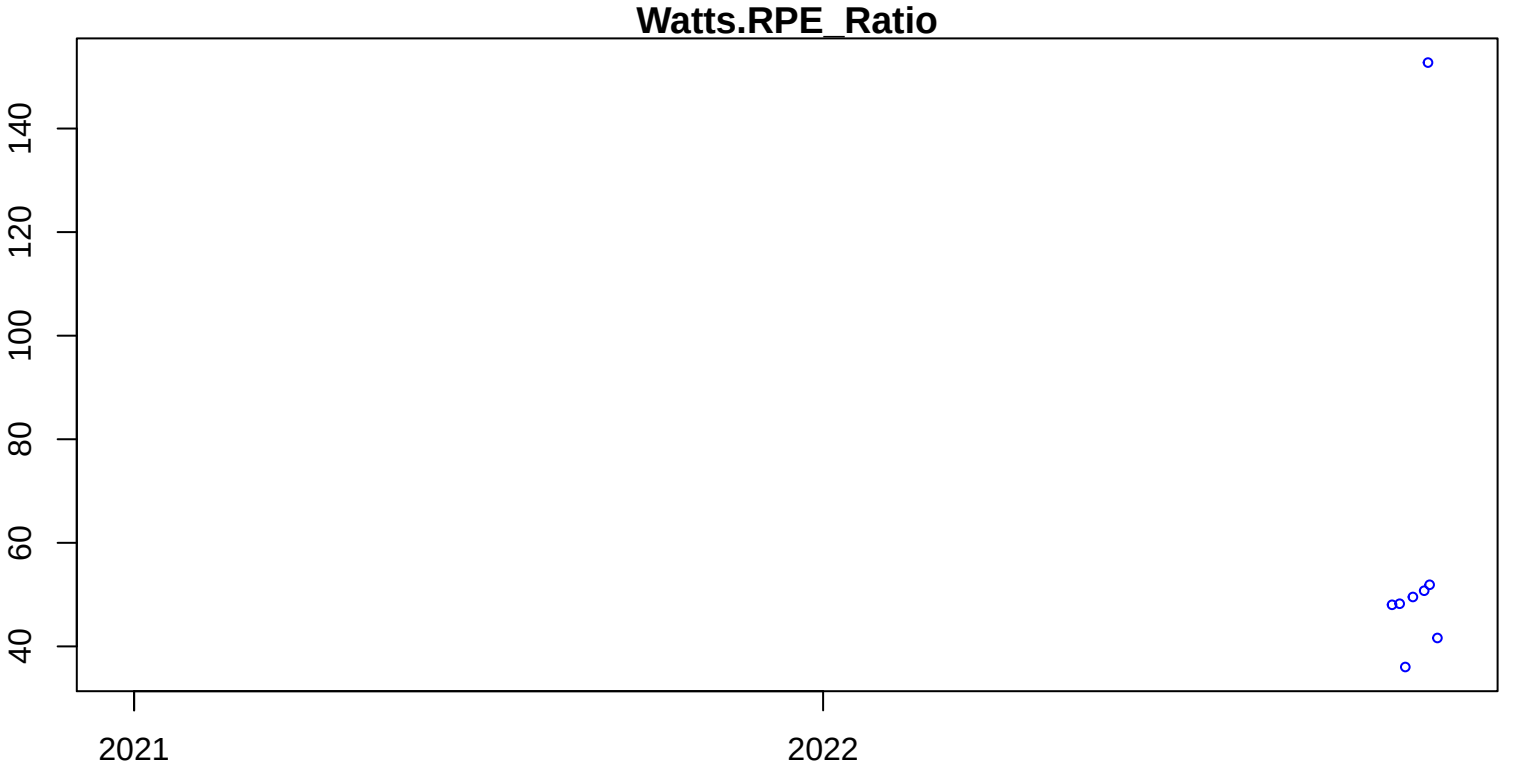

Average_Heart_Rate
160
150
140
130
120
110
100
90
2021
2022

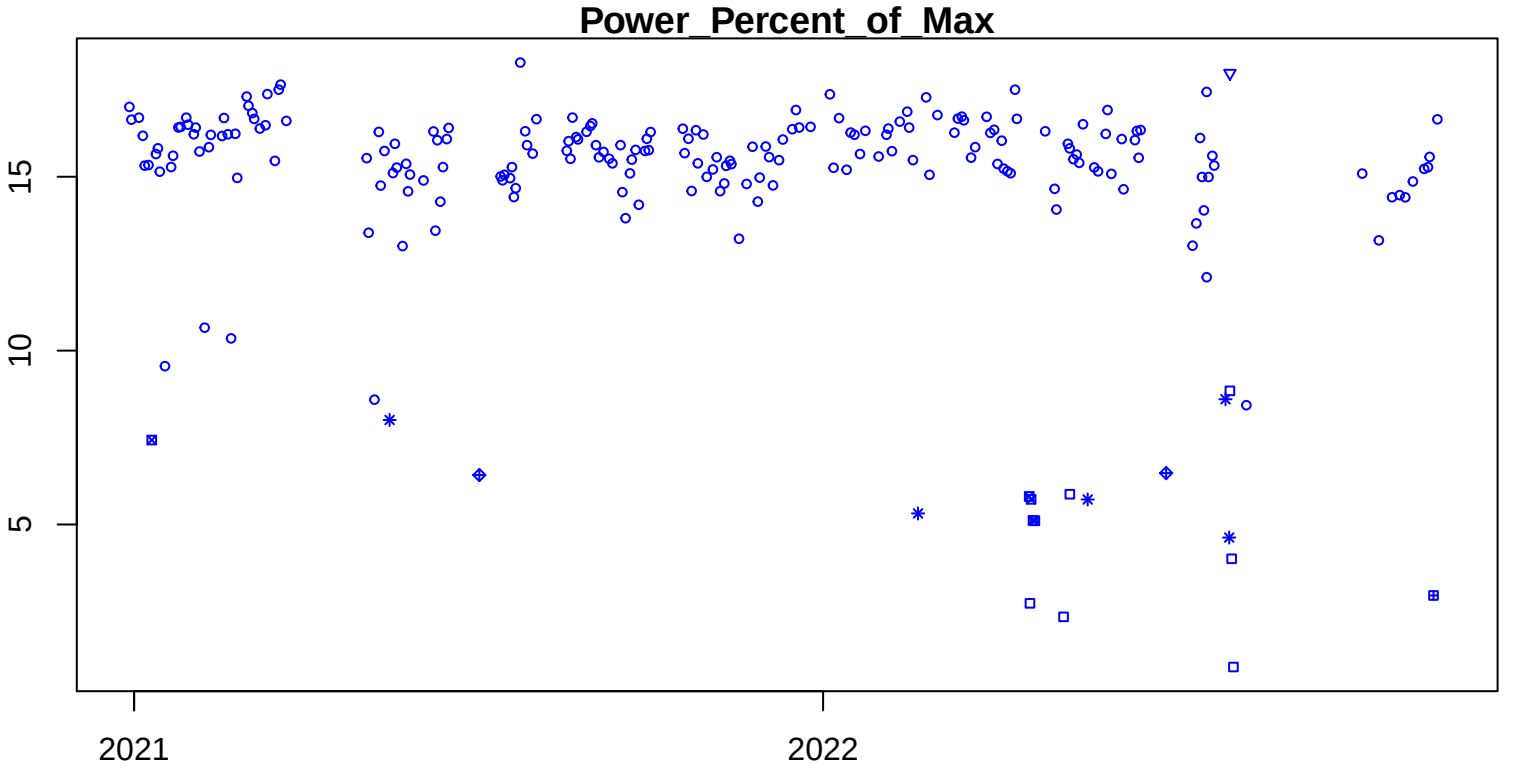

Average_Core_Temperature
38.5
38.0
37.5
37.0
2021
2022

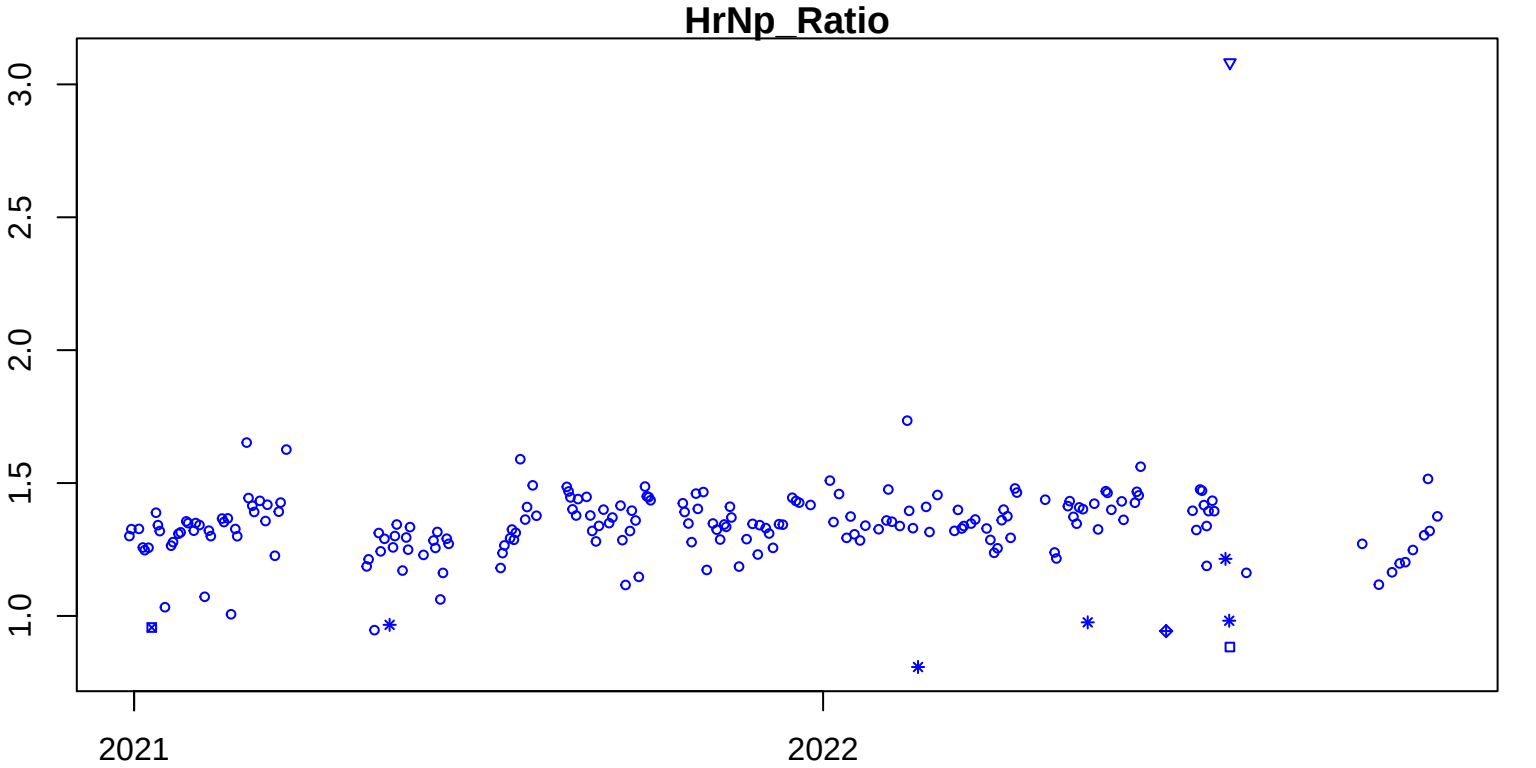

Heartbeats
0
50000
100000
150000
200000
2021
2022

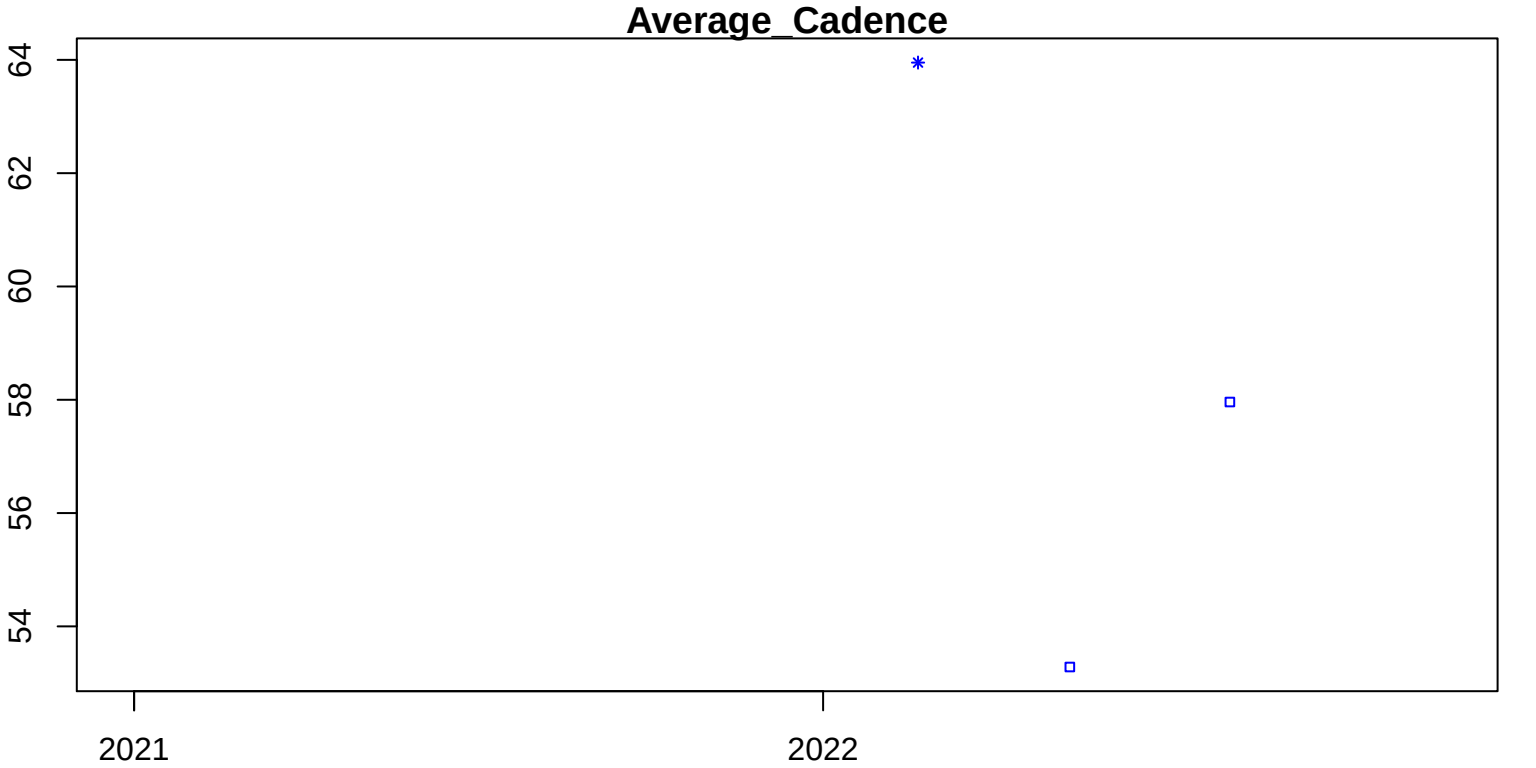

HrPw_Ratio
0.8
0.9
1.0
1.1
1.2
1.3
2021
2022

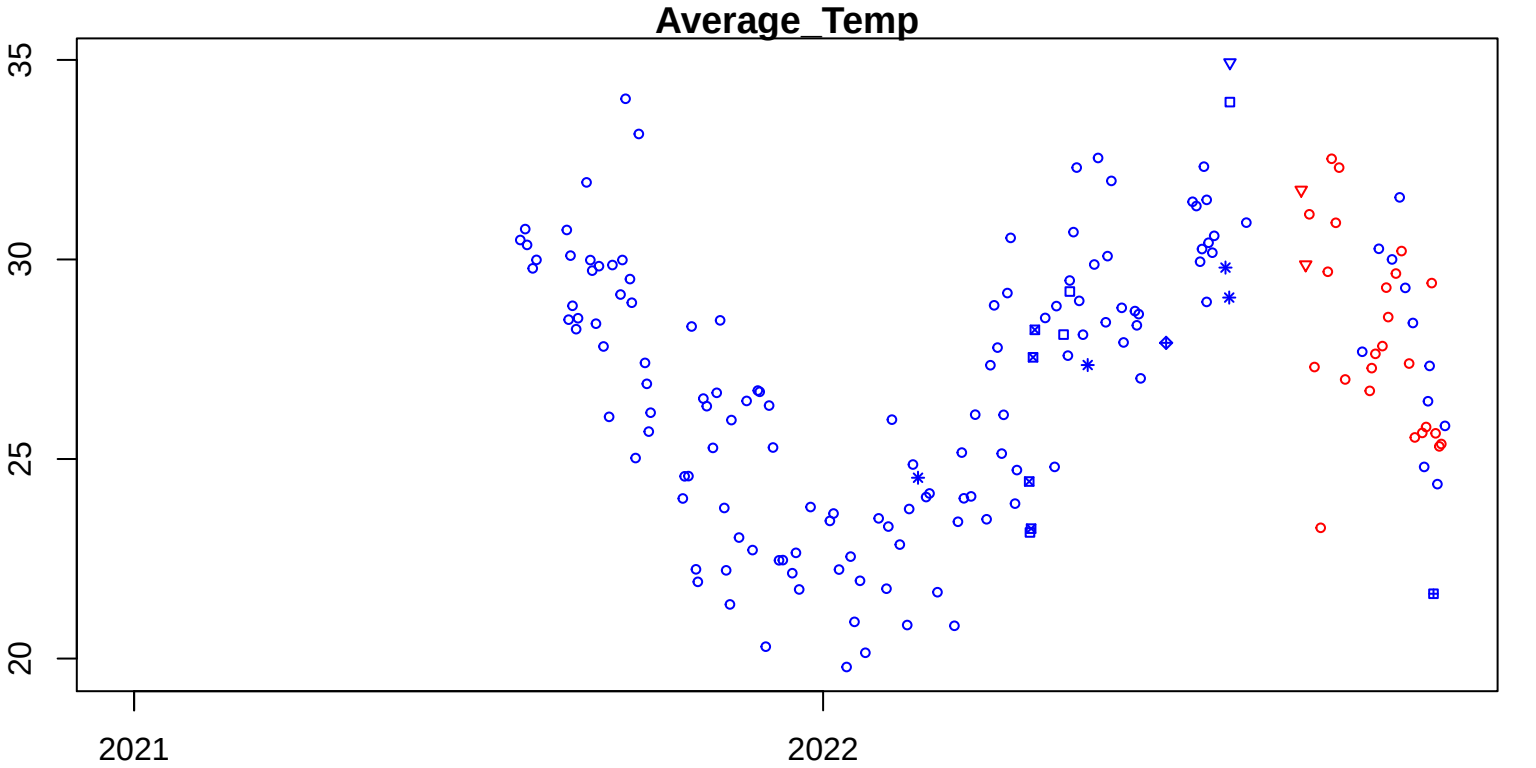

Workbeat_stress
12000
8000
6000
4000
2000
0
2021
2022

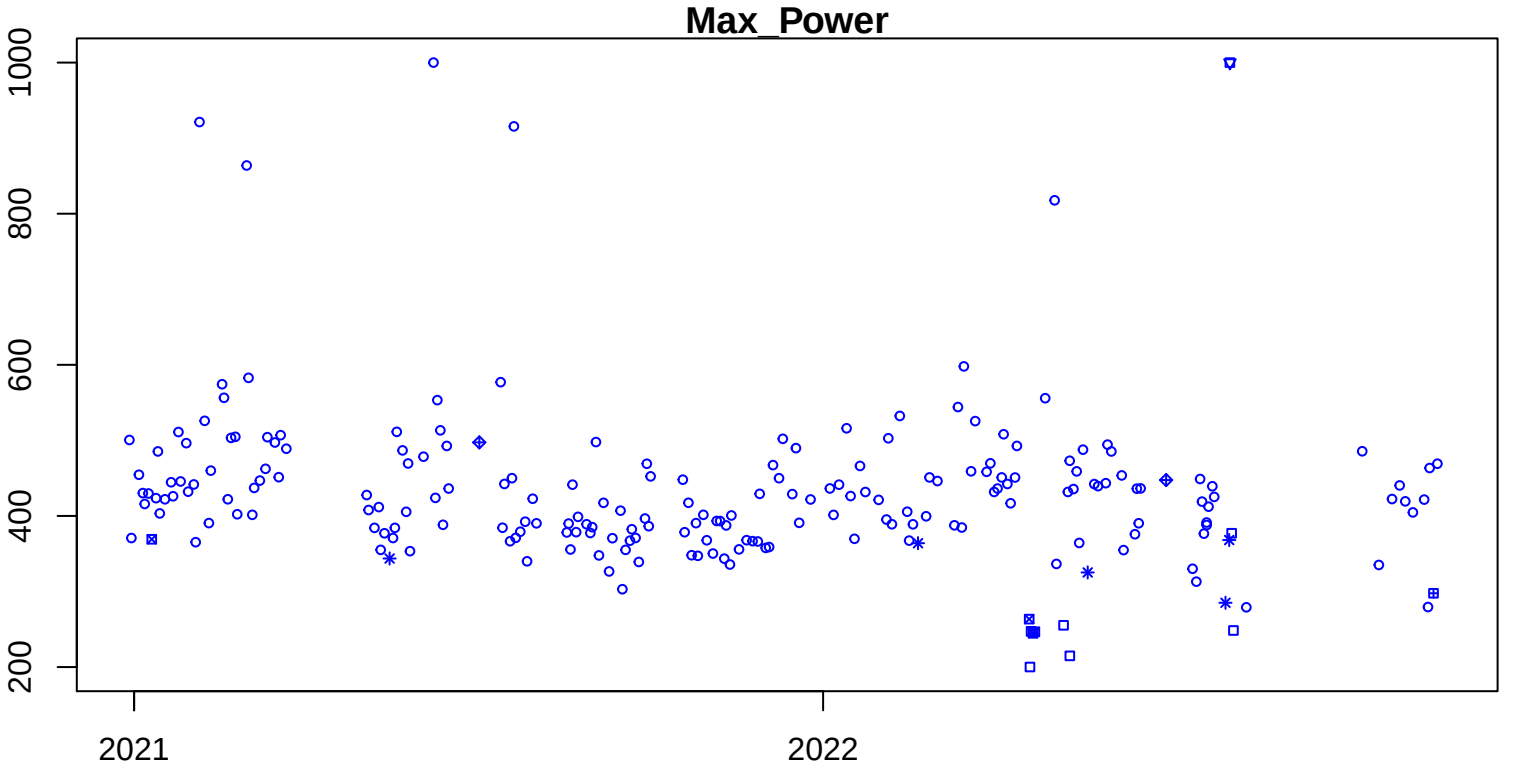

Watts.RPE_Ratio
140
120
100
80
60
40
2021
2022

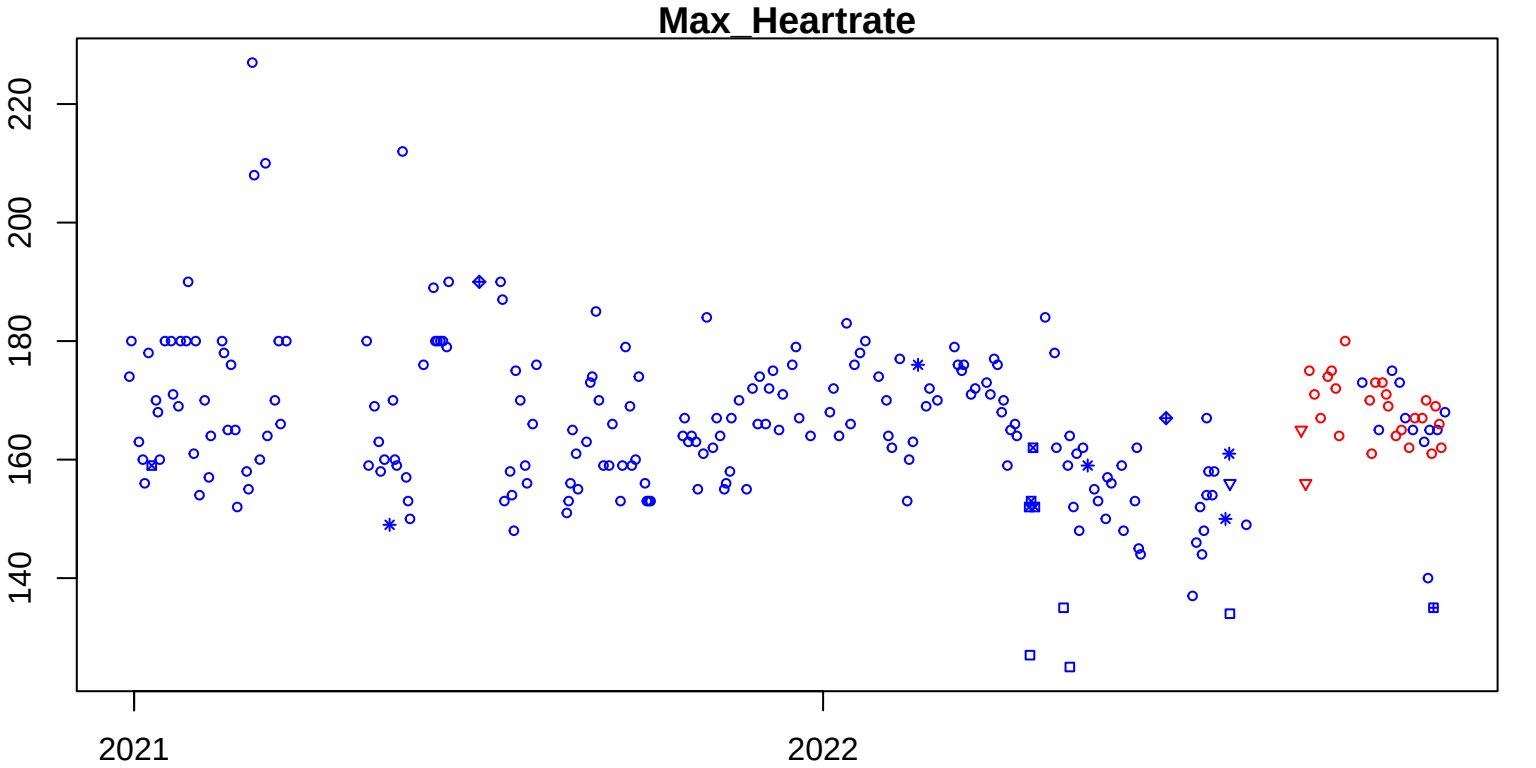

Power_Percent_of_Max
15
10
5
2021
2022

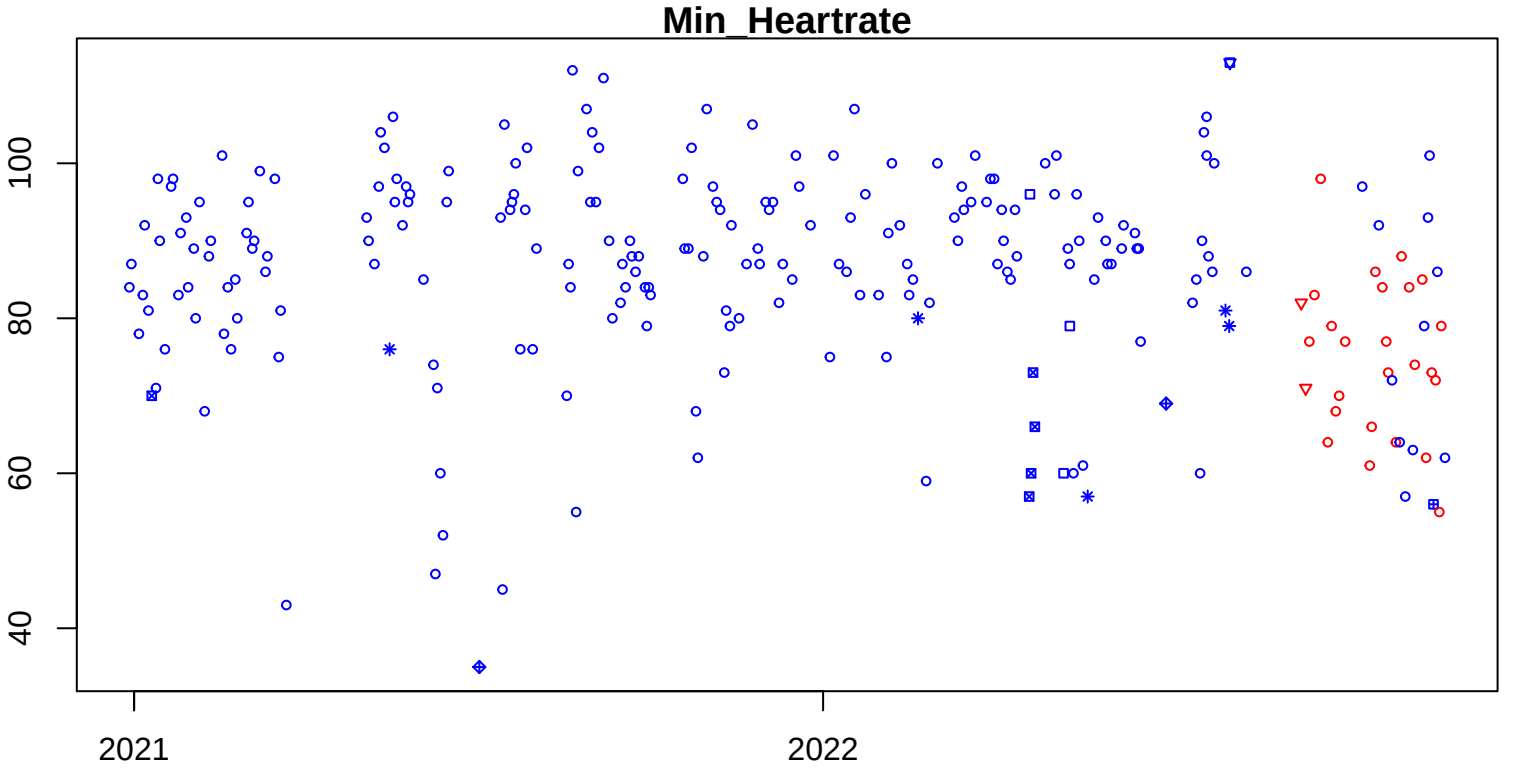

HrNp_Ratio
1.0
1.5
2.0
2.5
3.0
2021
2022

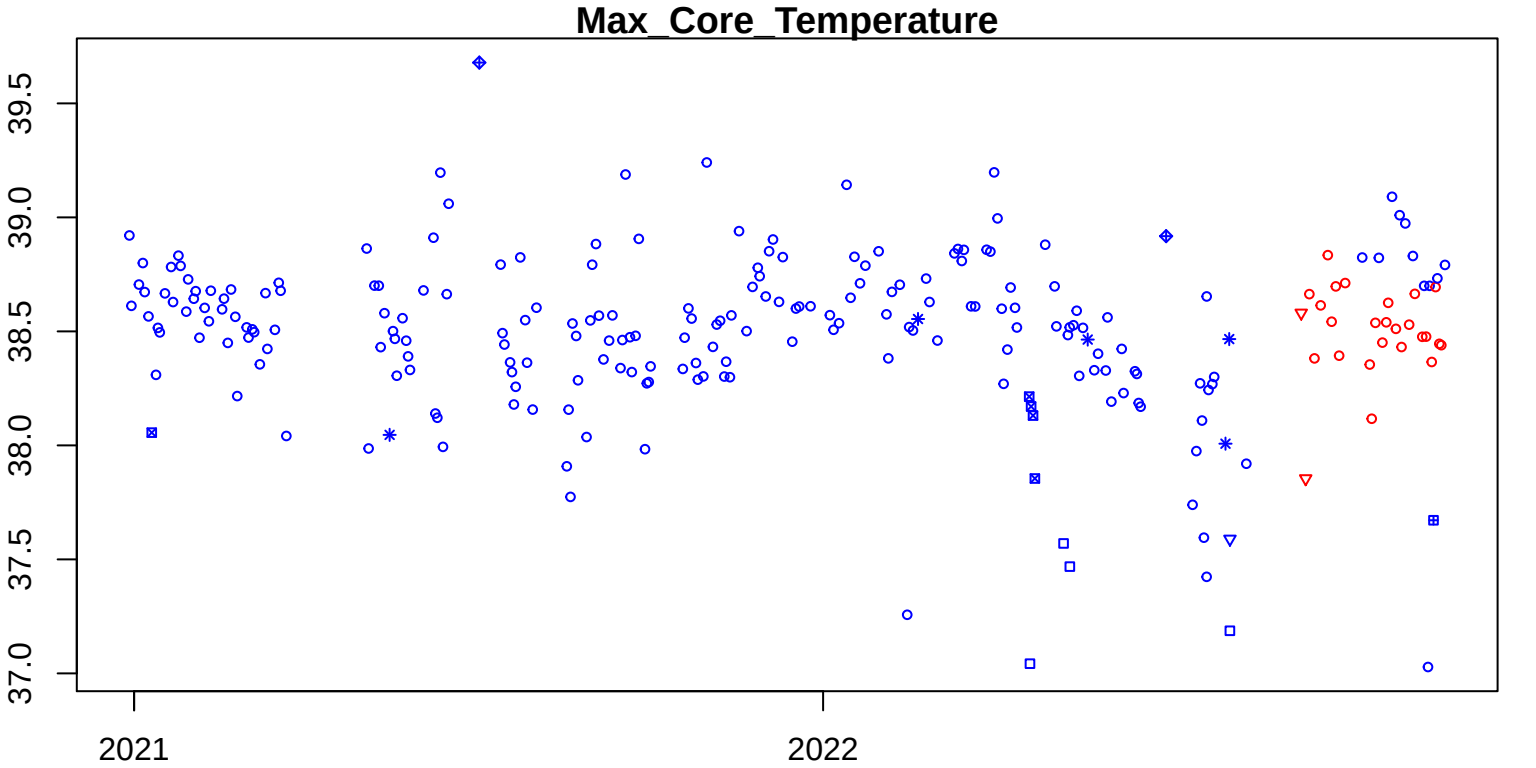

Average_Cadence
64
62
60
58
56
54
2021
2022

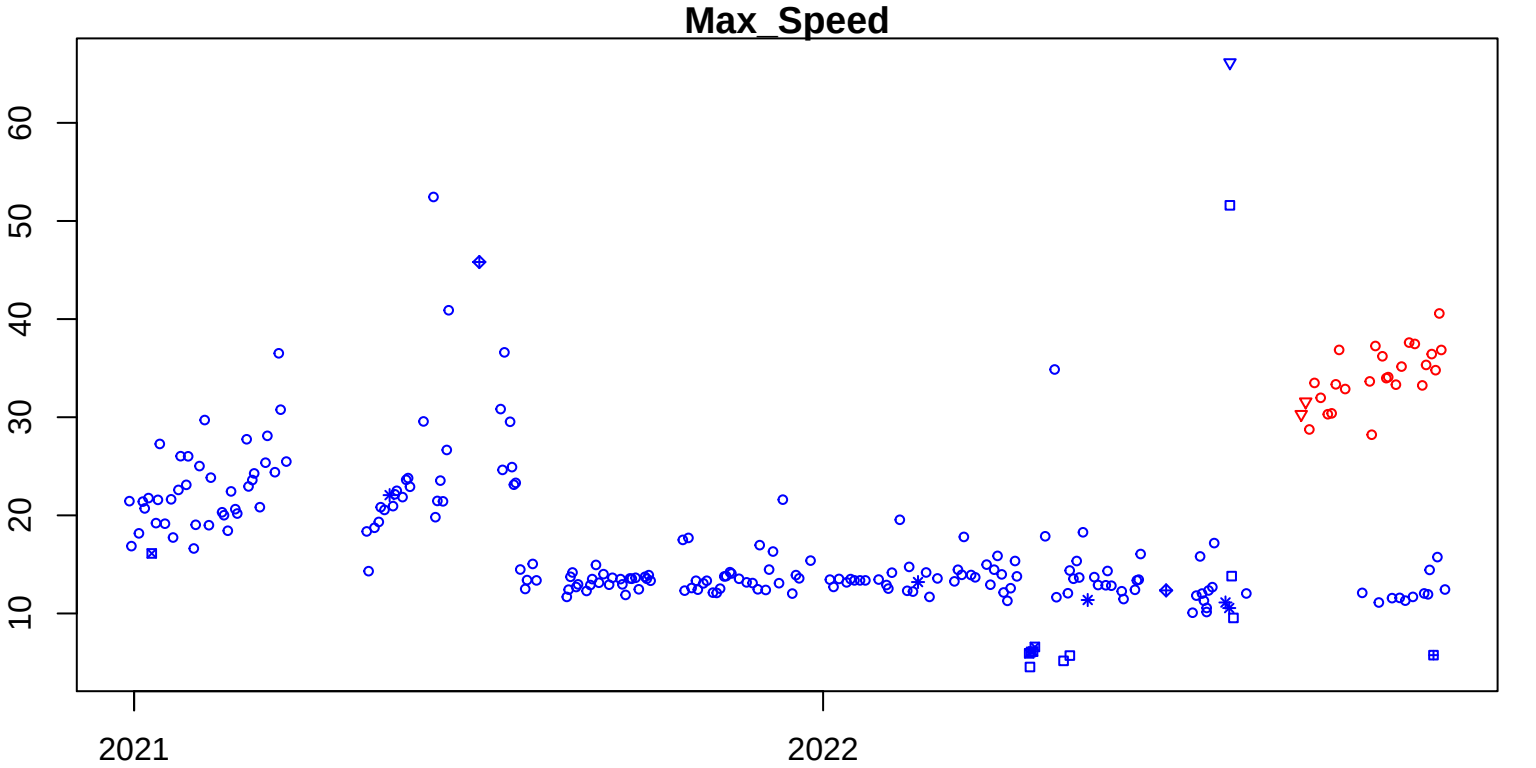

Average_Temp
35
30
25
20
2021
2022

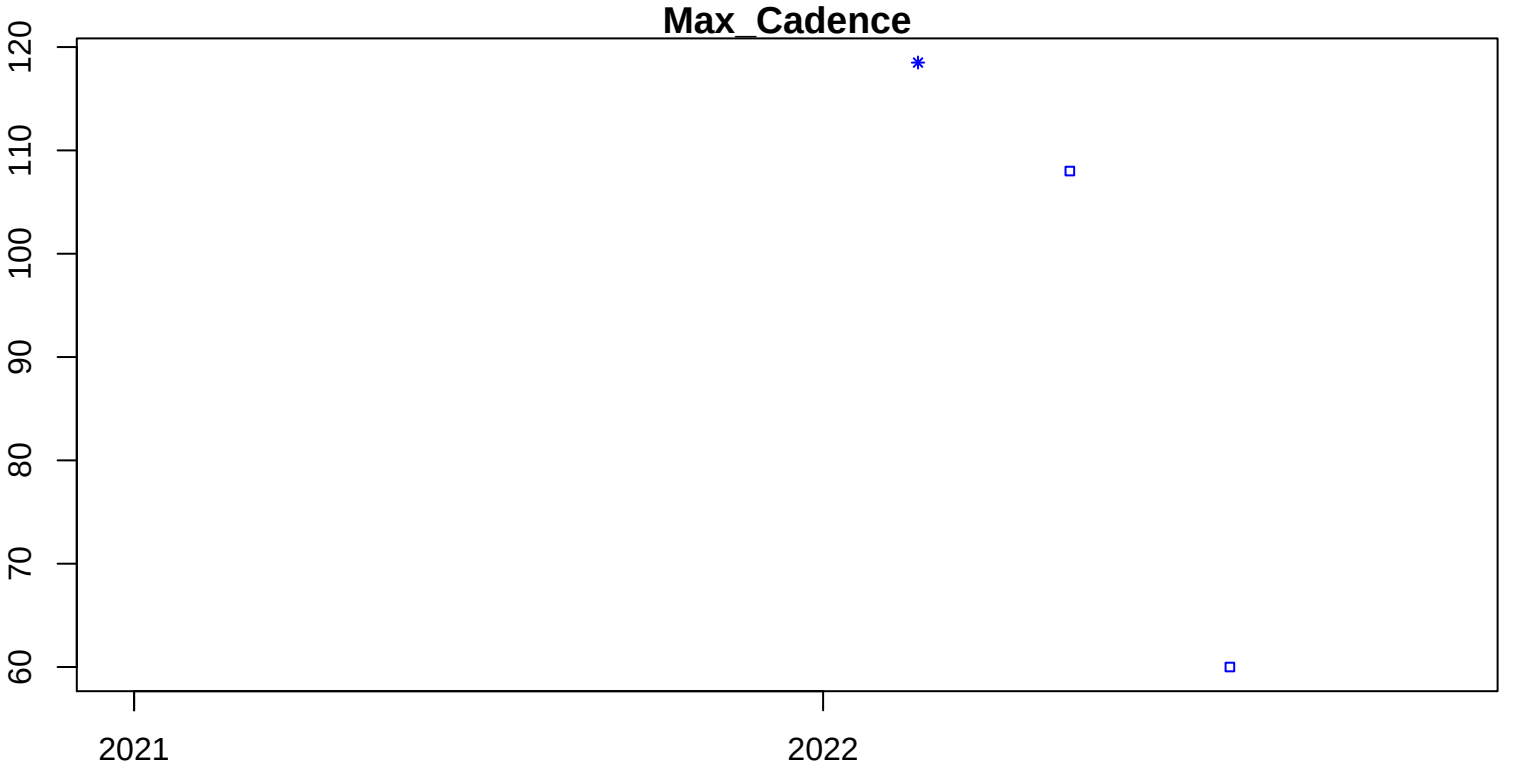

Max_Power
1000
800
600
400
200
2021
2022

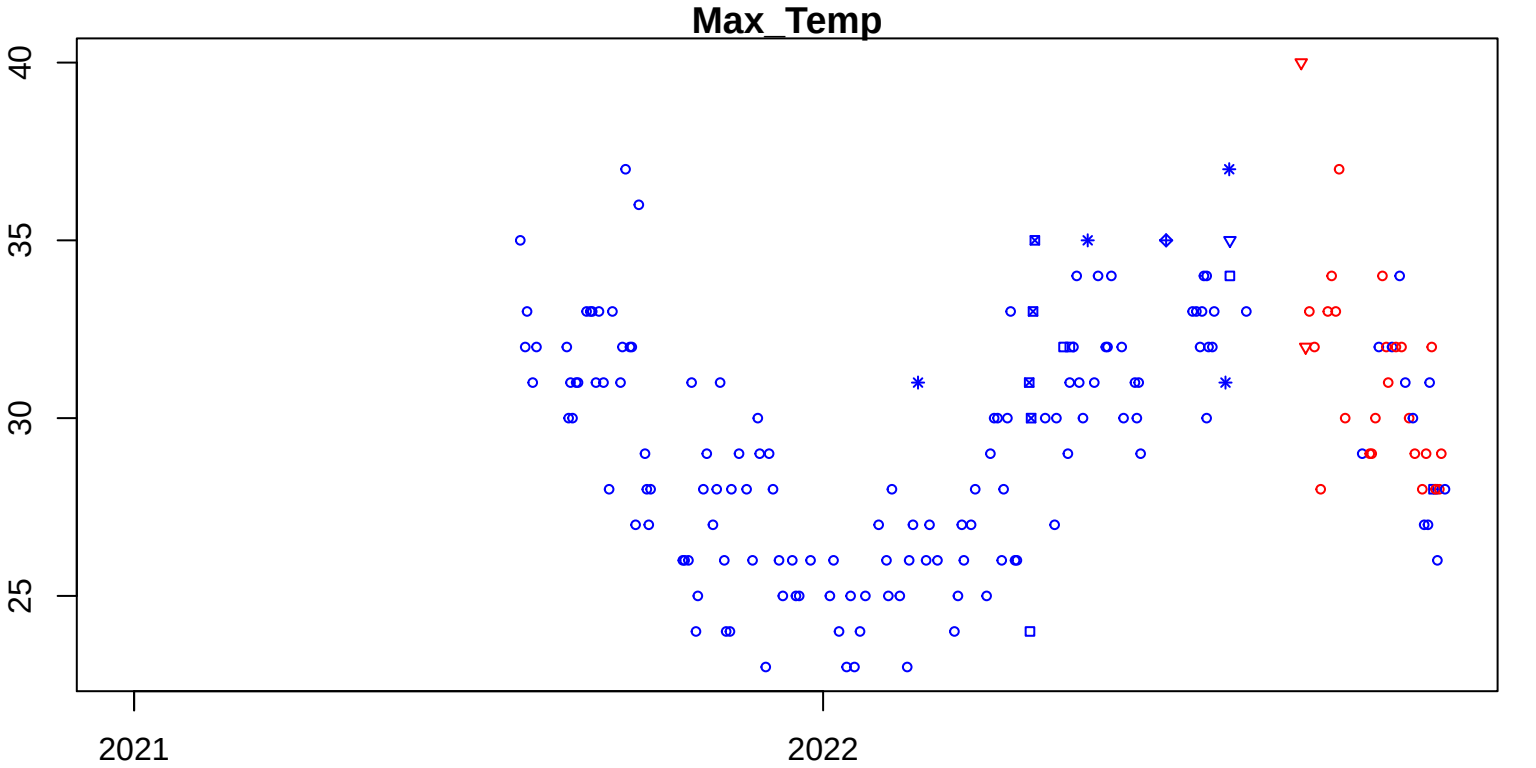

Max_Heartrate
220
200
180
160
140
2021
2022

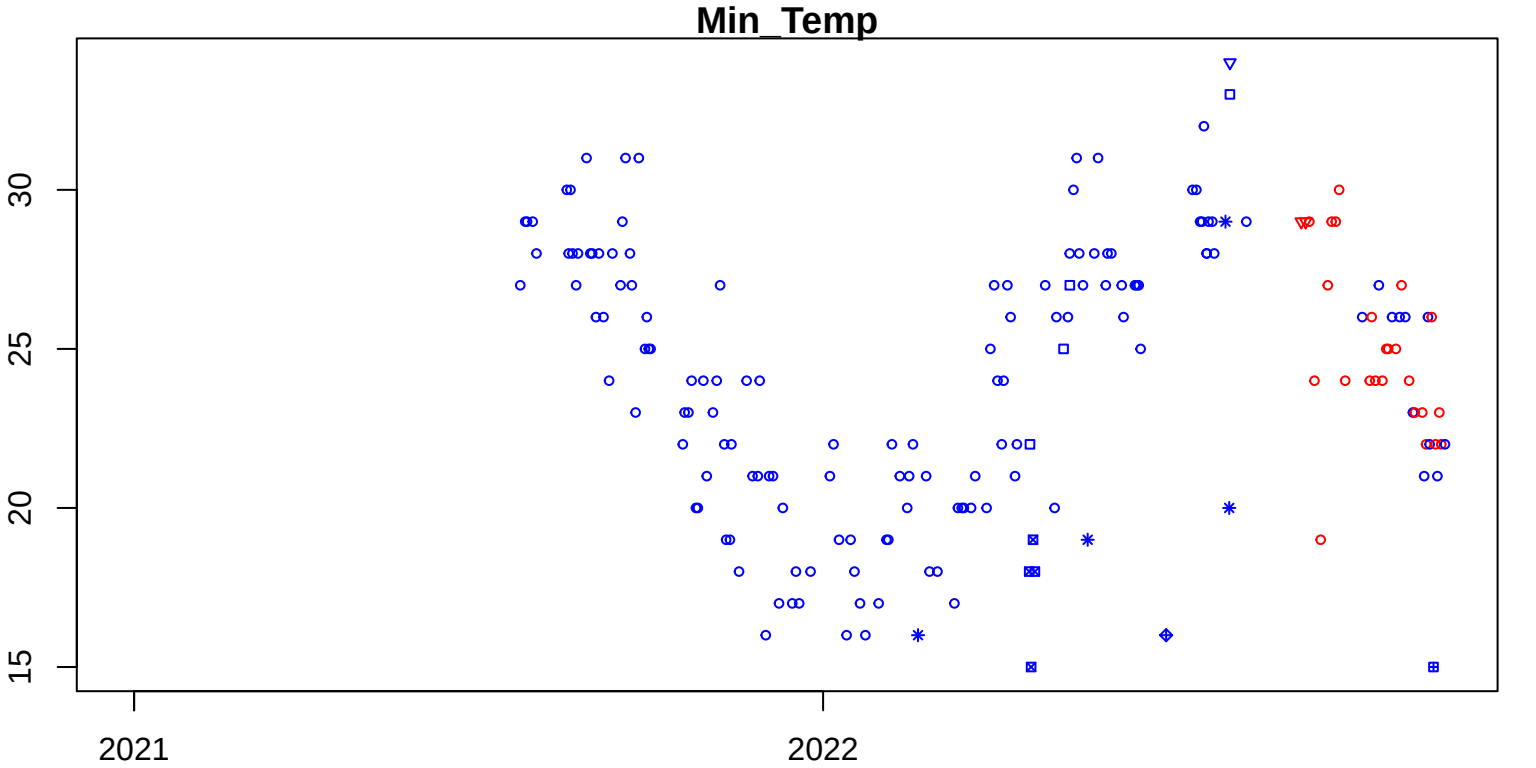

Min_Heartrate
40
60
80
100
2021
2022

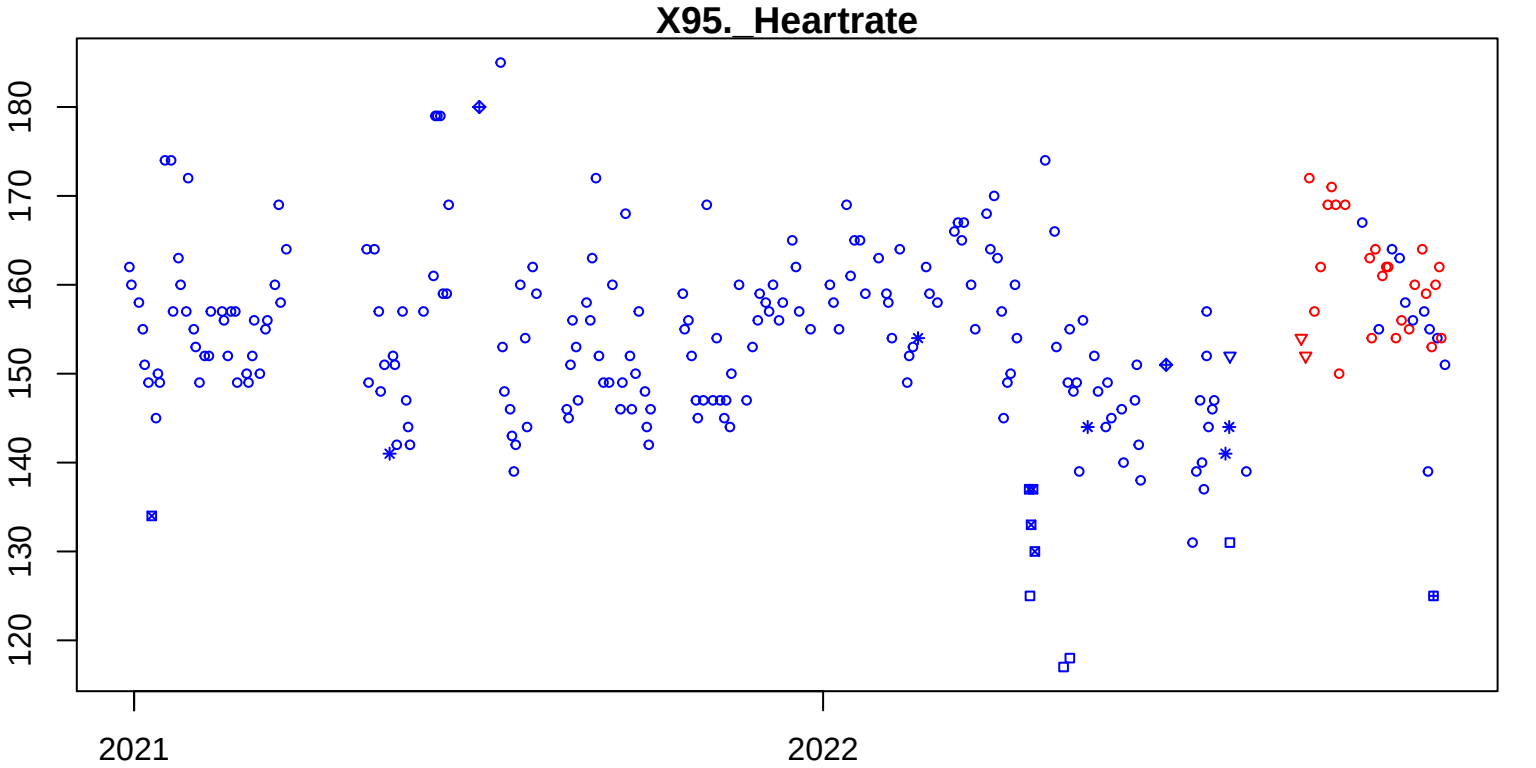

Max_Core_Temperature
39.5
39.0
38.5
38.0
37.5
37.0
2021
2022

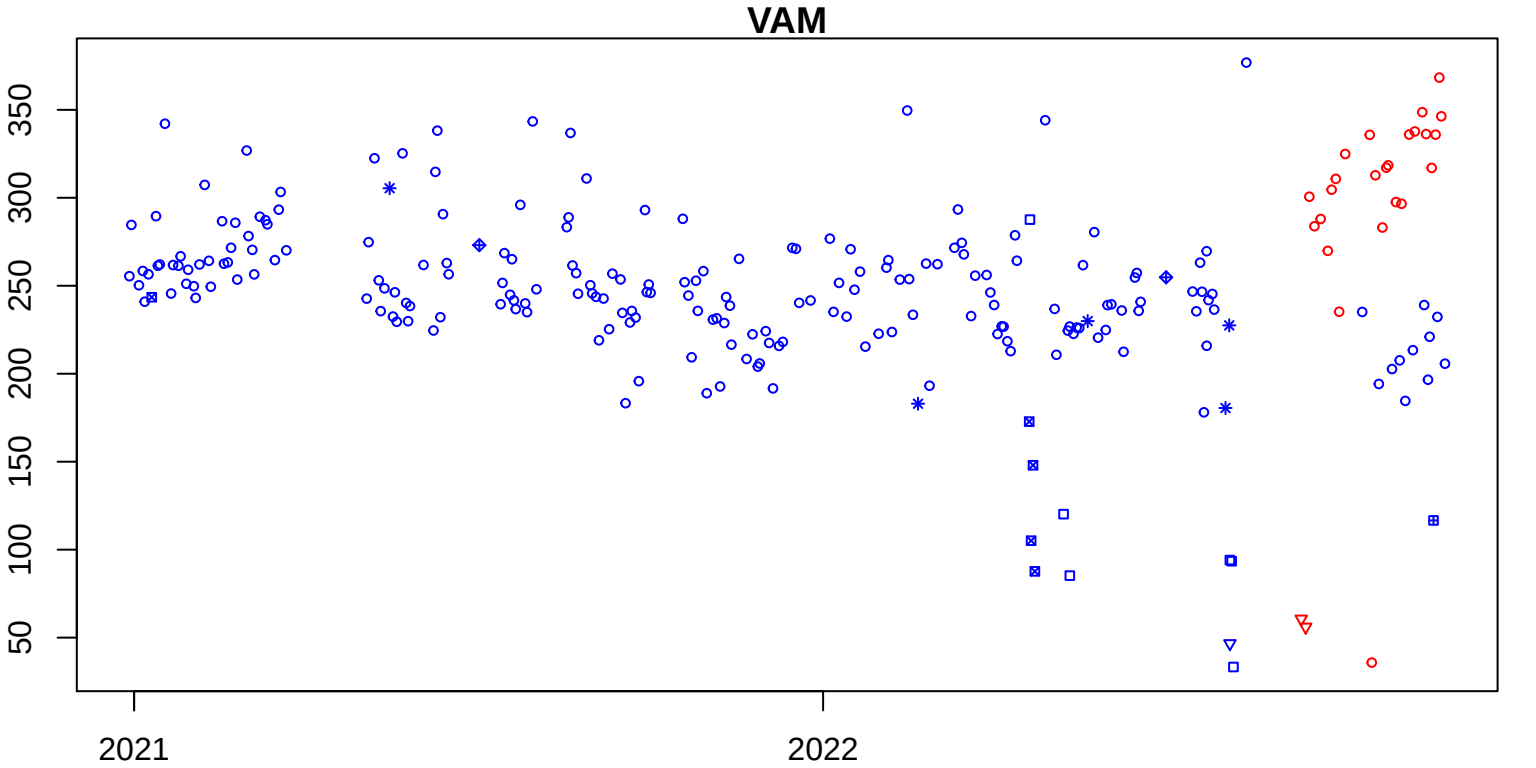

Max_Speed
10
20
30
40
50
60
2021
2022

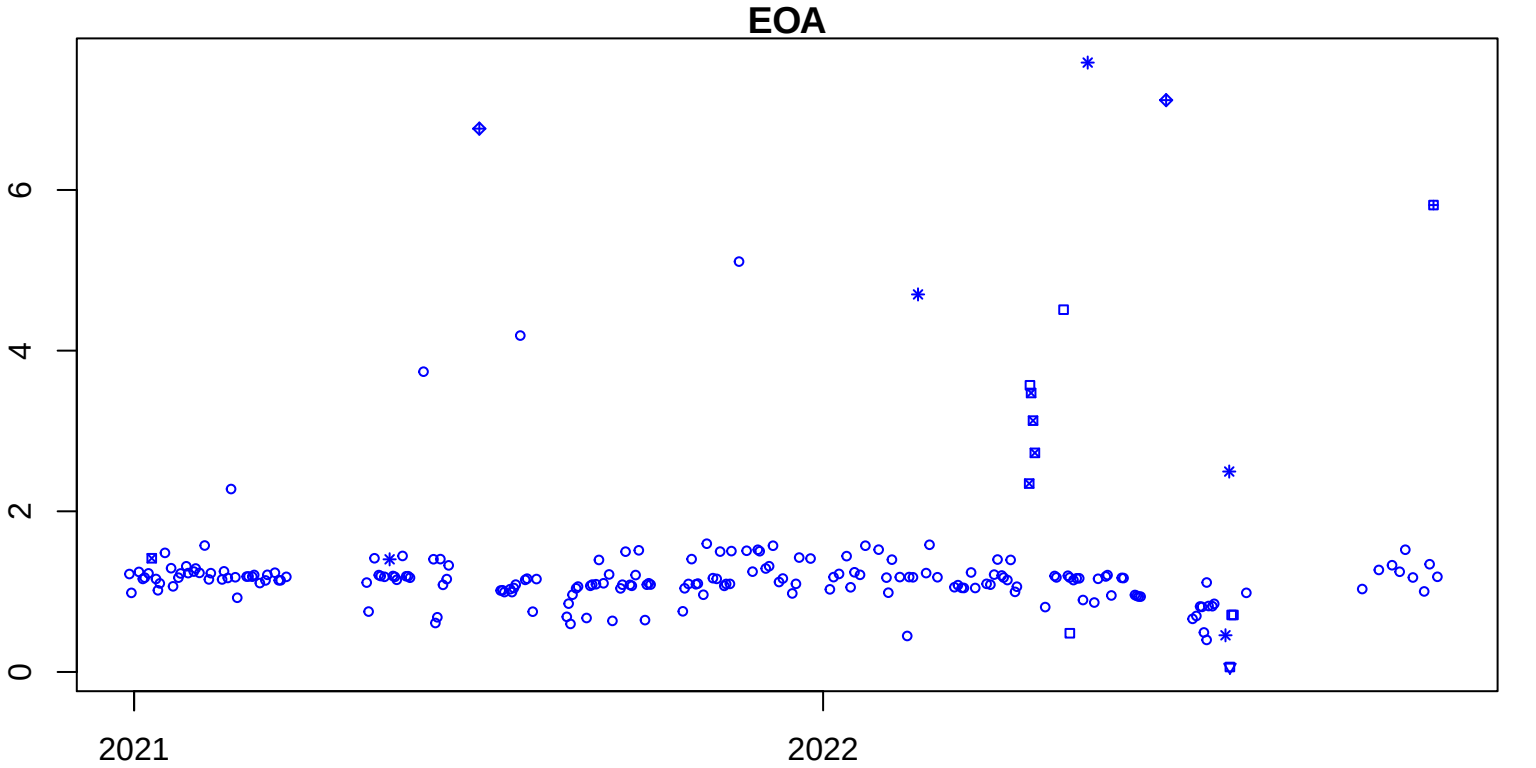

Max_Cadence
120
110
100
90
80
70
60
2021
2022

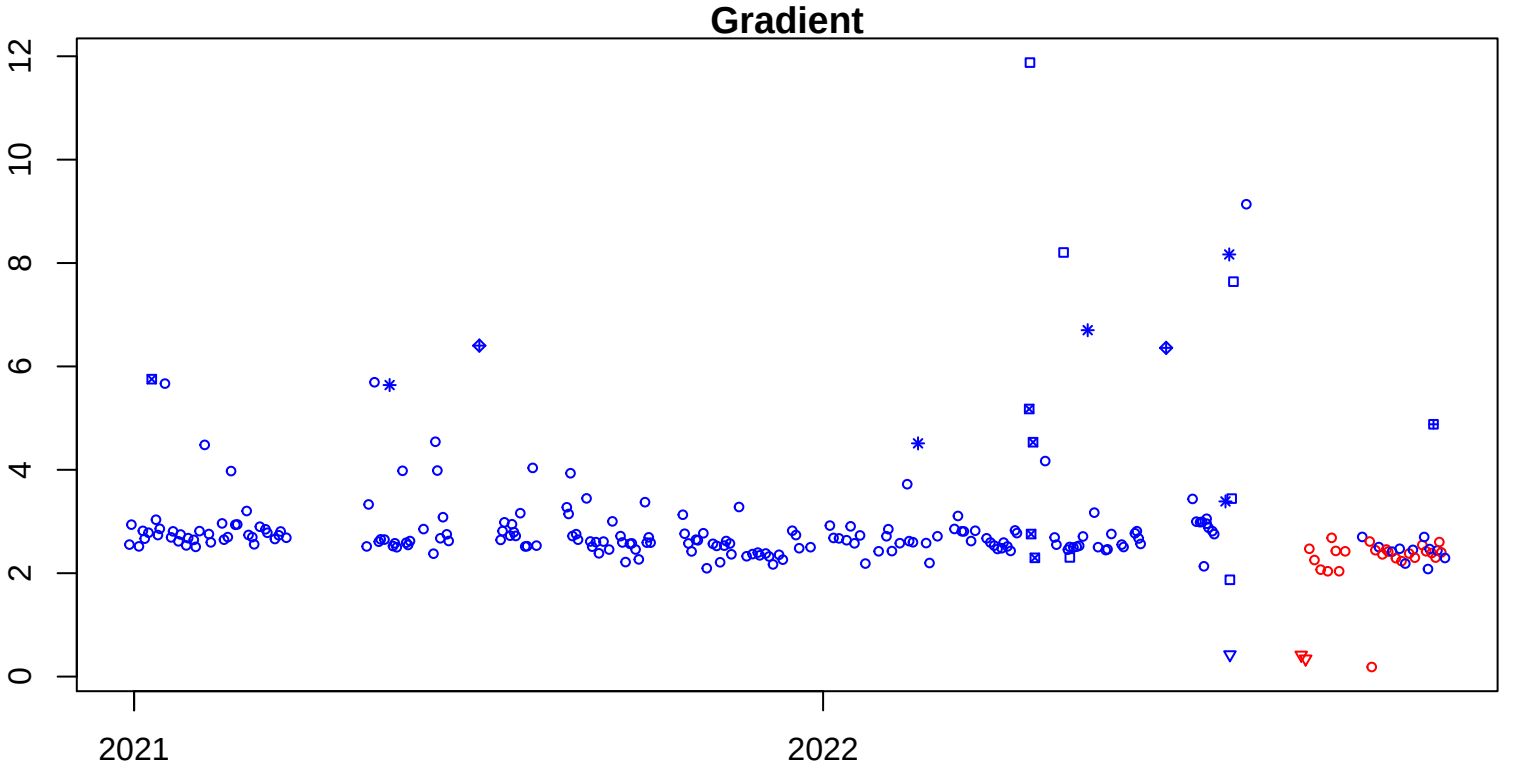

Max_Temp
40
35
30
25
2021
2022

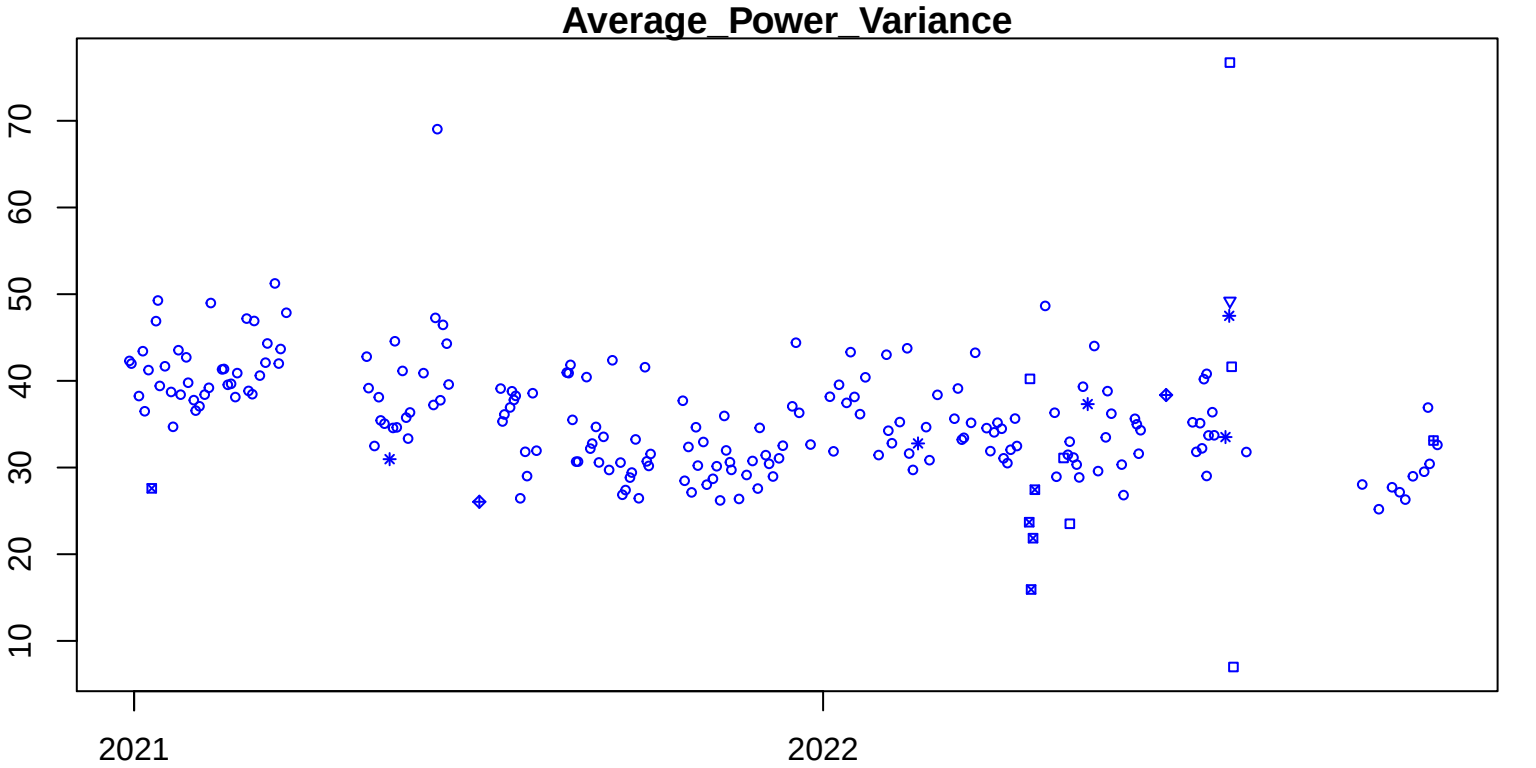

Min_Temp
30
25
20
15
2021
2022

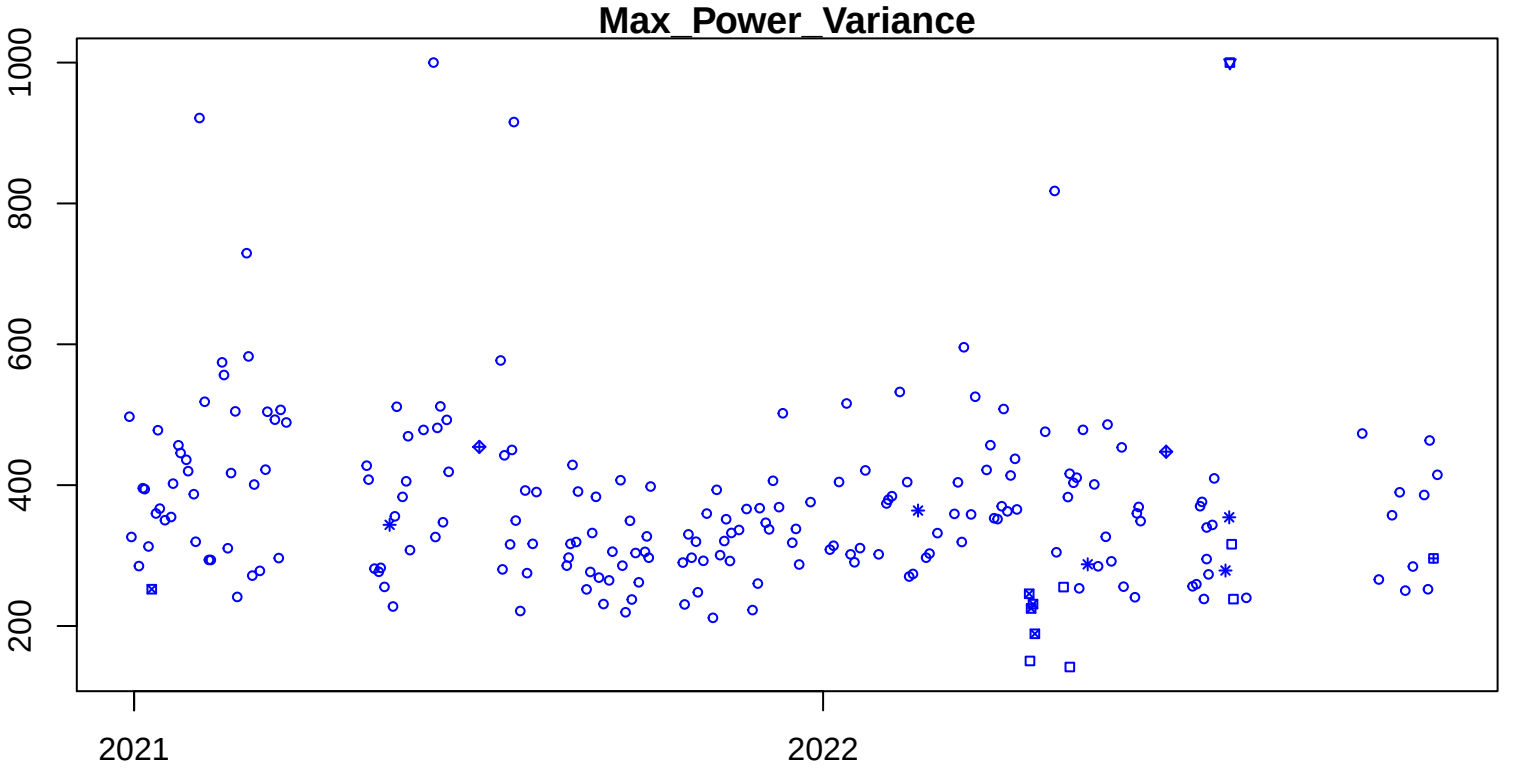

X95._Heartrate
180
170
160
150
140
130
120
2021
2022

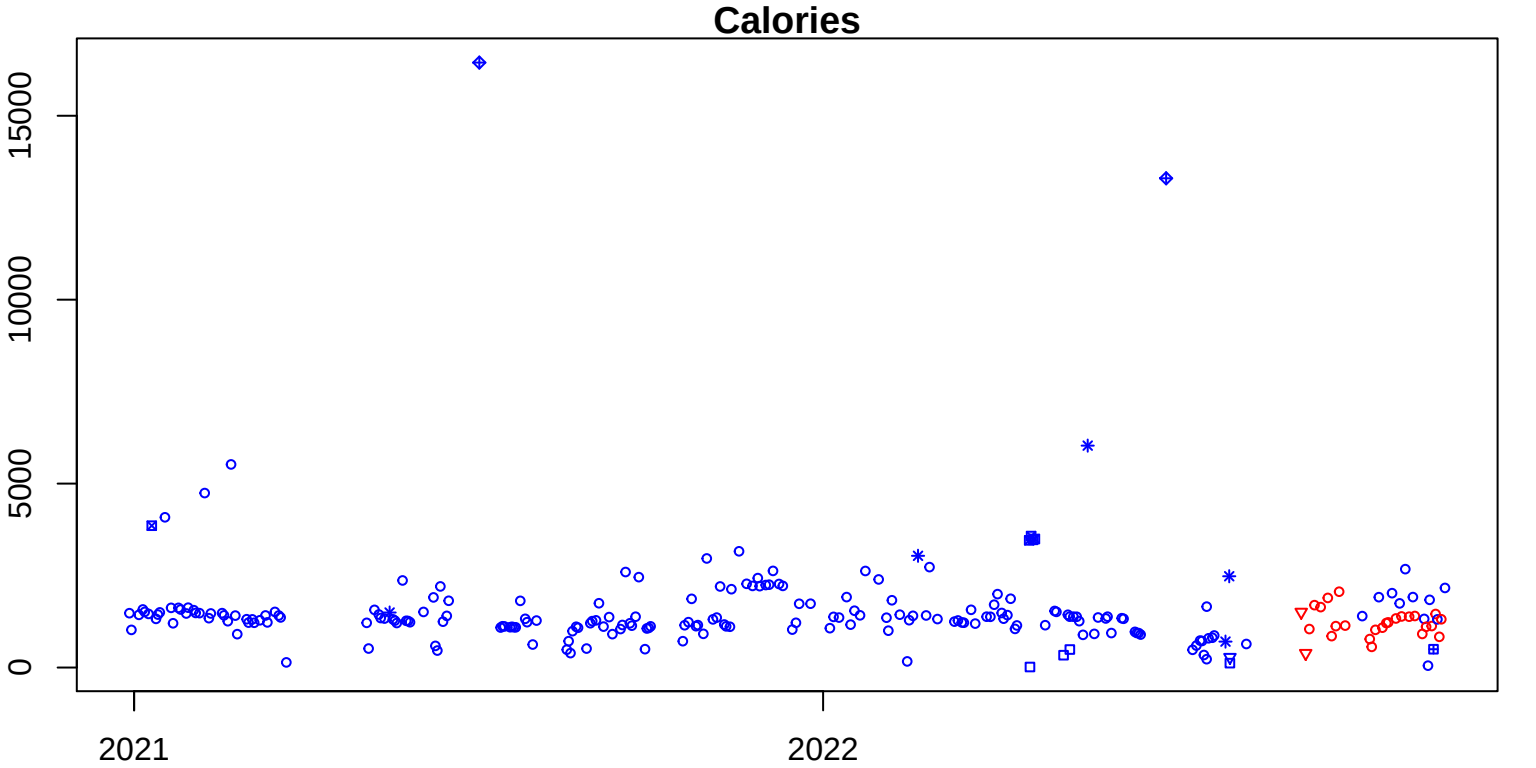

VAM
350
300
250
200
150
100
50
2021
2022

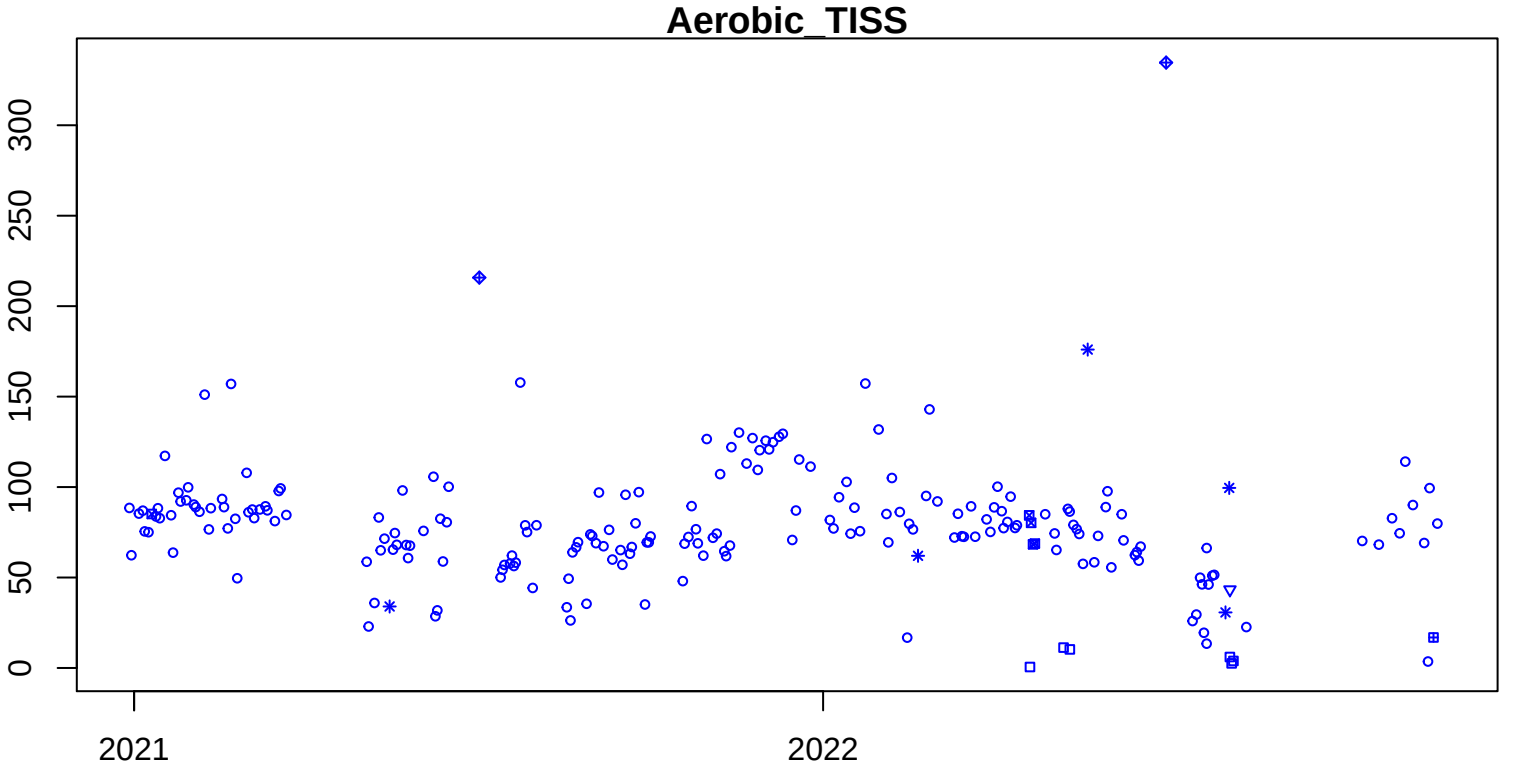

EOA
0
2
4
6
2021
2022

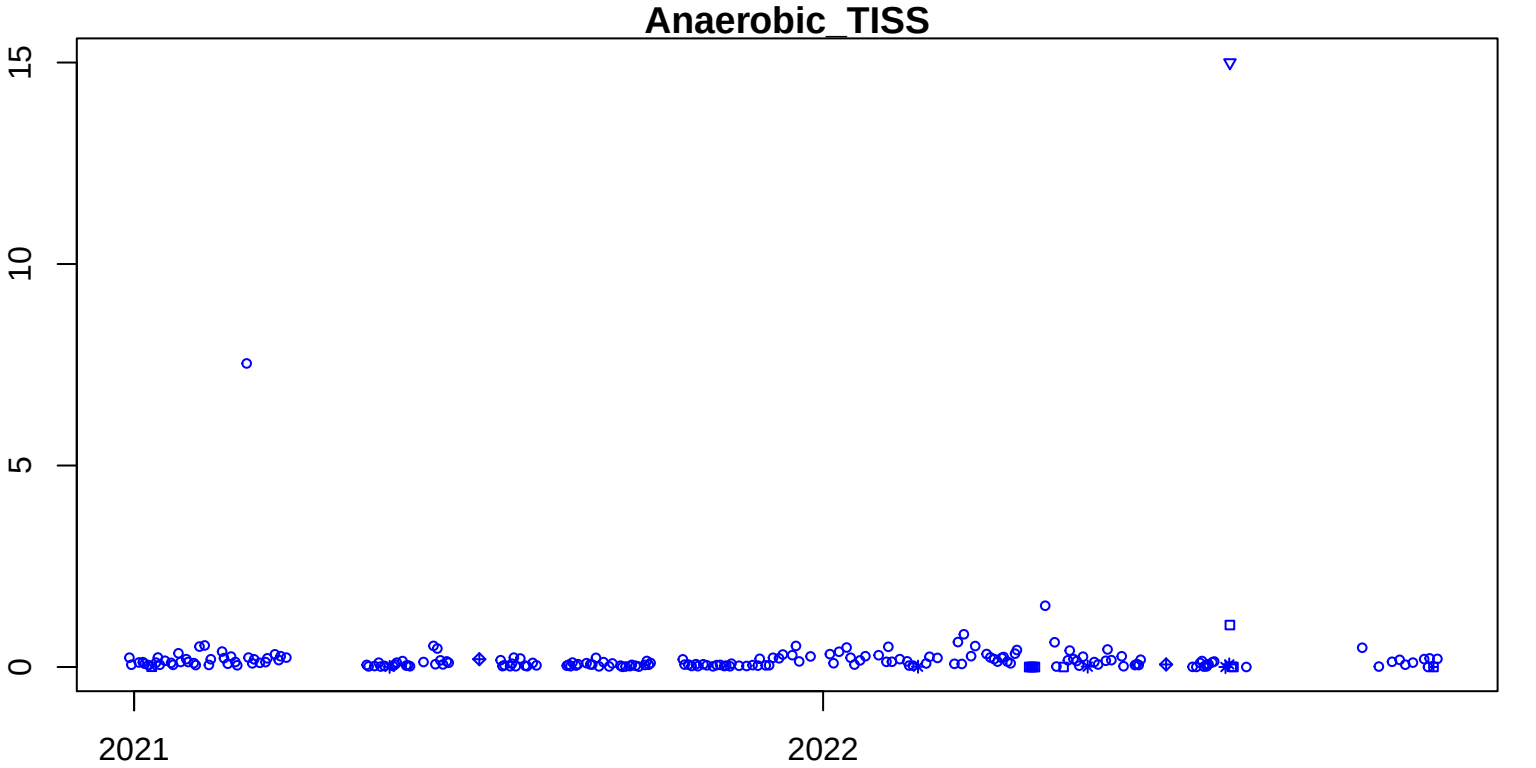

Gradient
0
2
4
6
8
10
12
2021
2022

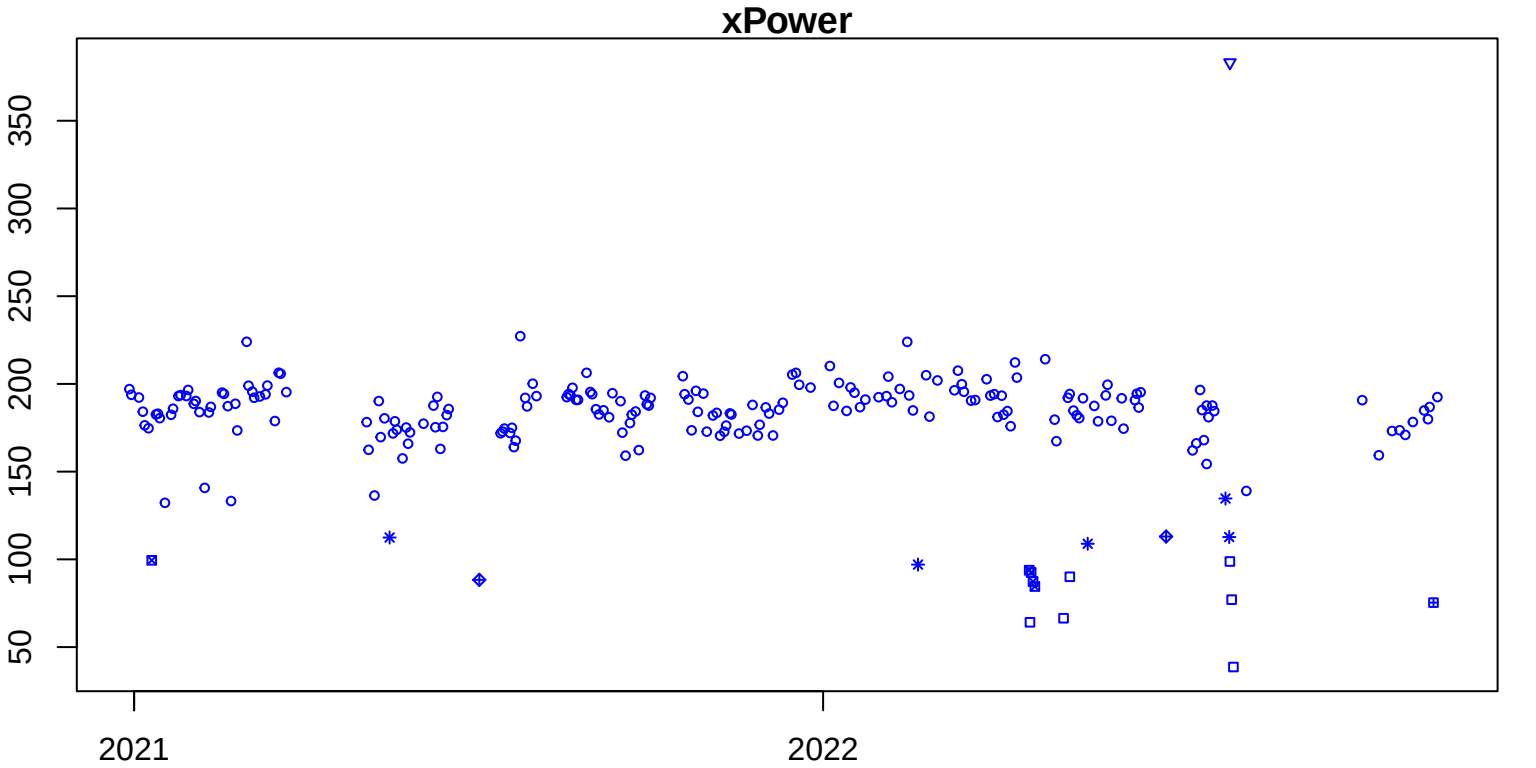

Average_Power_Variance
10
20
30
40
50
60
70
2021
2022

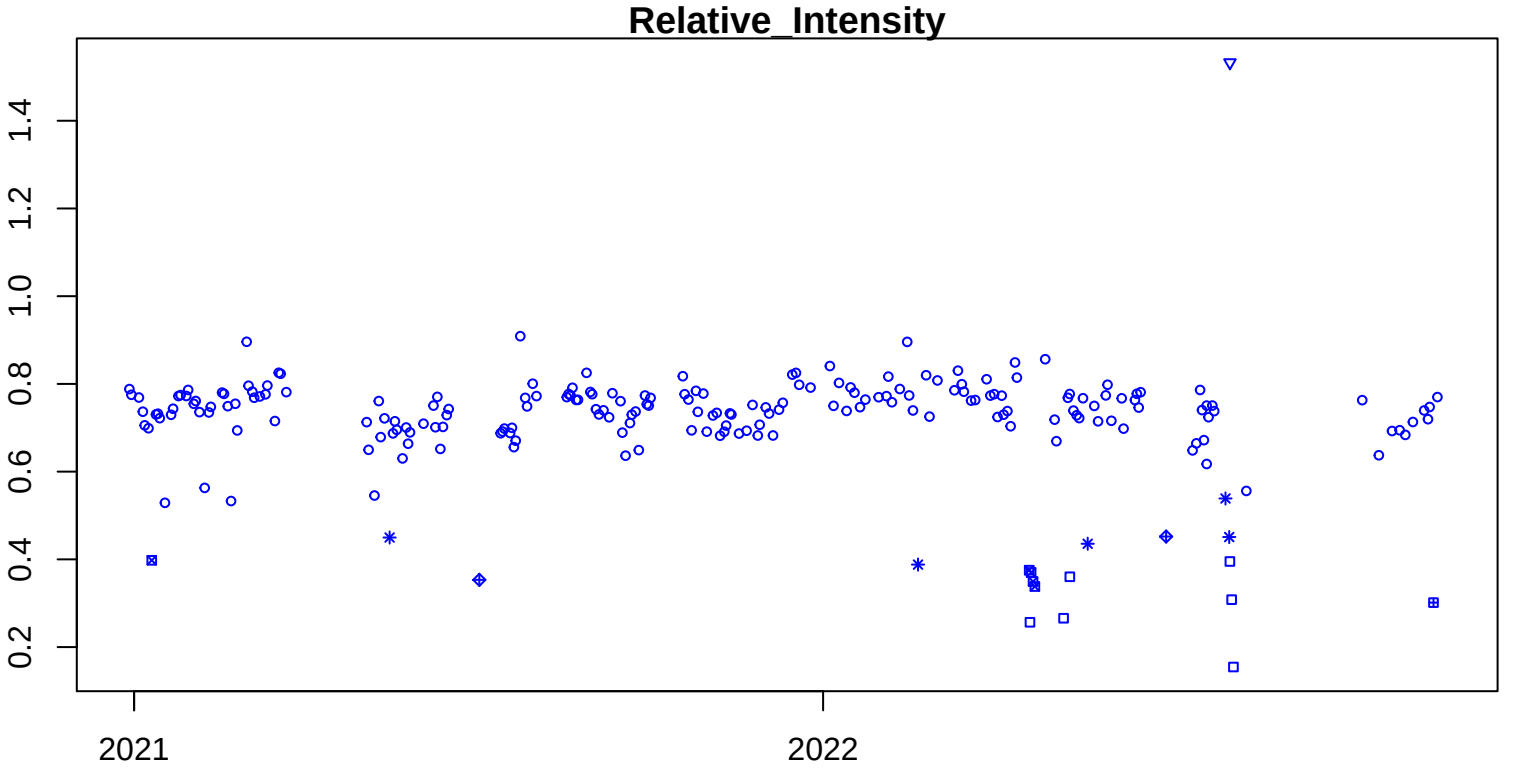

Max_Power_Variance
1000
800
600
400
200
2021
2022

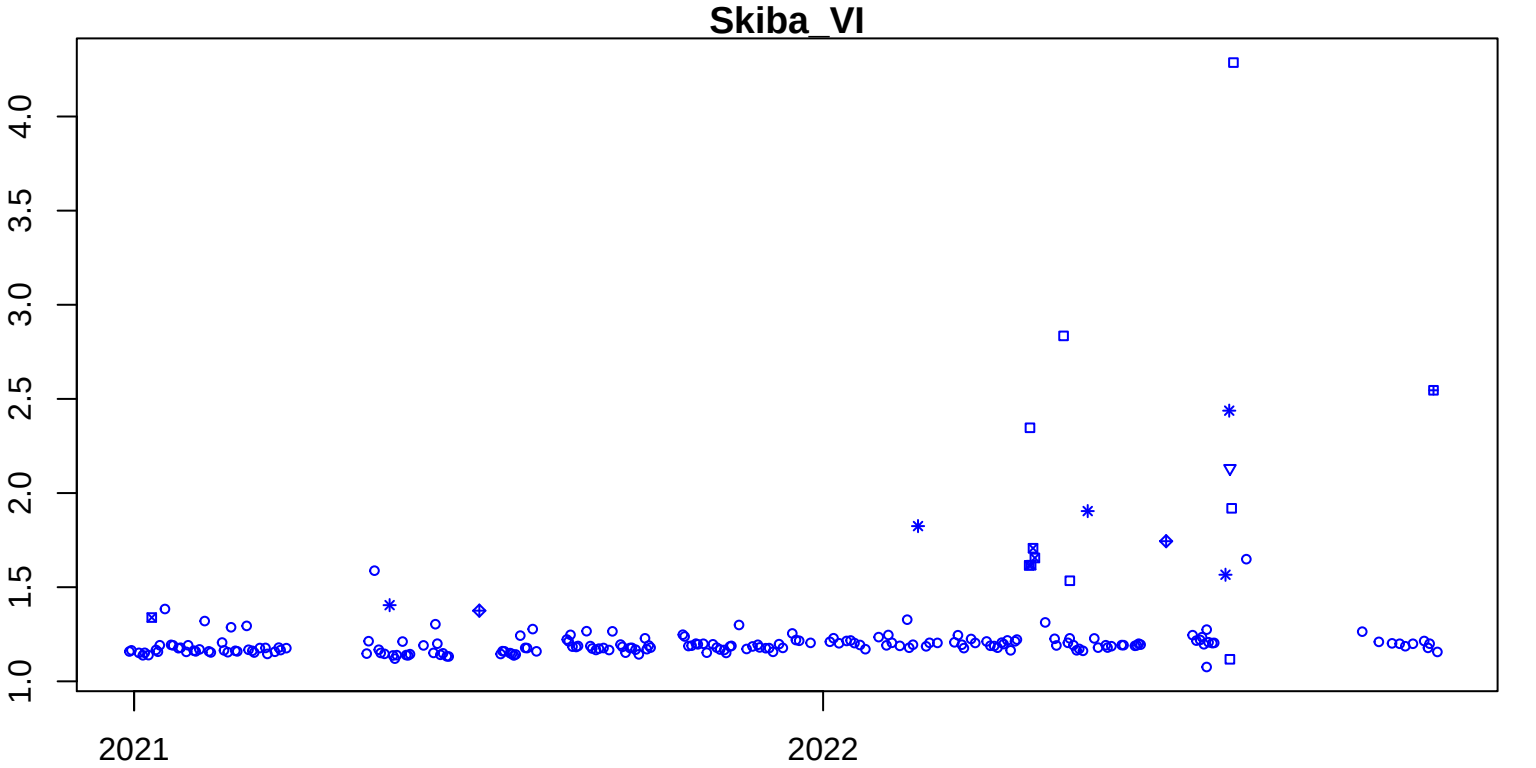

Calories
15000
10000
5000
0
2021
2022

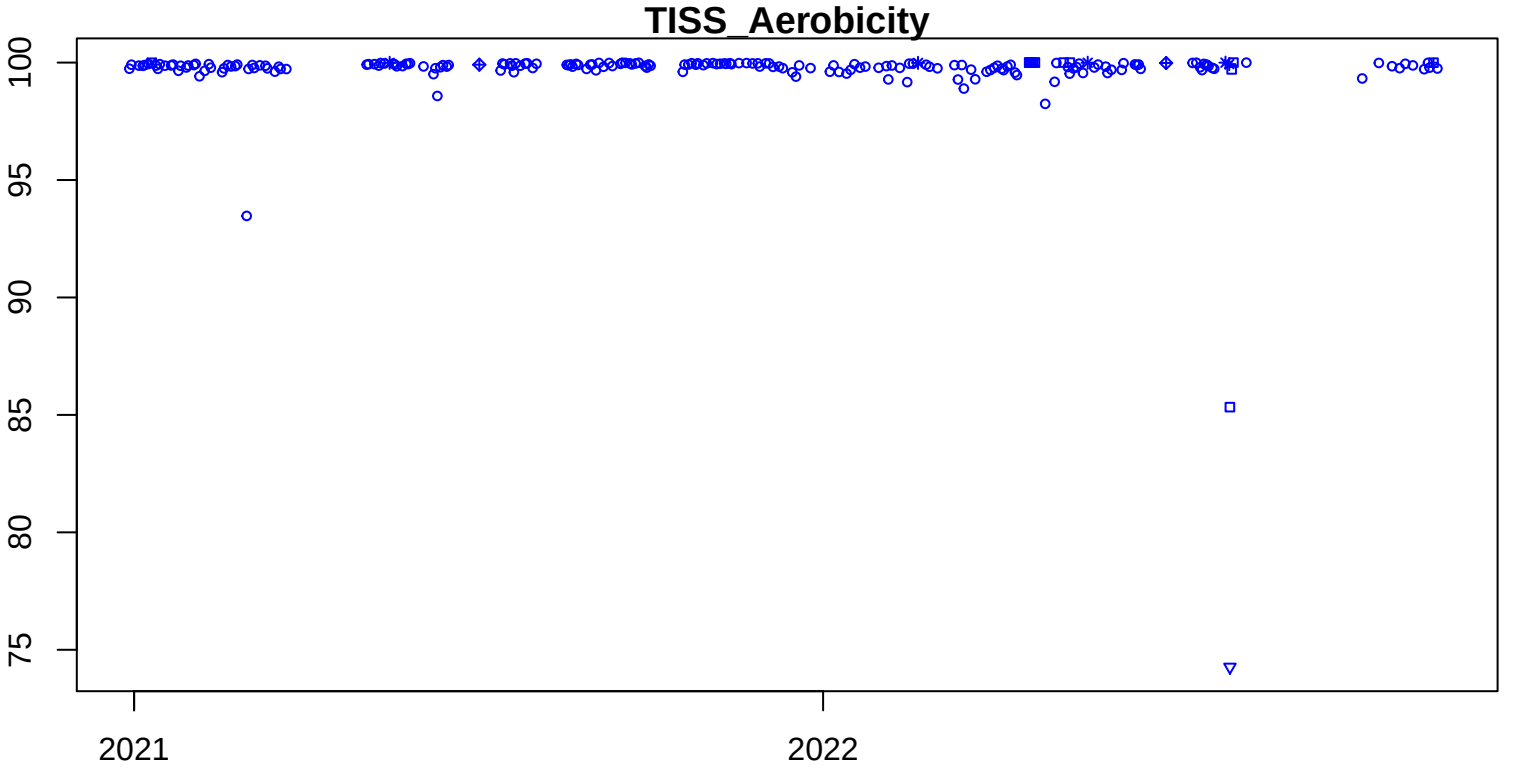

Aerobic_TISS
0
50
100
150
200
250
300
2021
2022

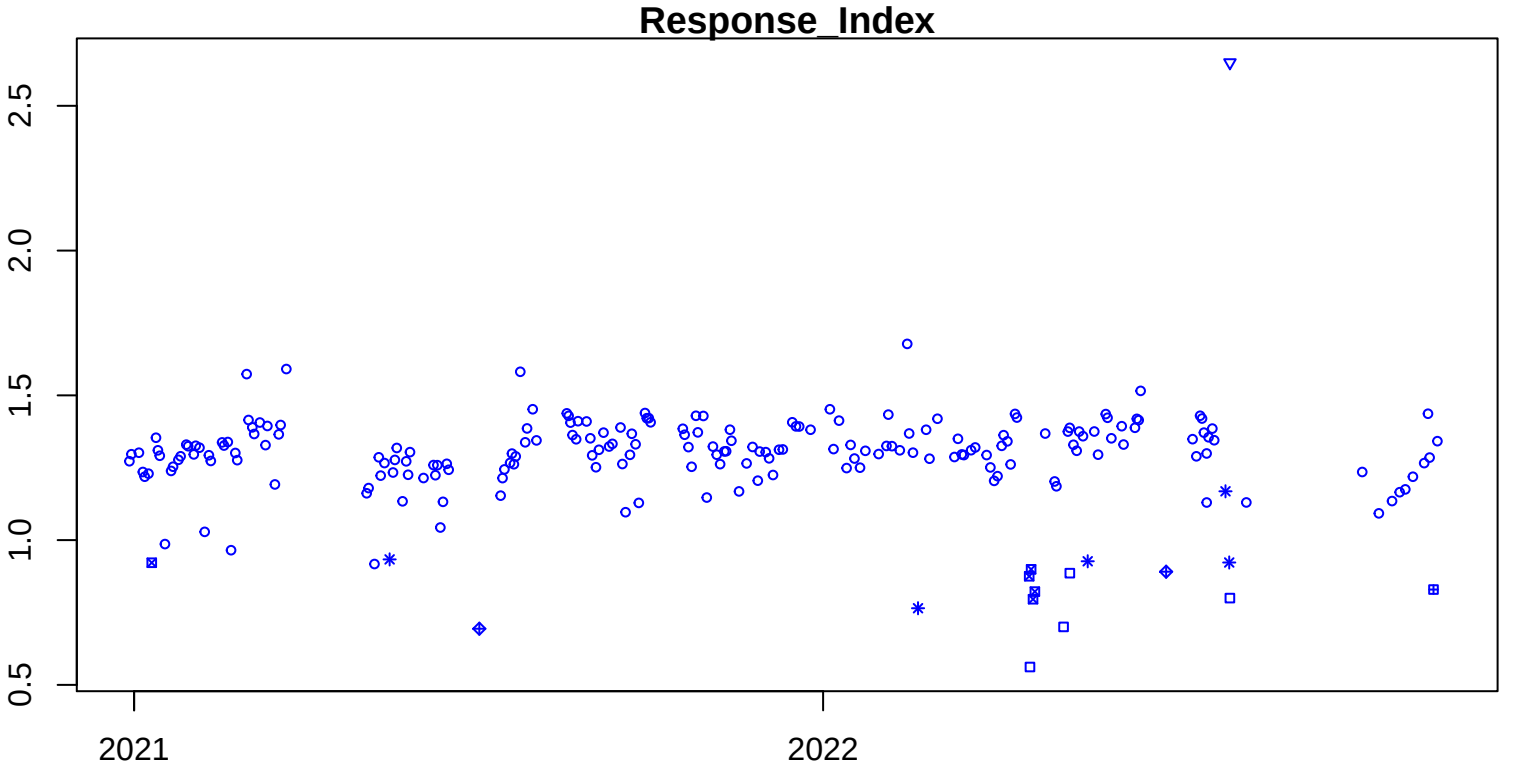

Anaerobic_TISS
15
10
5
0
2021
2022

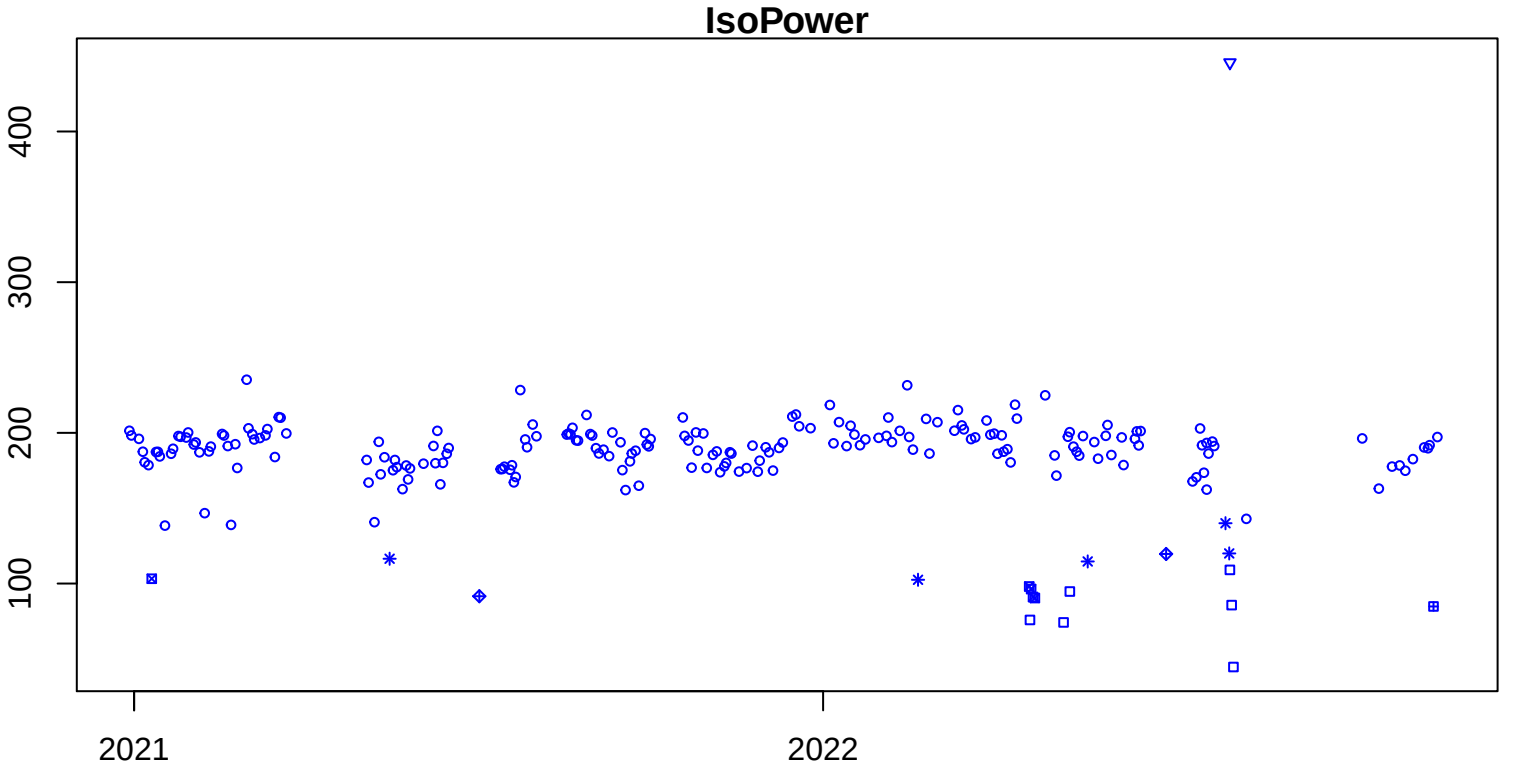

xPower
350
300
250
200
150
100
50
2021
2022

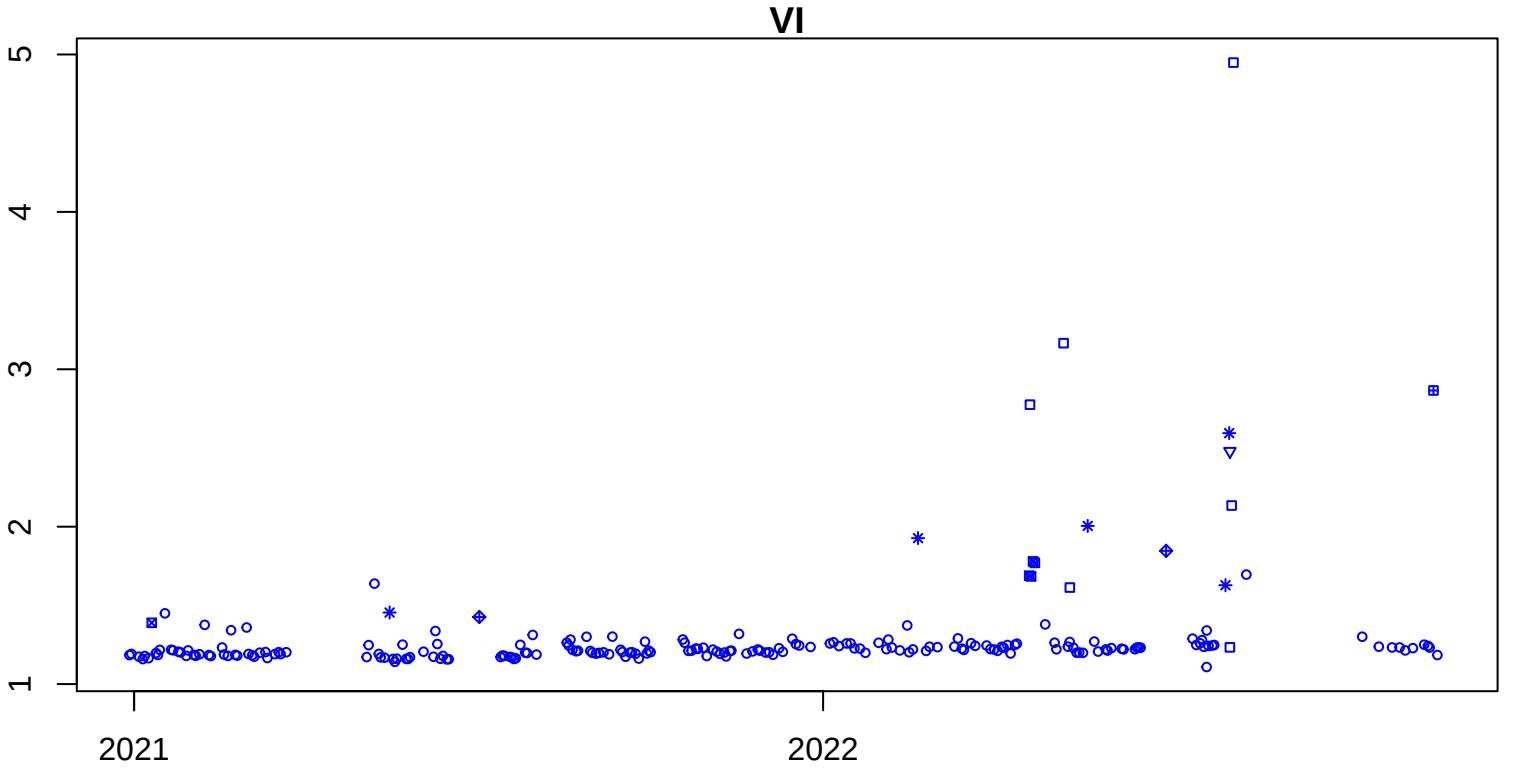

Relative_Intensity
0.2
0.4
0.6
0.8
1.0
1.2
1.4
2021
2022

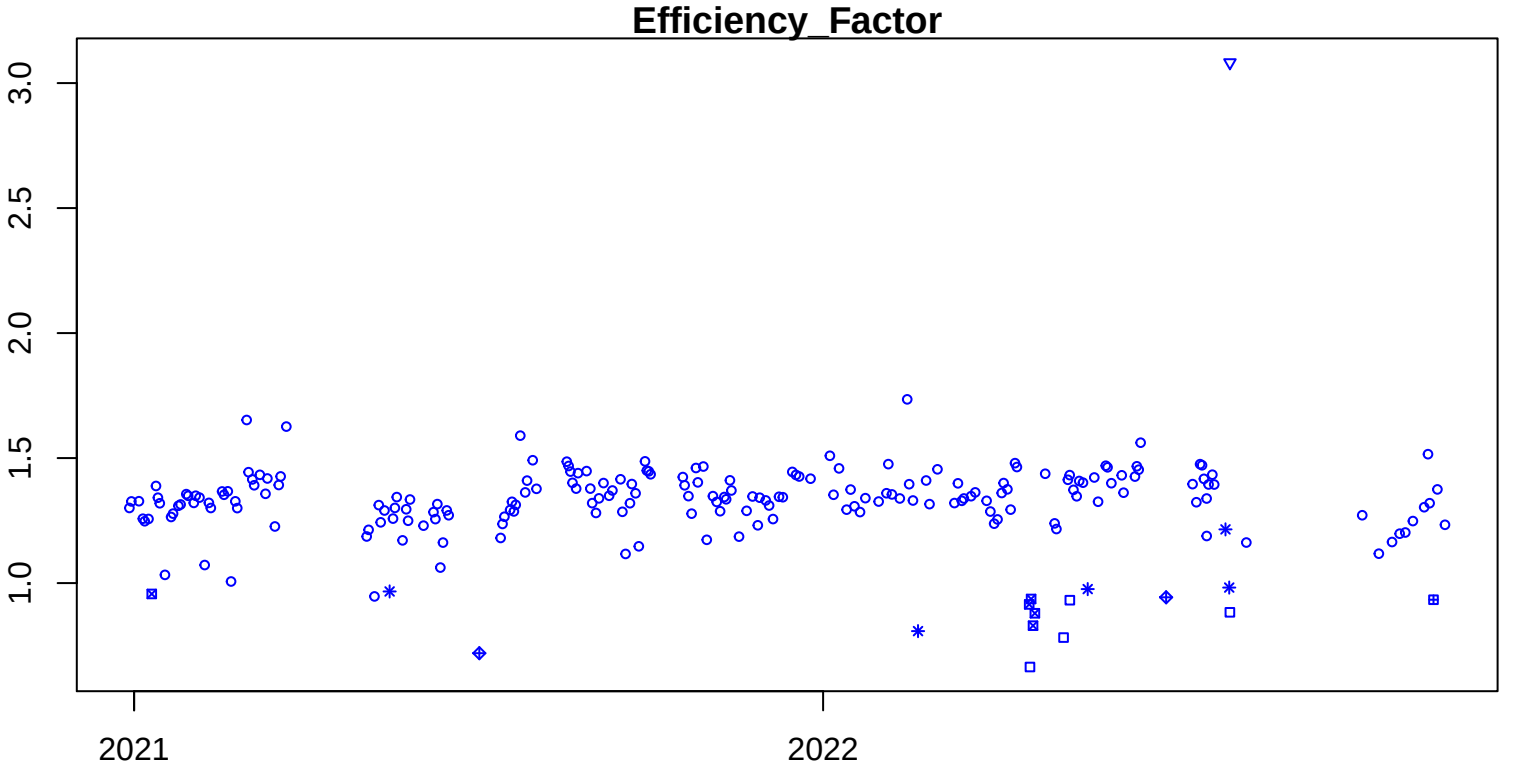

Skiba_VI
4.0
3.5
3.0
2.5
2.0
1.5
1.0
2021
2022

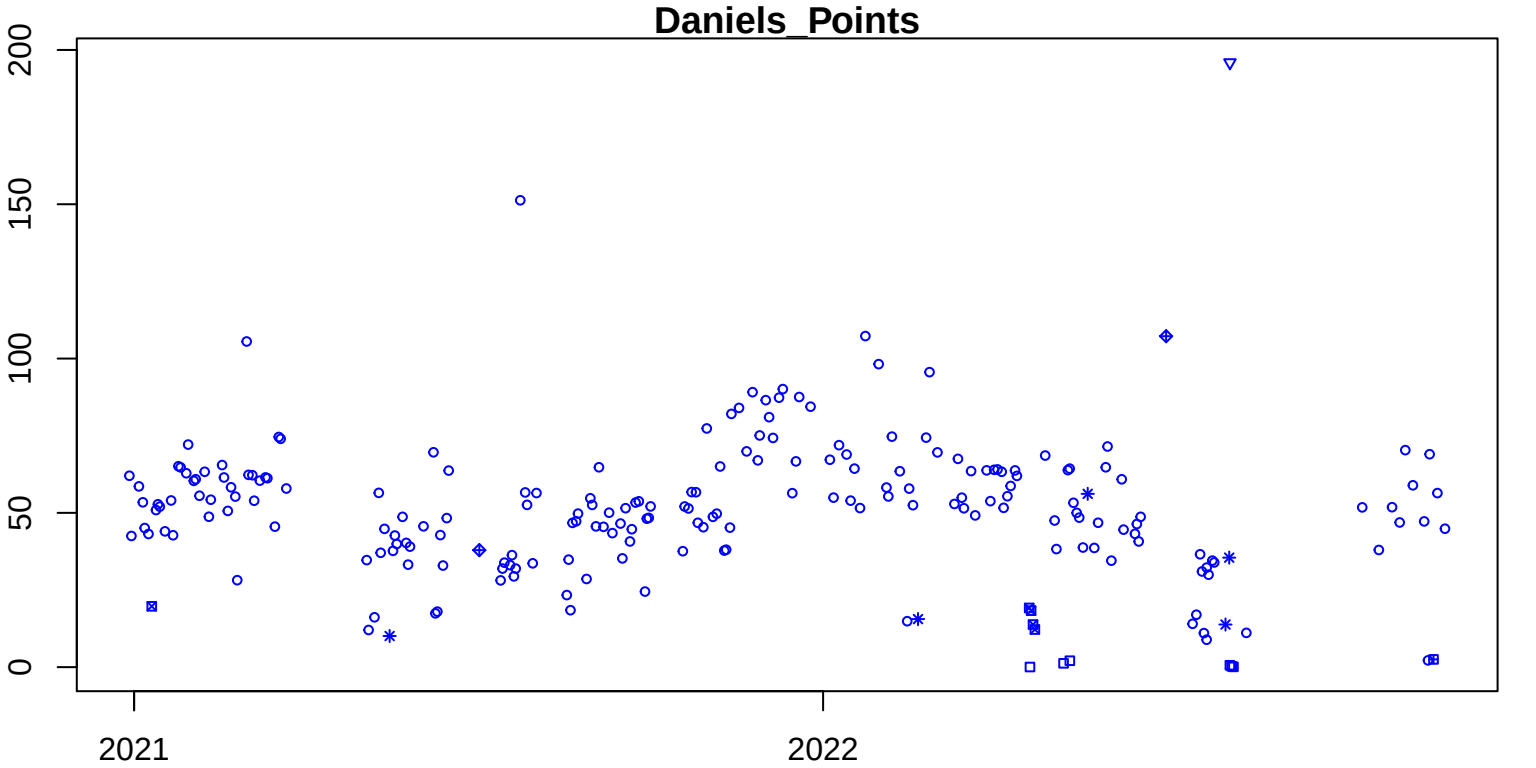

TISS_Aerobicity
100
95
90
85
80
75
2021
2022

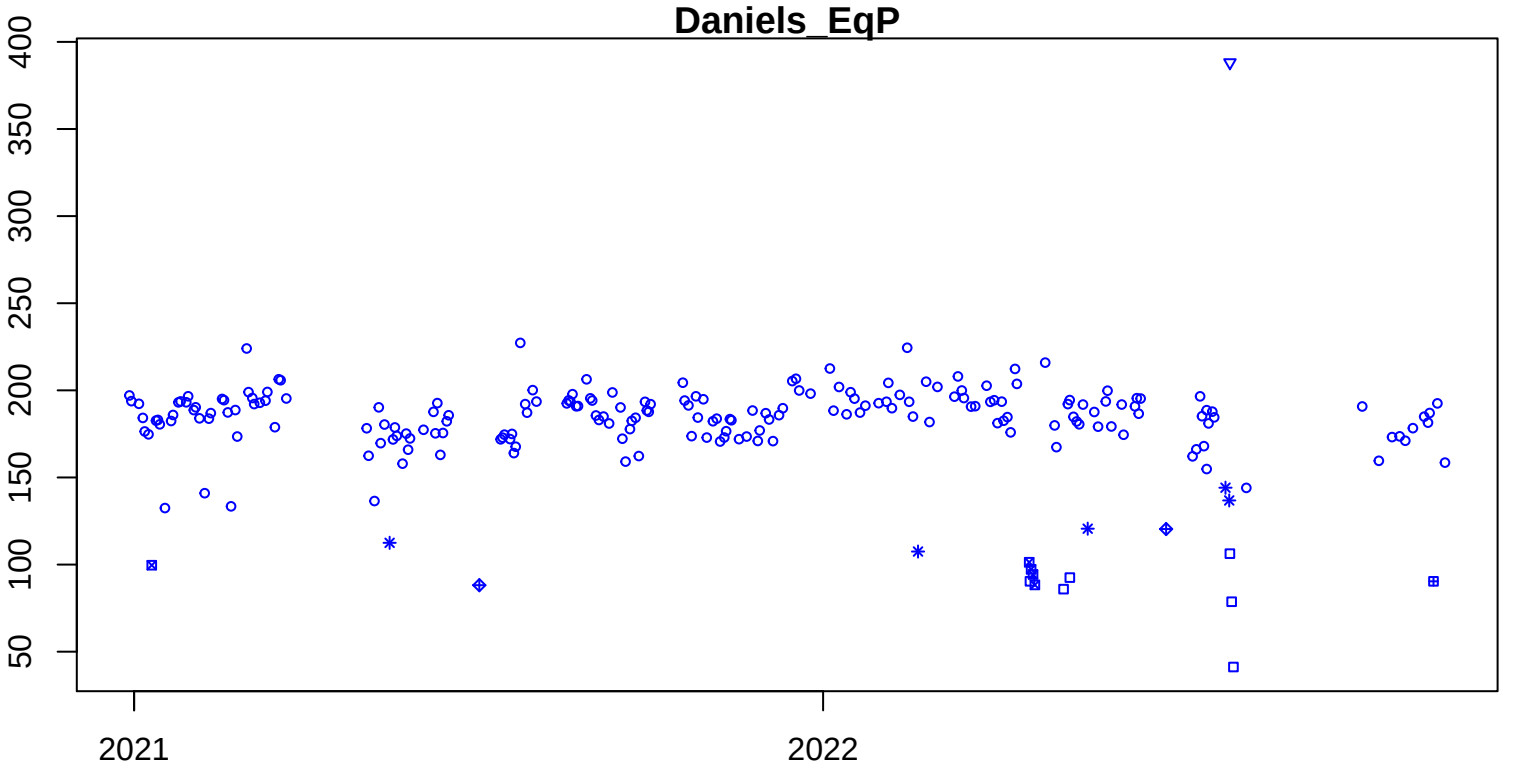

Response_Index
0.5
1.0
1.5
2.0
2.5
2021
2022

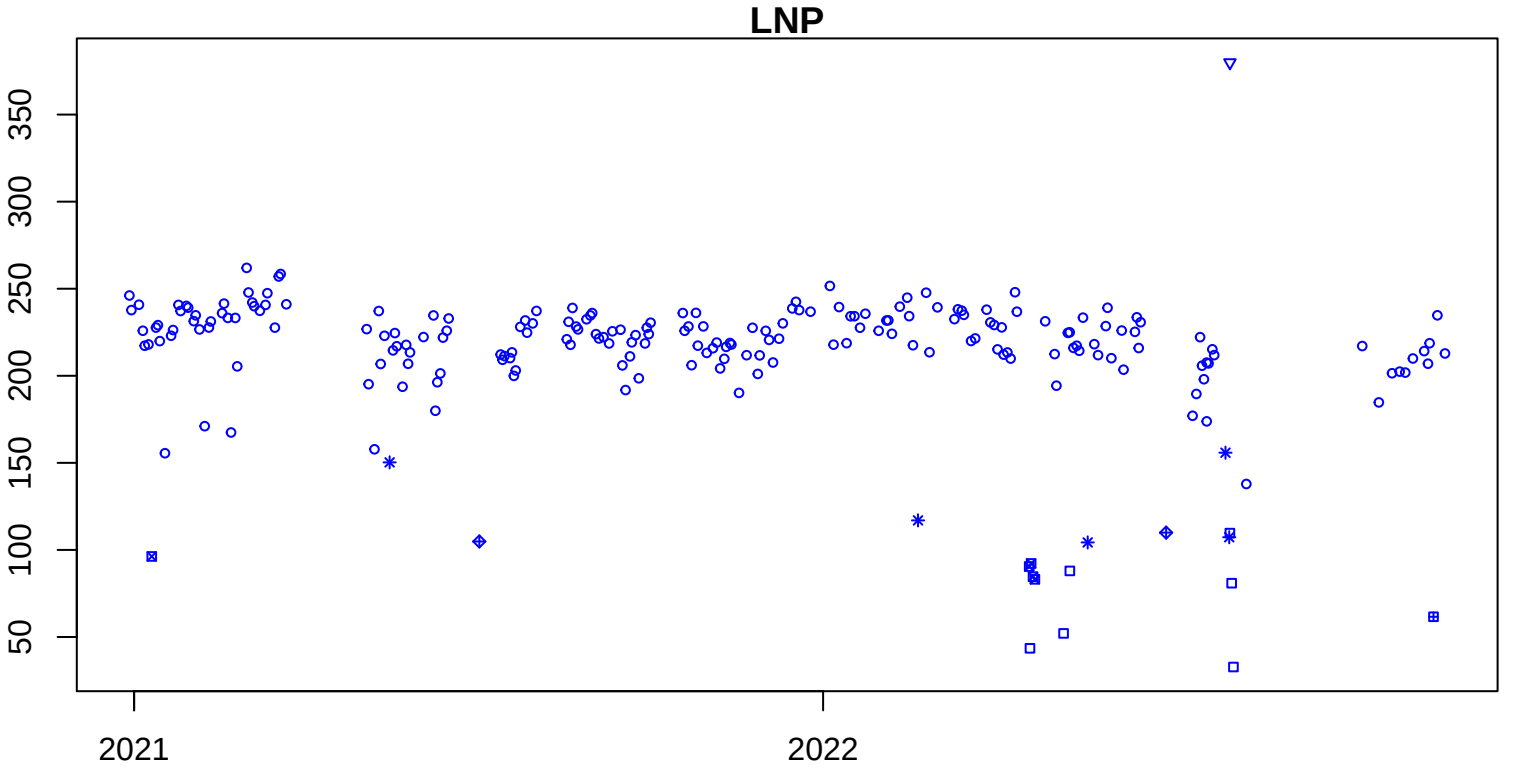

IsoPower
400
300
200
100
2021
2022

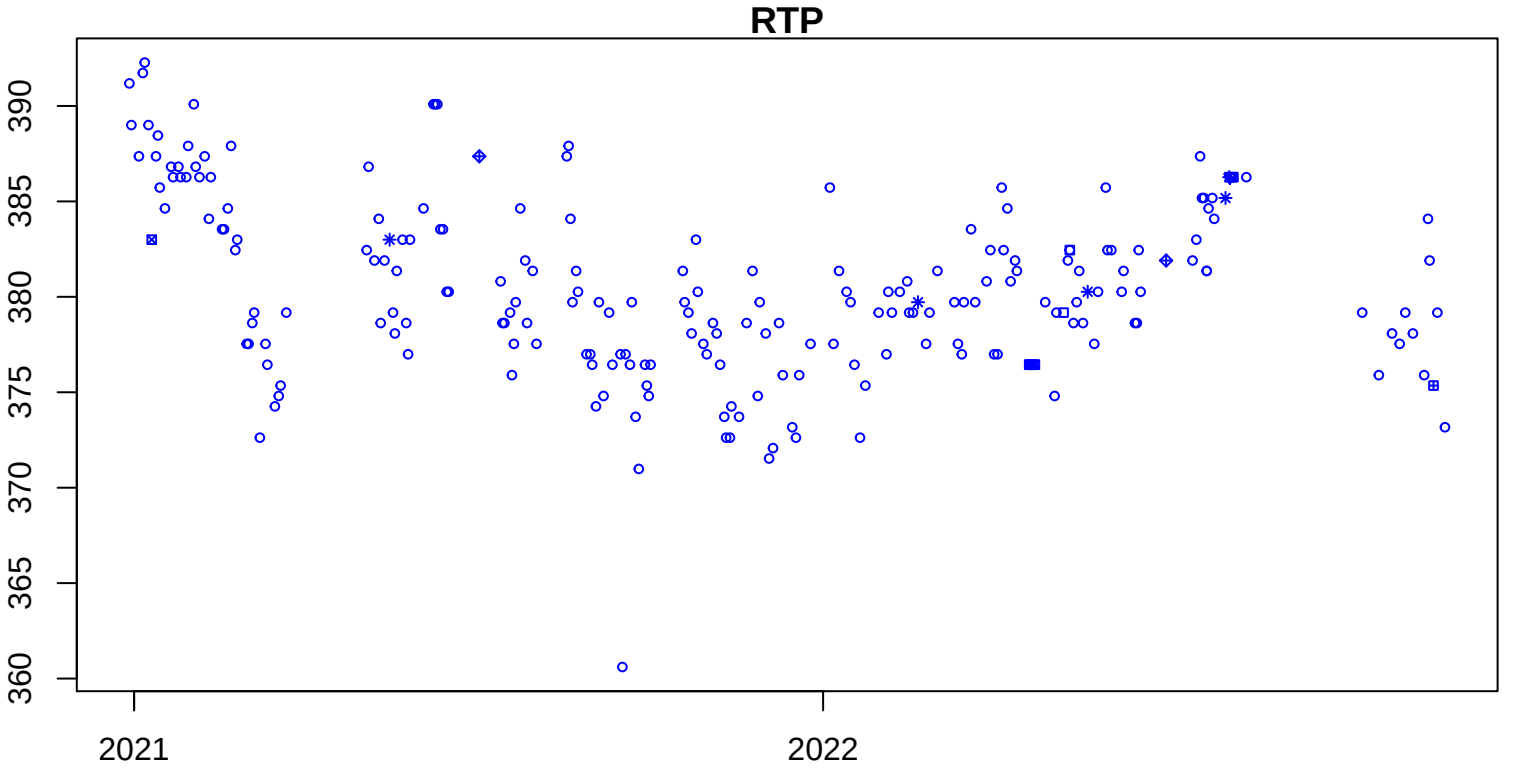

VI
5
4
3
2
1
2021
2022

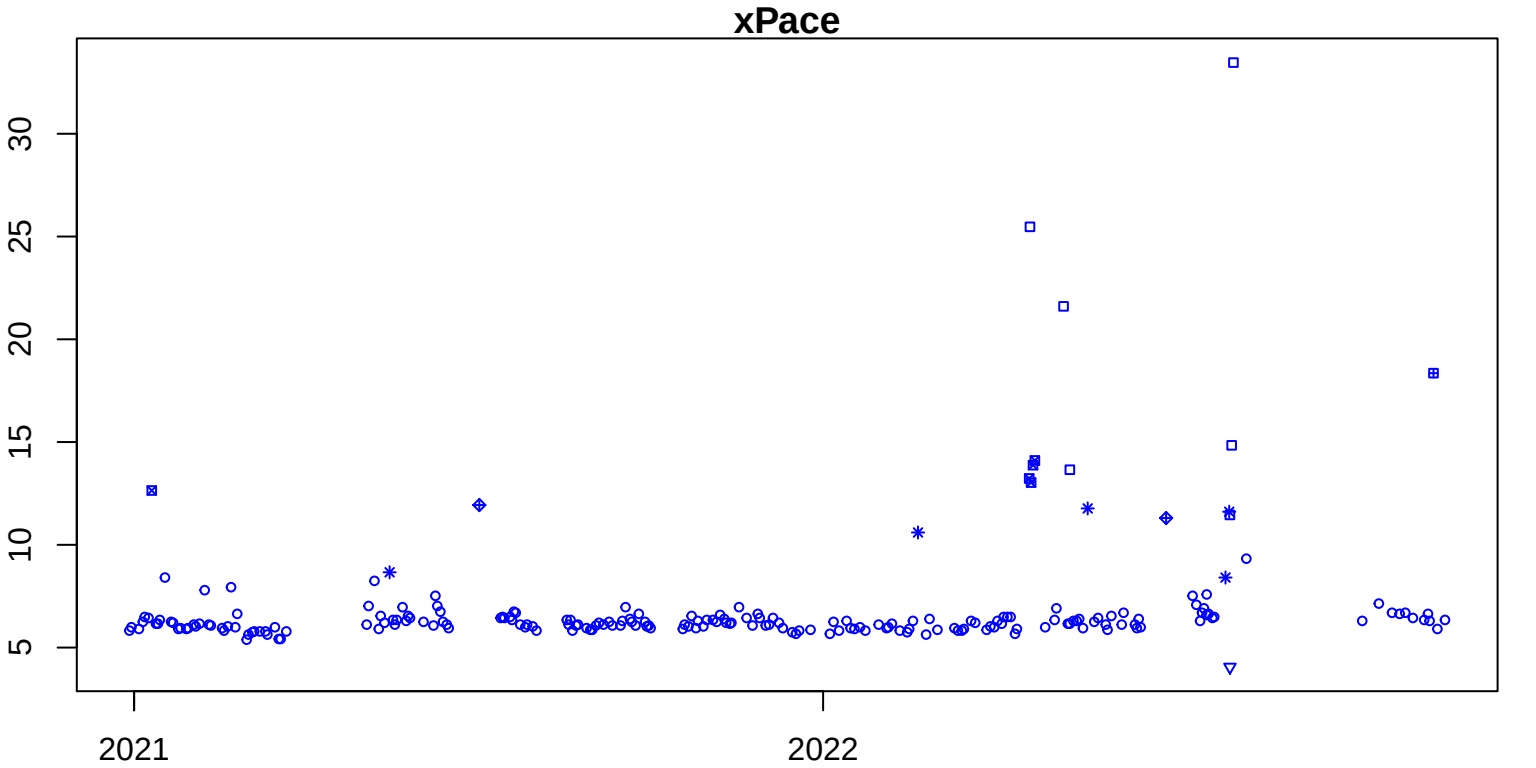

Efficiency_Factor
3.0
2.5
2.0
1.5
1.0
2021
2022

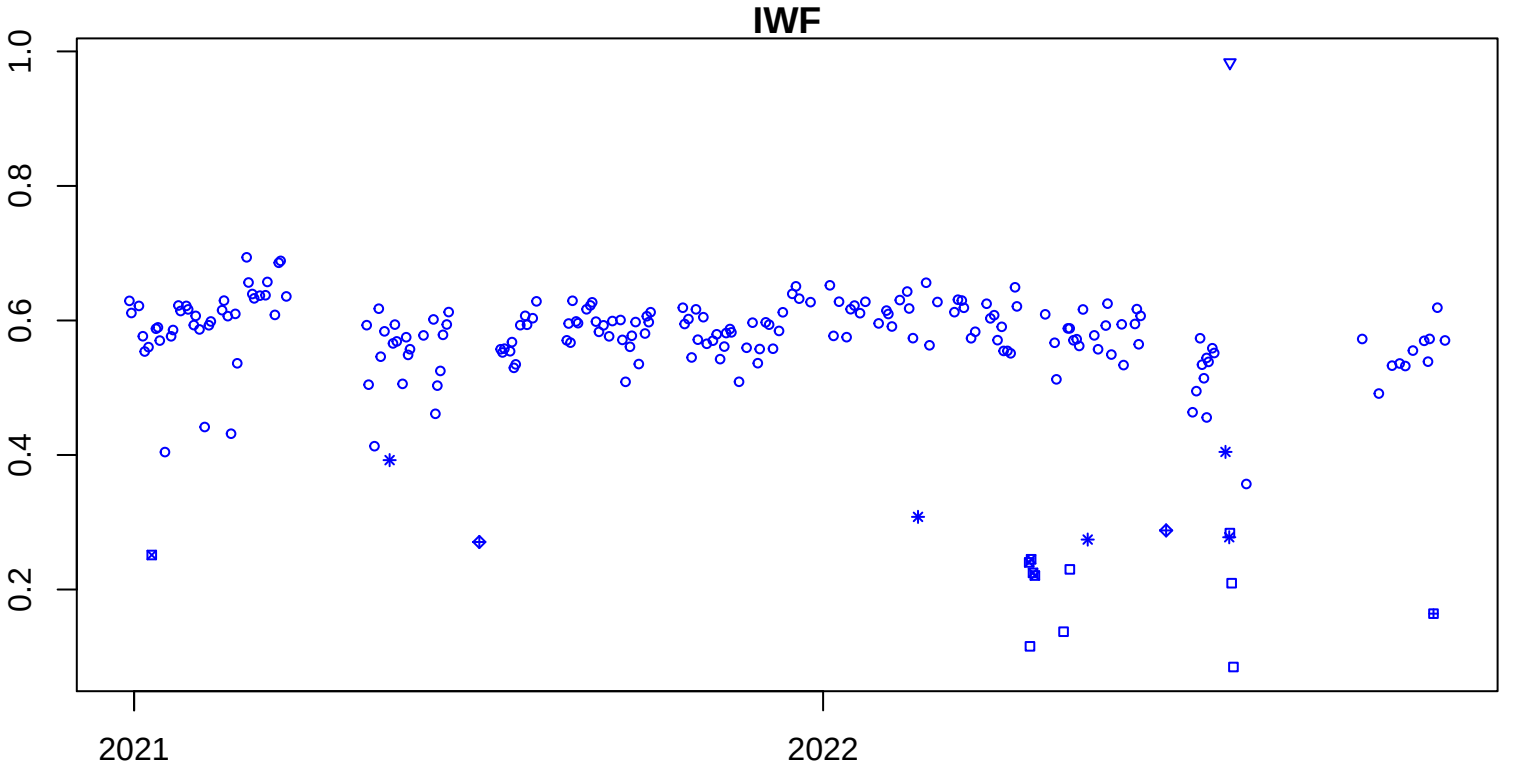

Daniels_Points
200
150
100
50
0
2021
2022

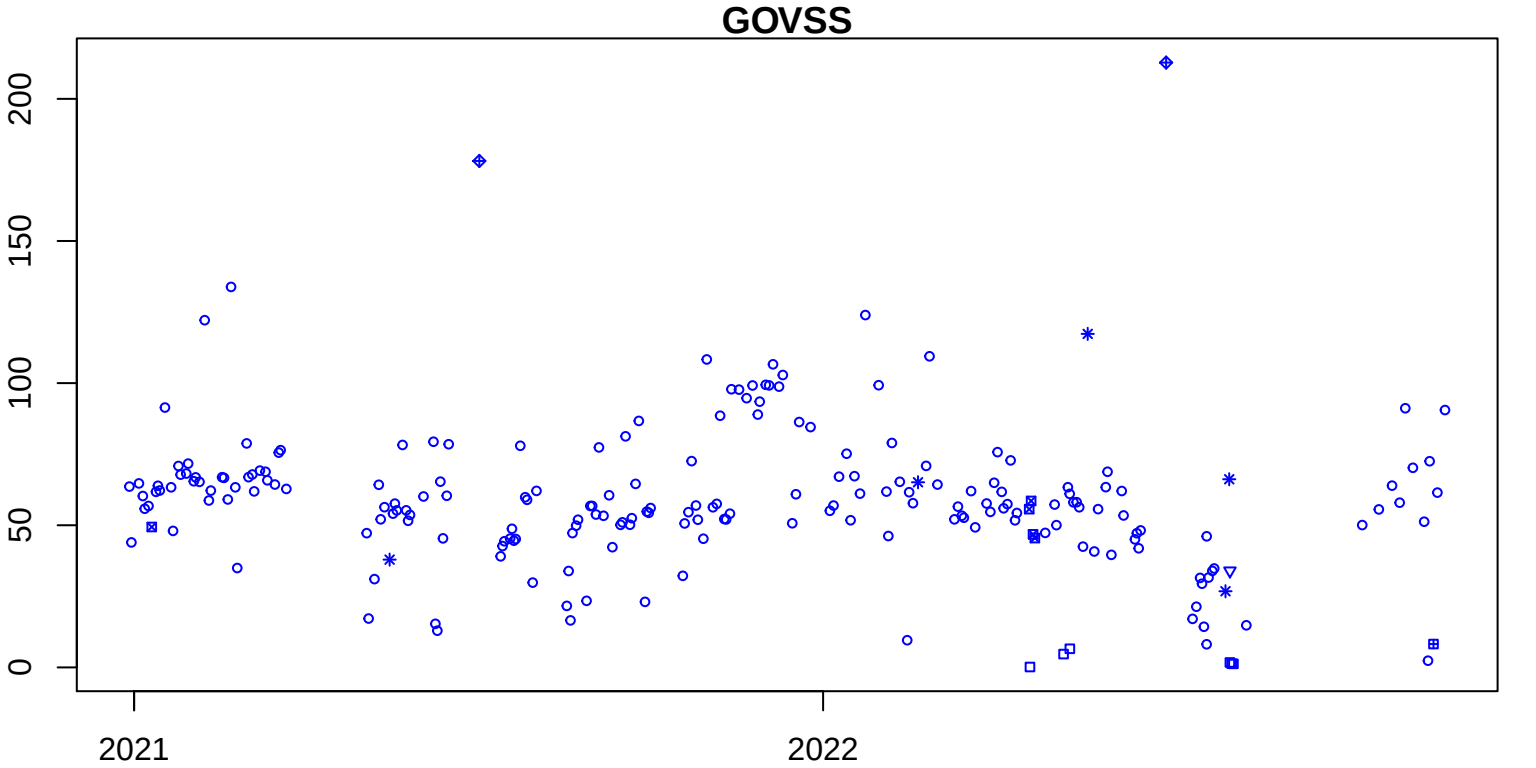

Daniels_EqP
400
350
300
250
200
150
100
50
2021
2022

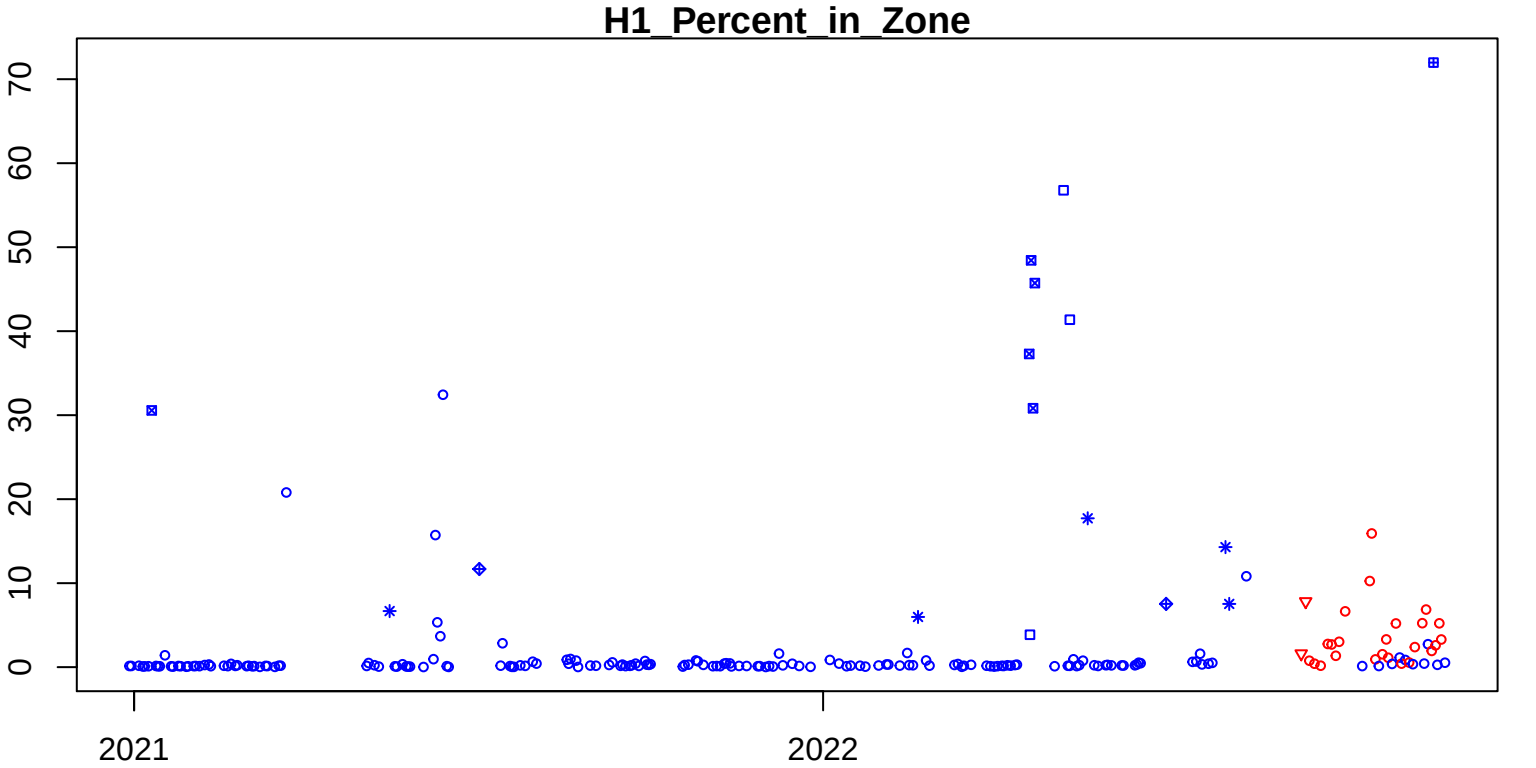

LNP
350
300
250
200
150
100
50
2021
2022

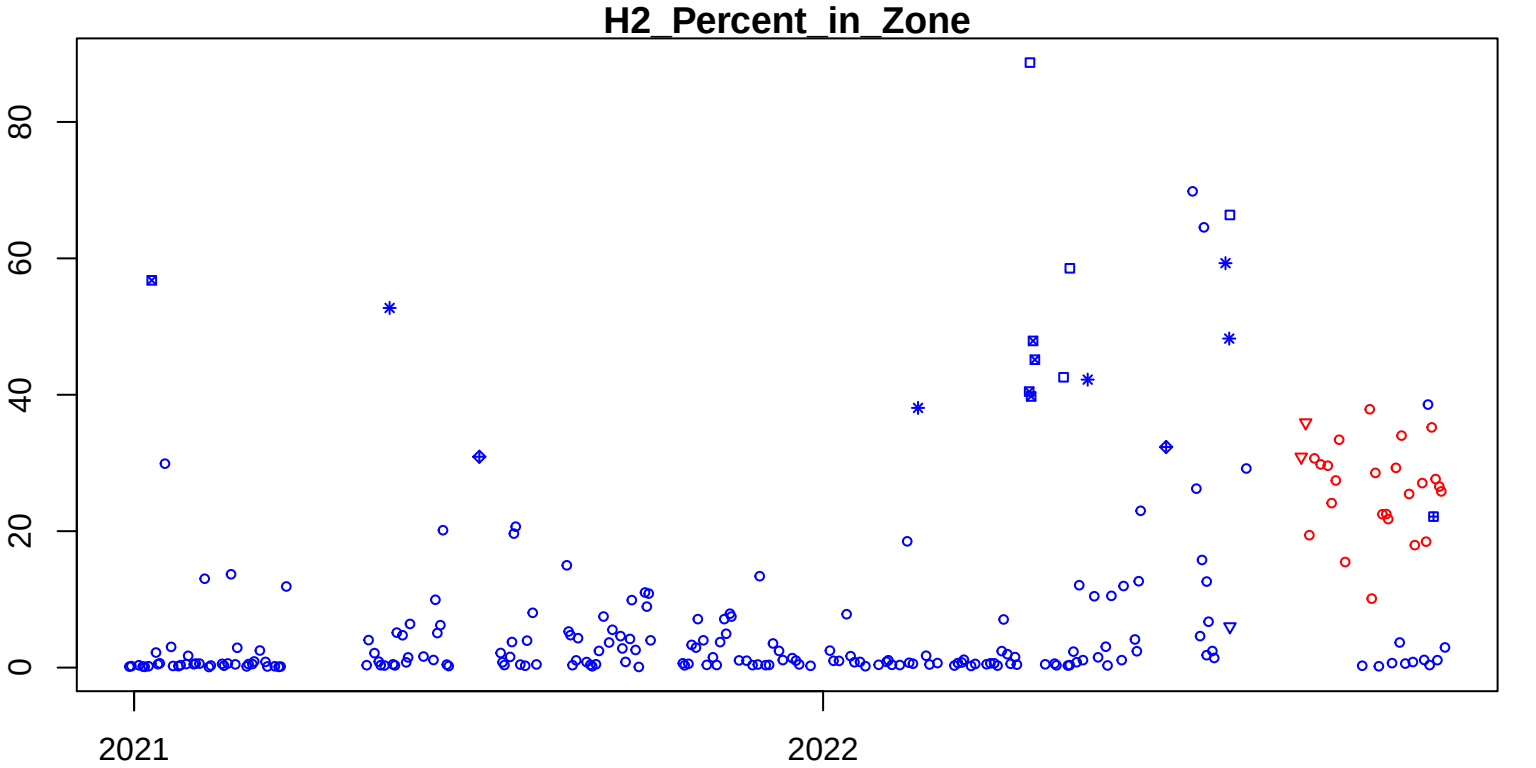

RTP
390
385
380
375
370
365
360
2021
2022

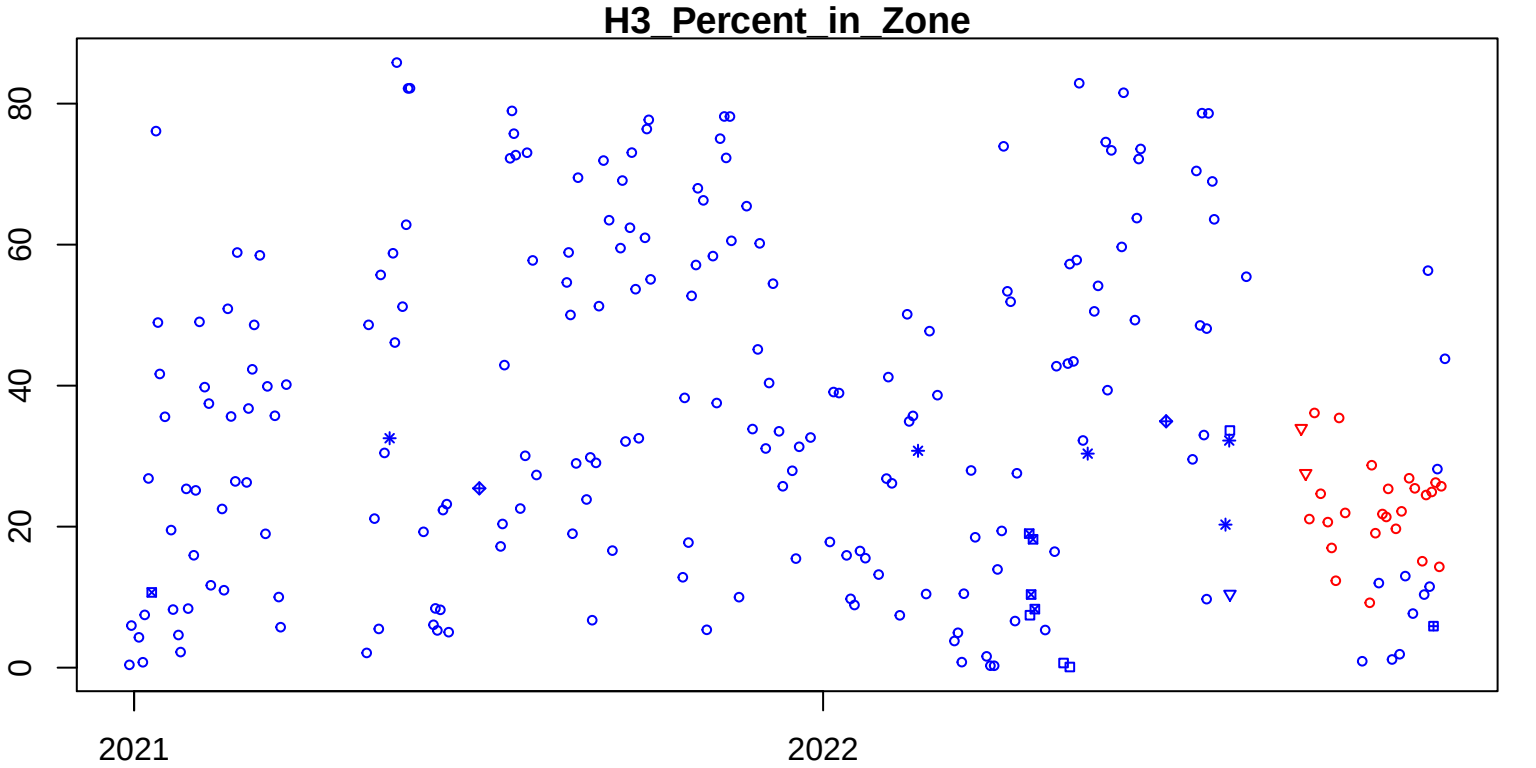

xPace
30
25
20
15
10
5
2021
2022

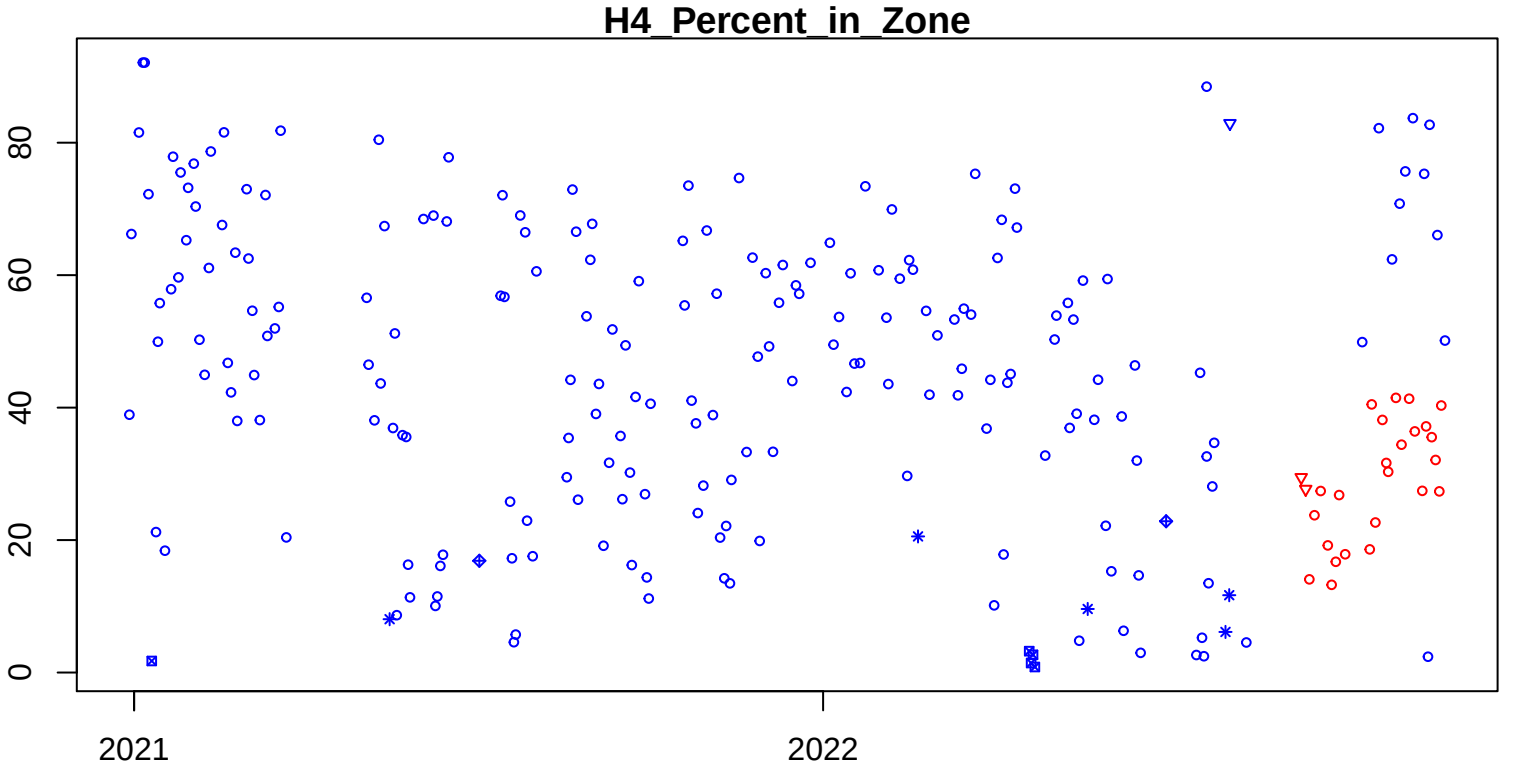

IWF
1.0
0.8
0.6
0.4
0.2
2021
2022

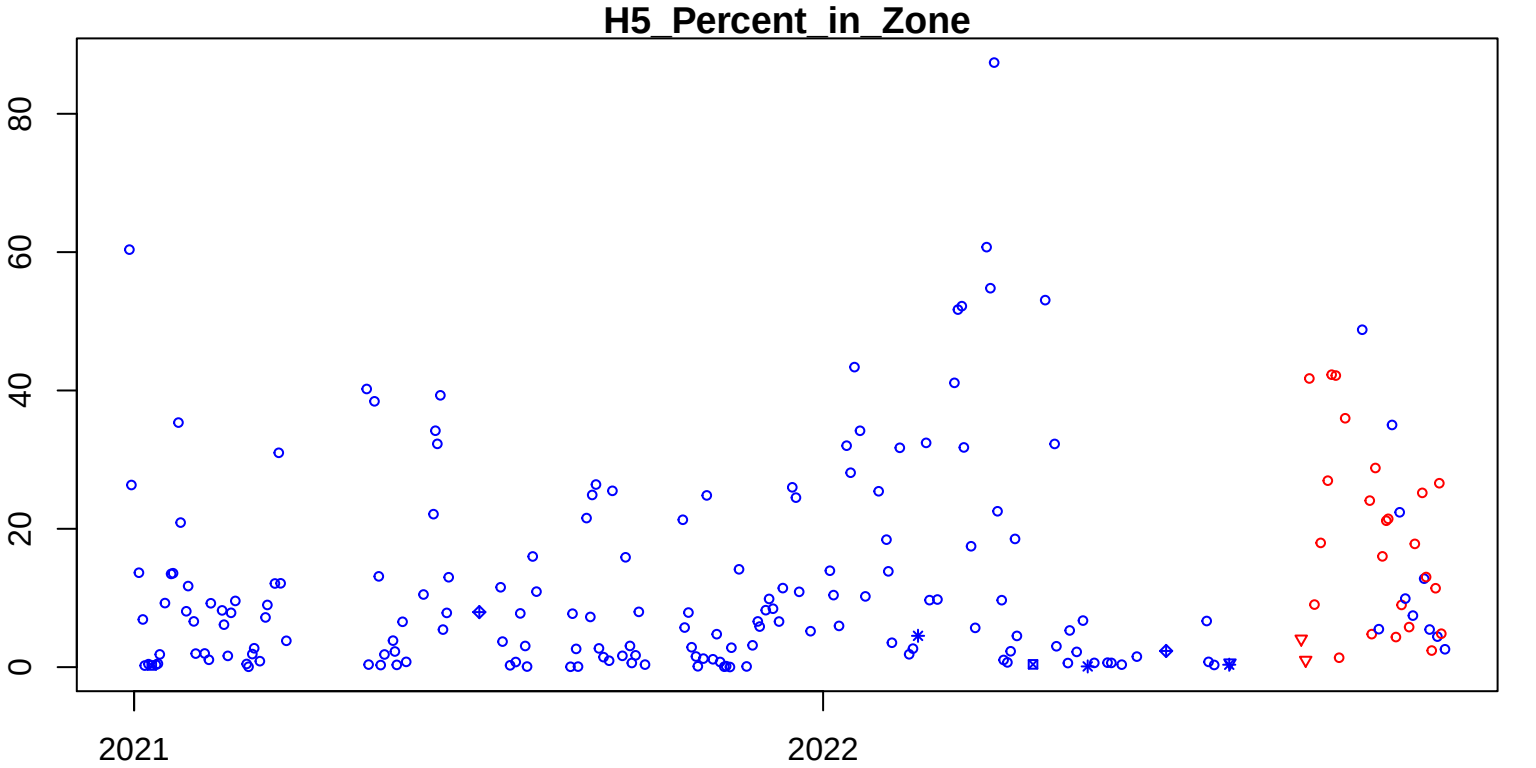

GOVSS
0
50
100
150
200
2021
2022

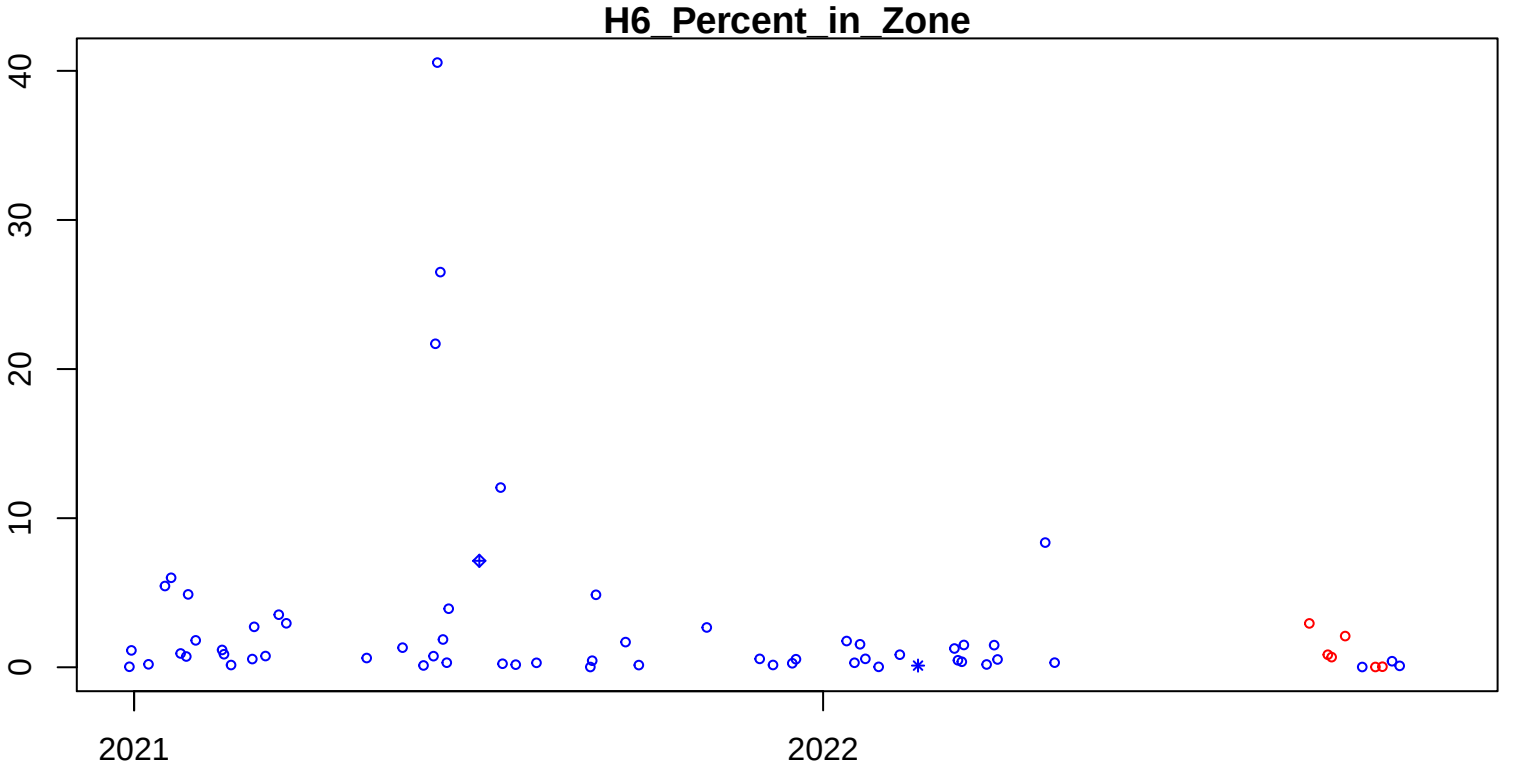

H1_Percent_in_Zone
0
10
20
30
40
50
60
70
2021
2022

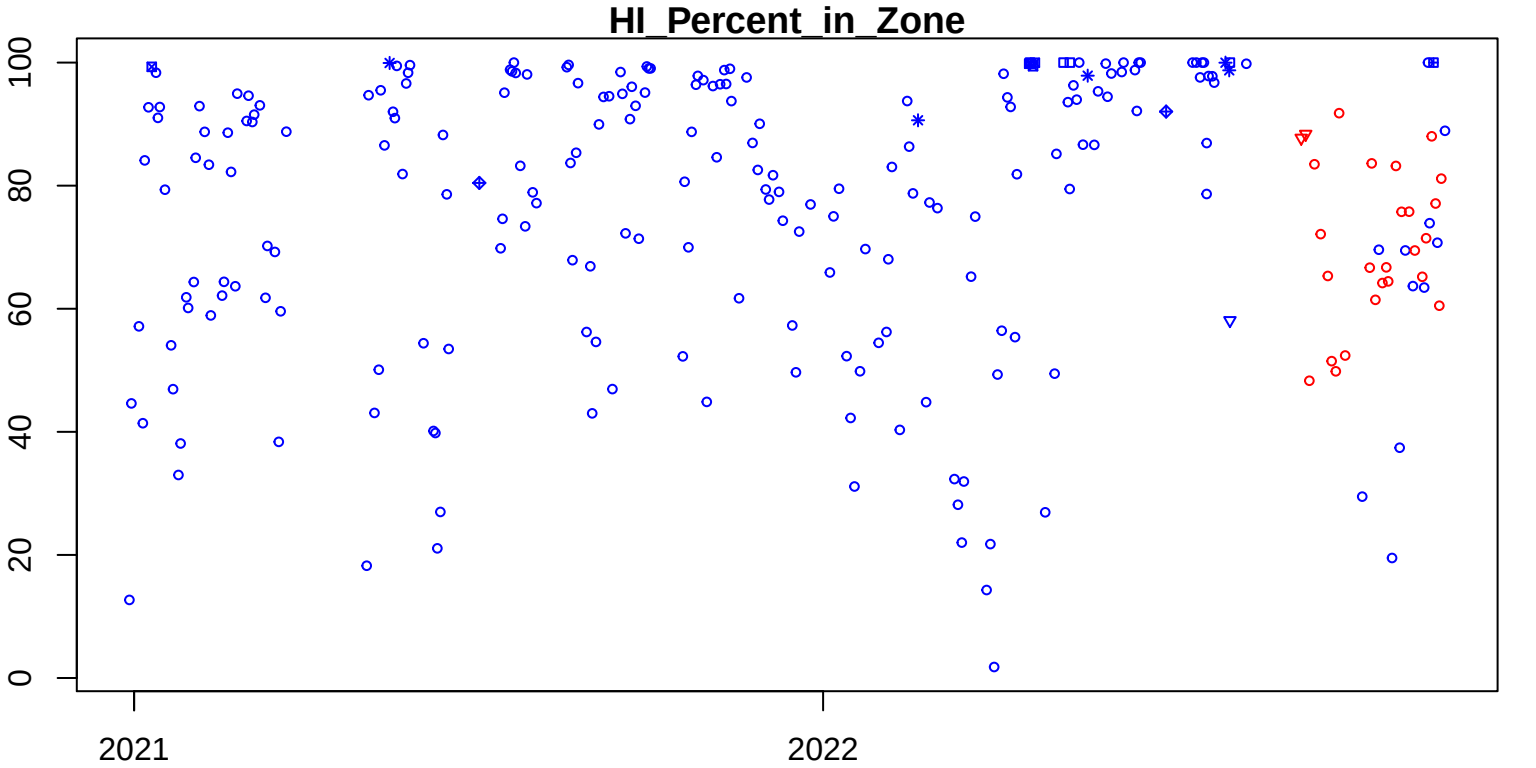

H2_Percent_in_Zone
0
20
40
60
80
2021
2022

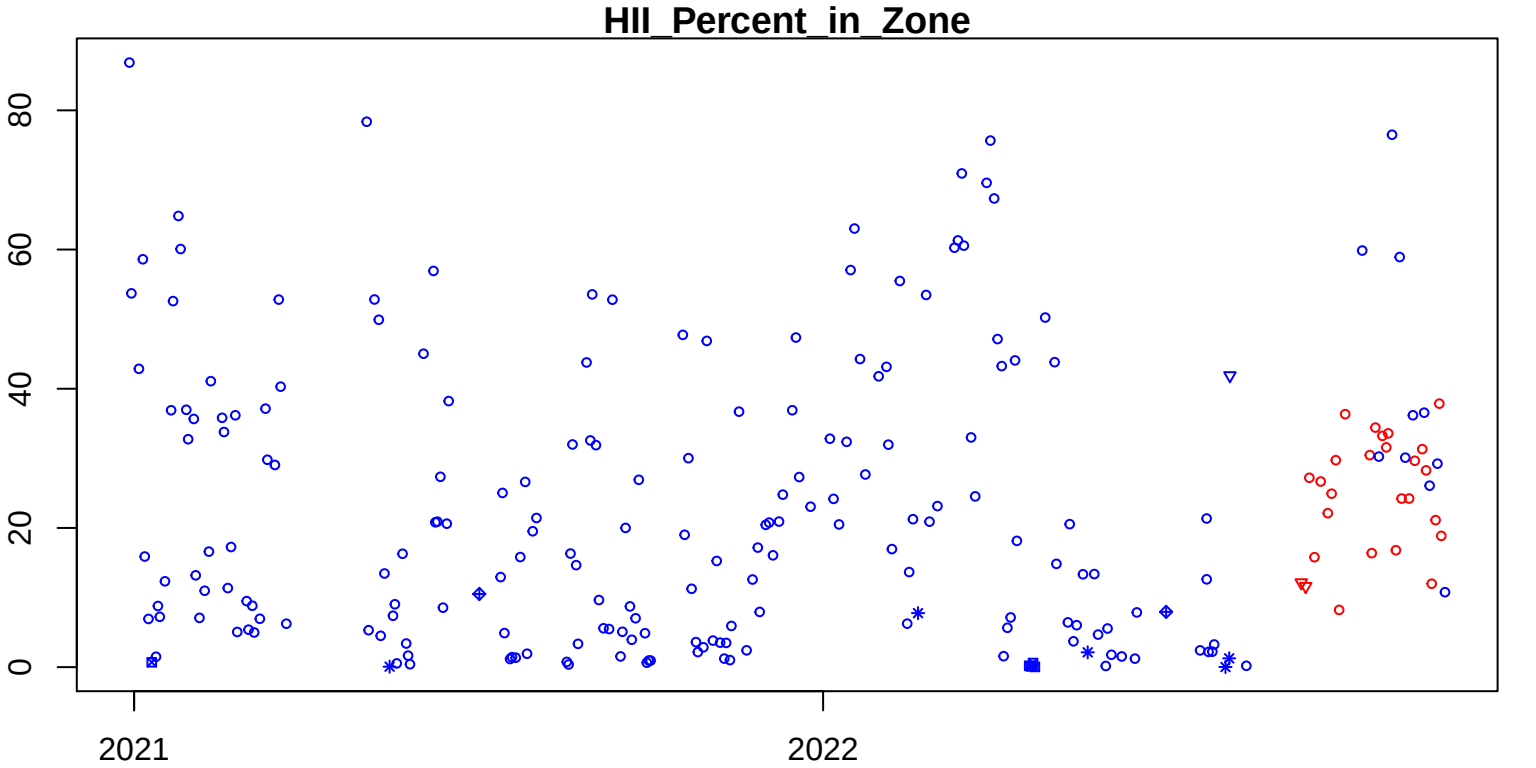

H3_Percent_in_Zone
0
20
40
60
80
2021
2022

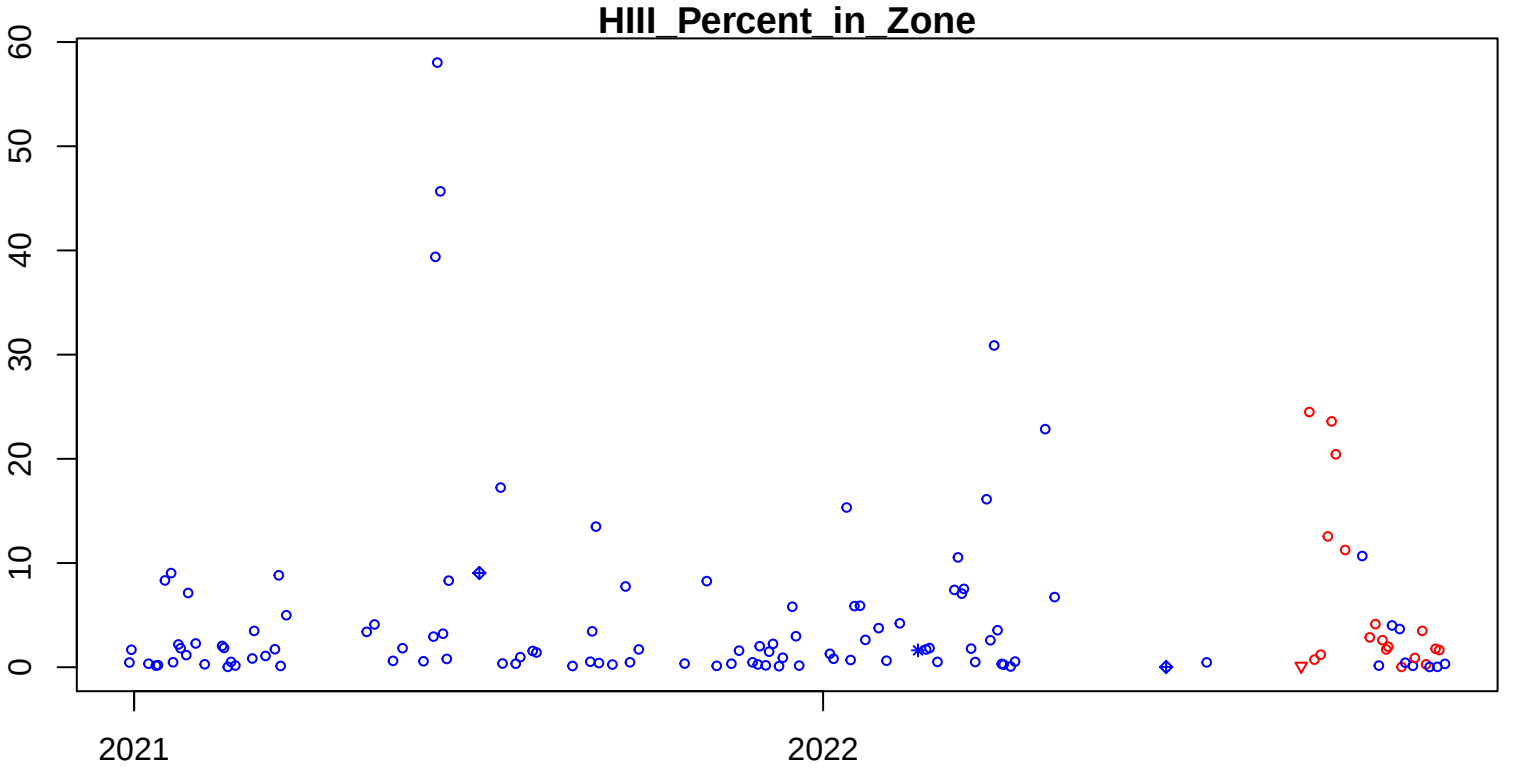

H4_Percent_in_Zone
0
20
40
60
80
2021
2022

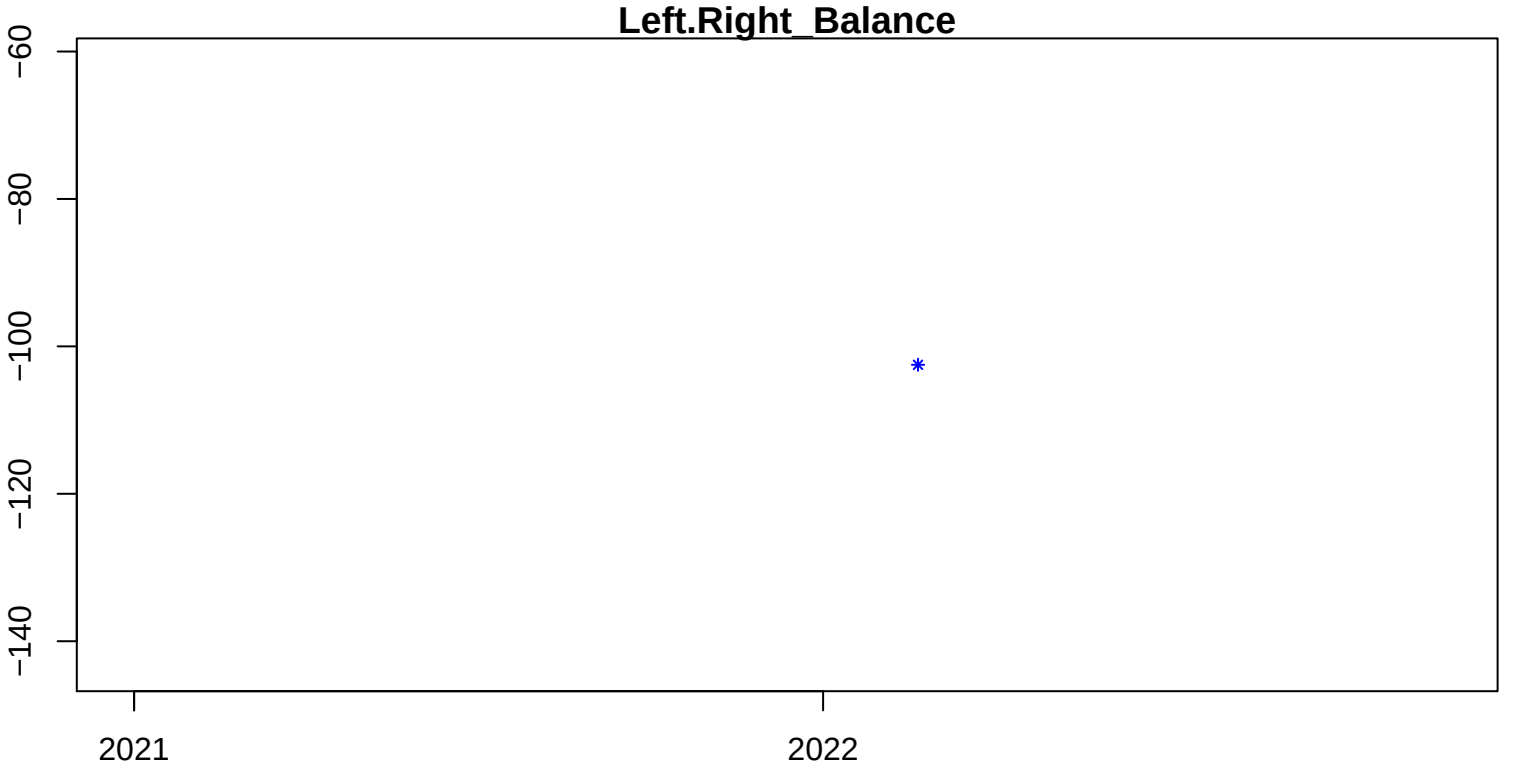

H5_Percent_in_Zone
0
20
40
60
80
2021
2022

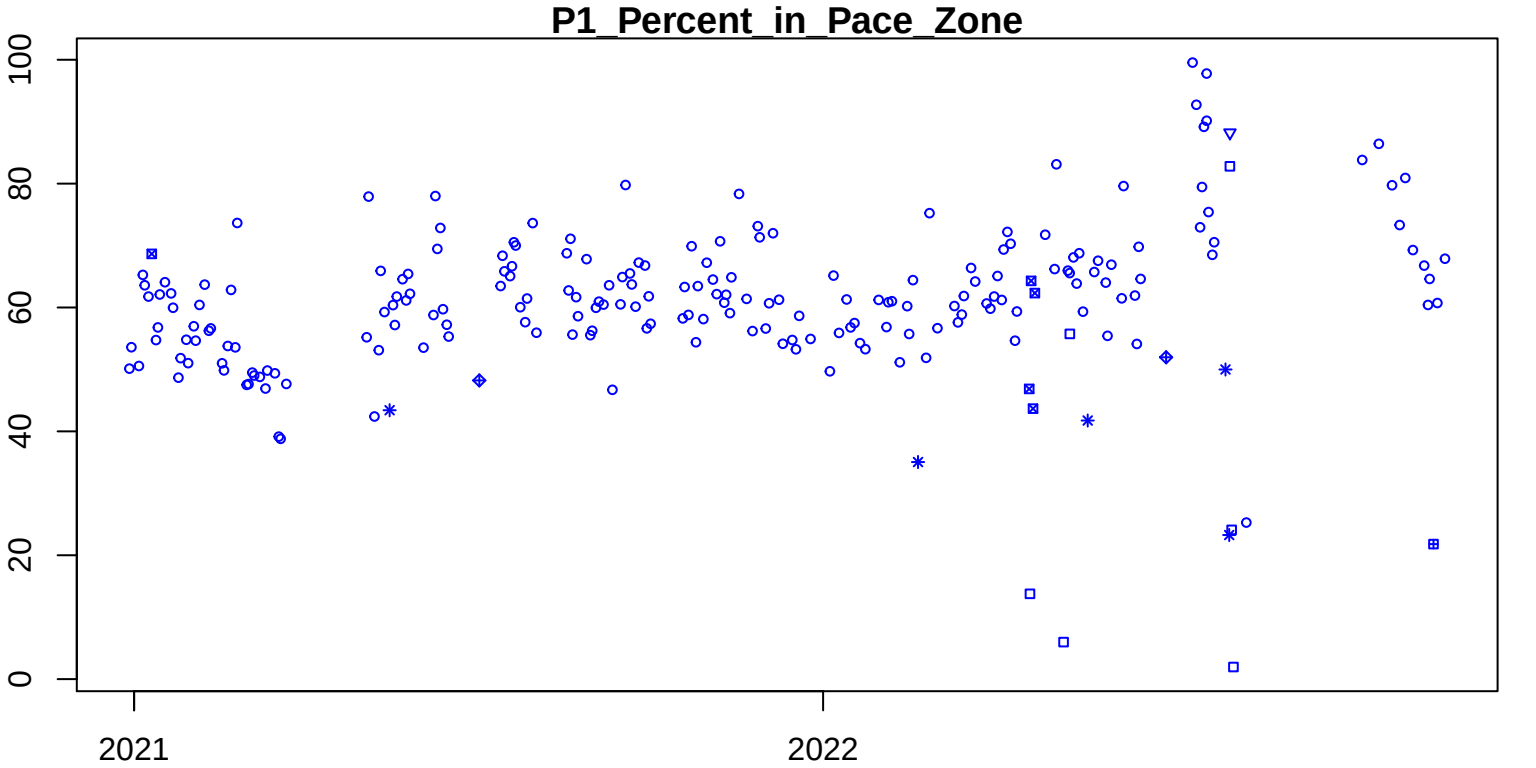

H6_Percent_in_Zone
0
10
20
30
40
2021
2022

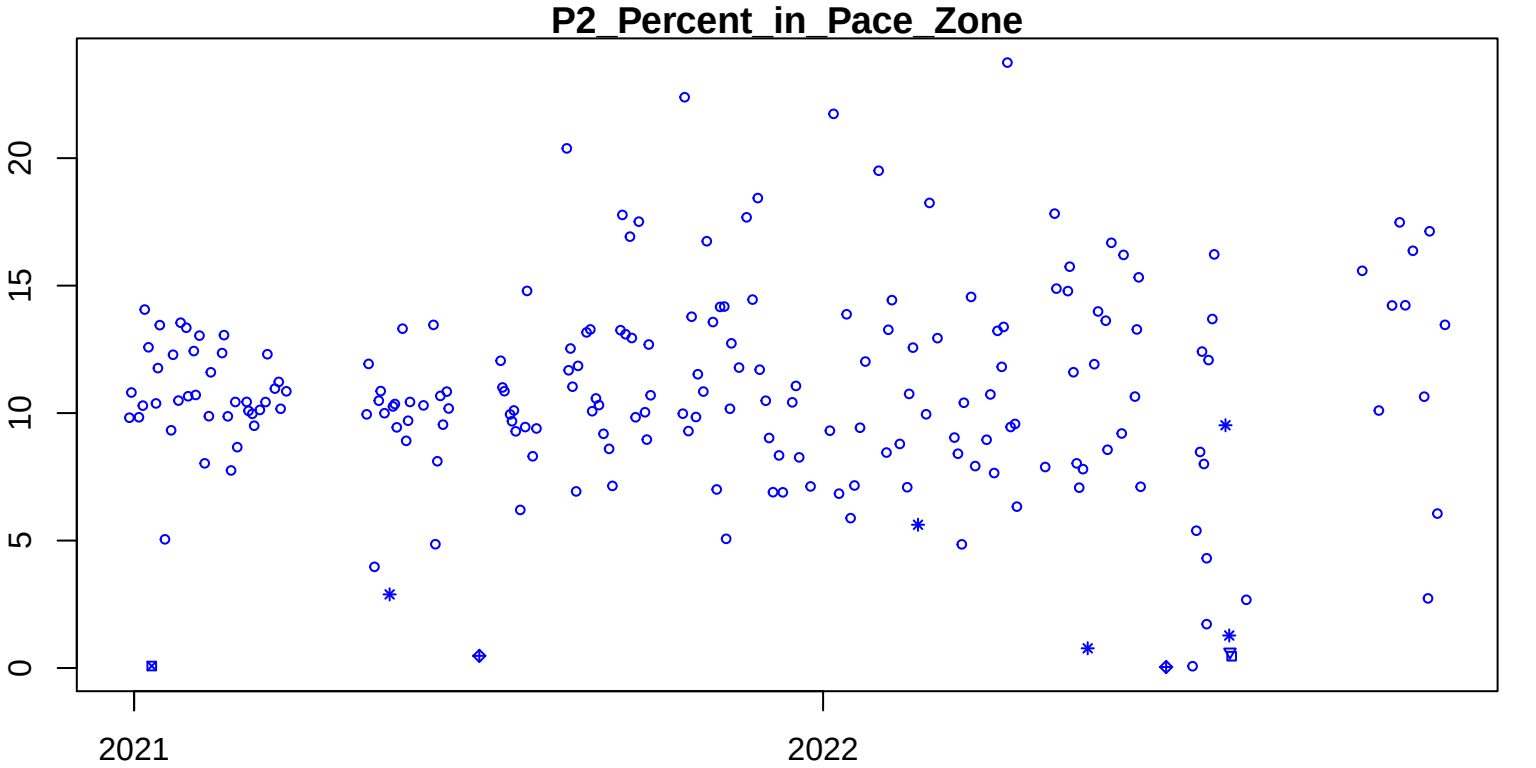

HI_Percent_in_Zone
0
20
40
60
80
100
2021
2022

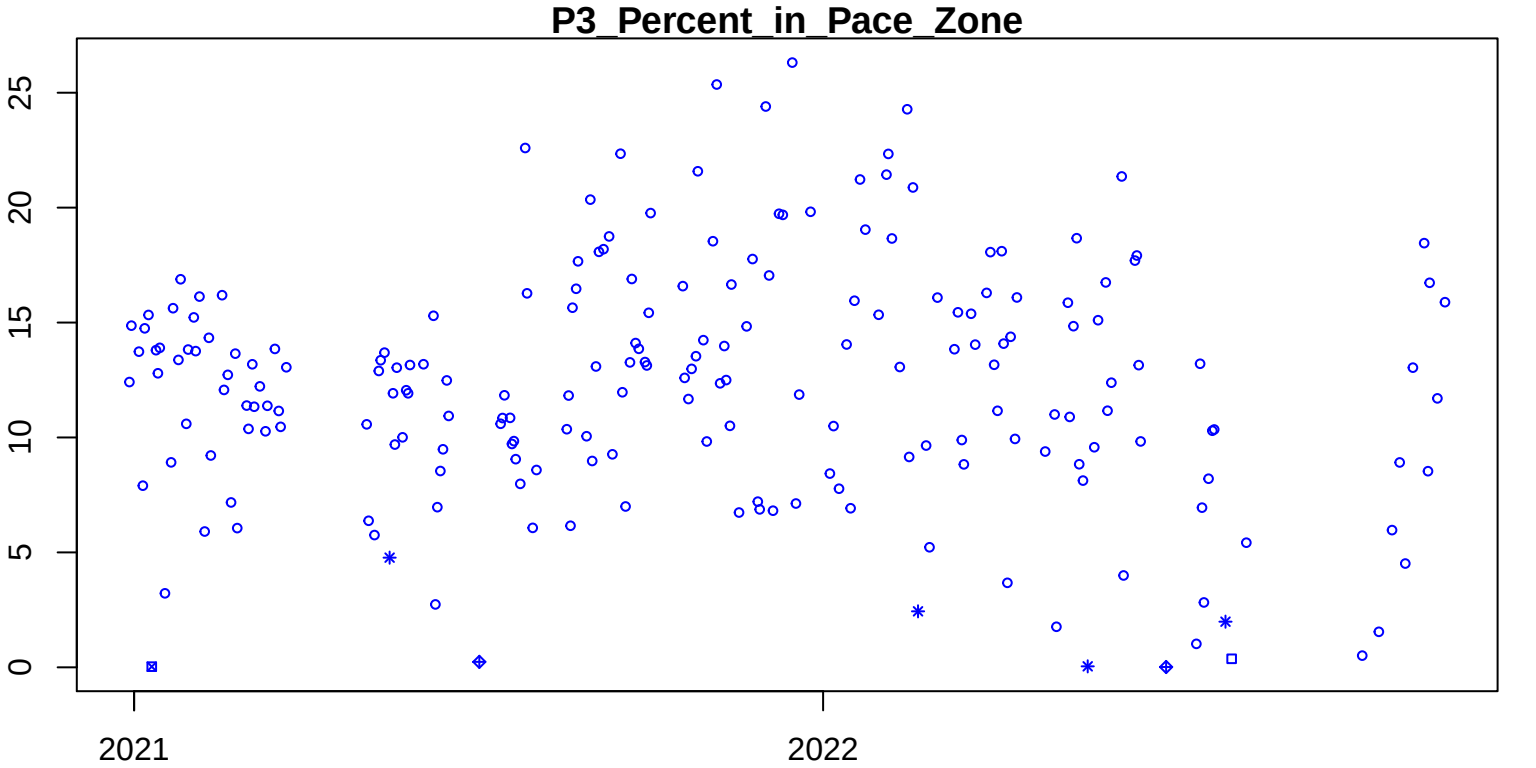

HII_Percent_in_Zone
0
20
40
60
80
2021
2022

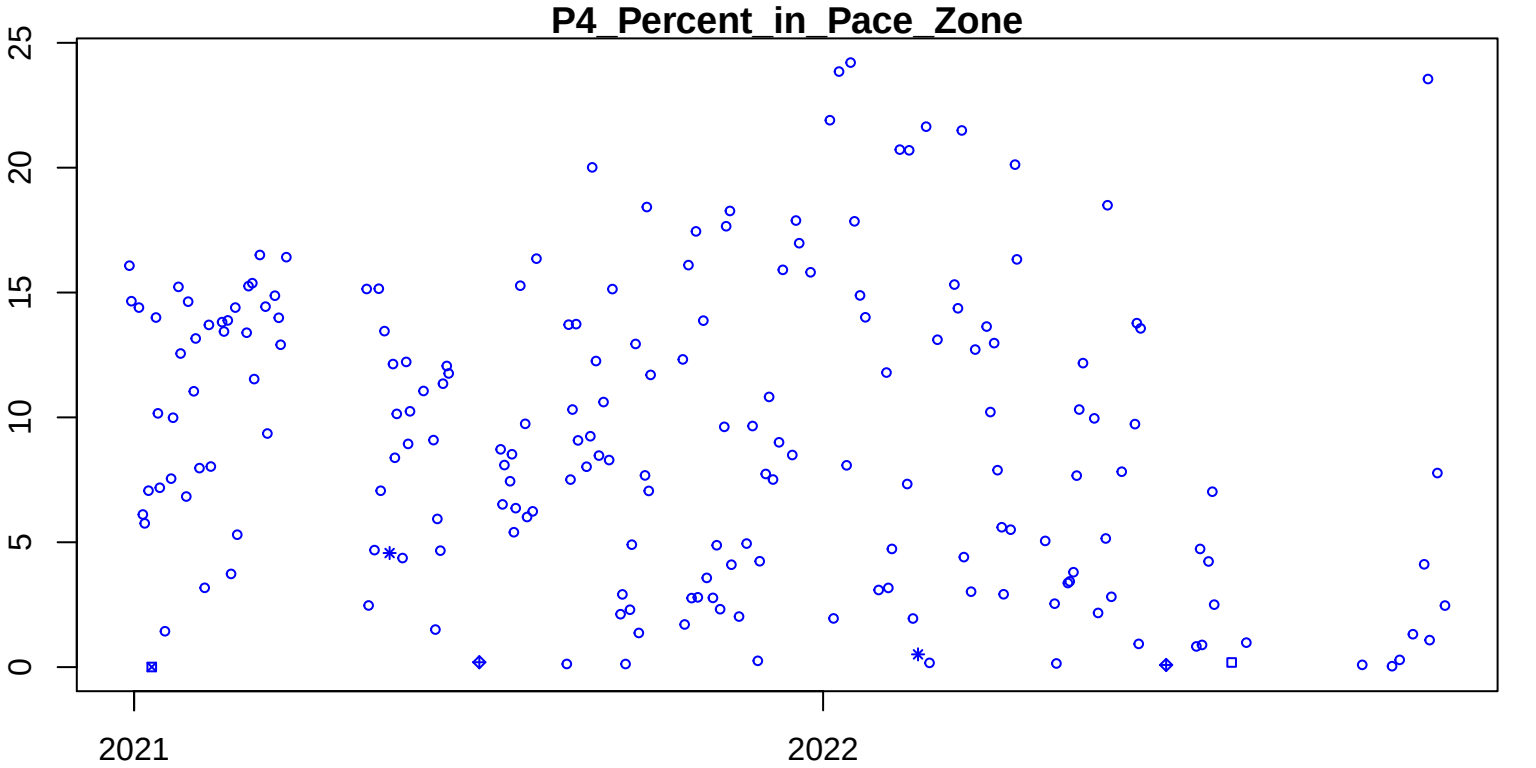

HIII_Percent_in_Zone
0
10
20
30
40
50
60
2021
2022

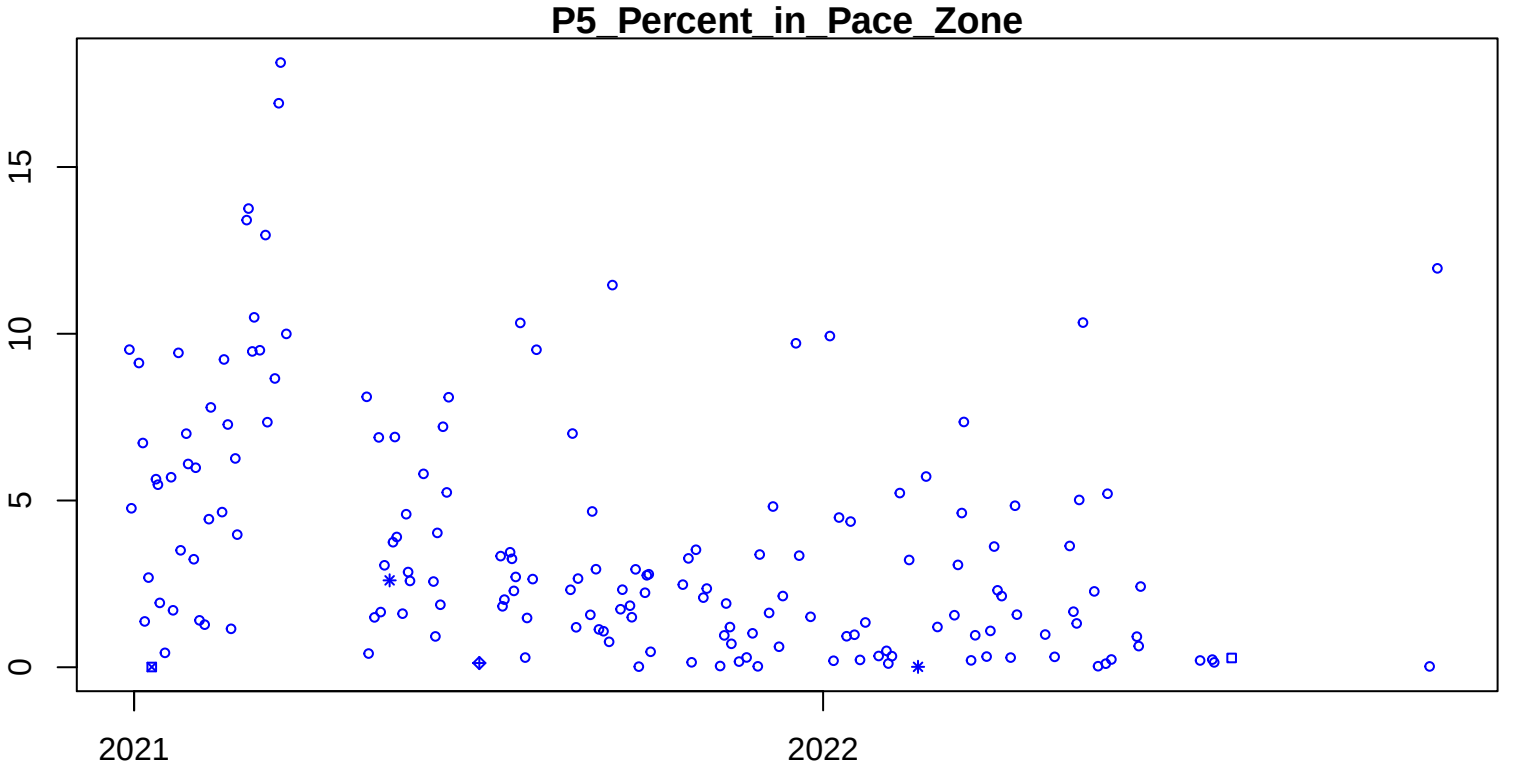

Left.Right_Balance
−60
−80
−100
−120
−140
2021
2022

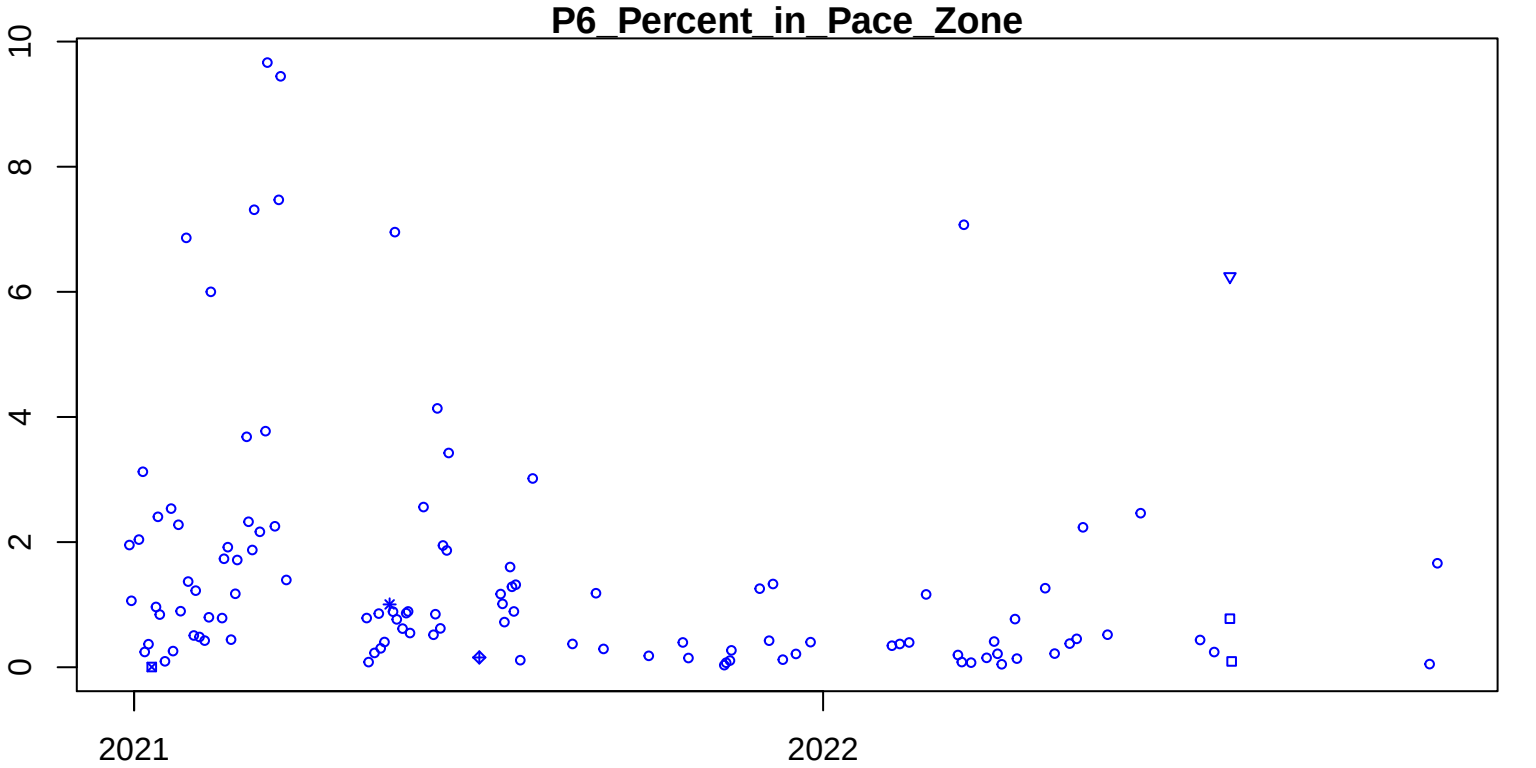

P1_Percent_in_Pace_Zone
0
20
40
60
80
100
2021
2022

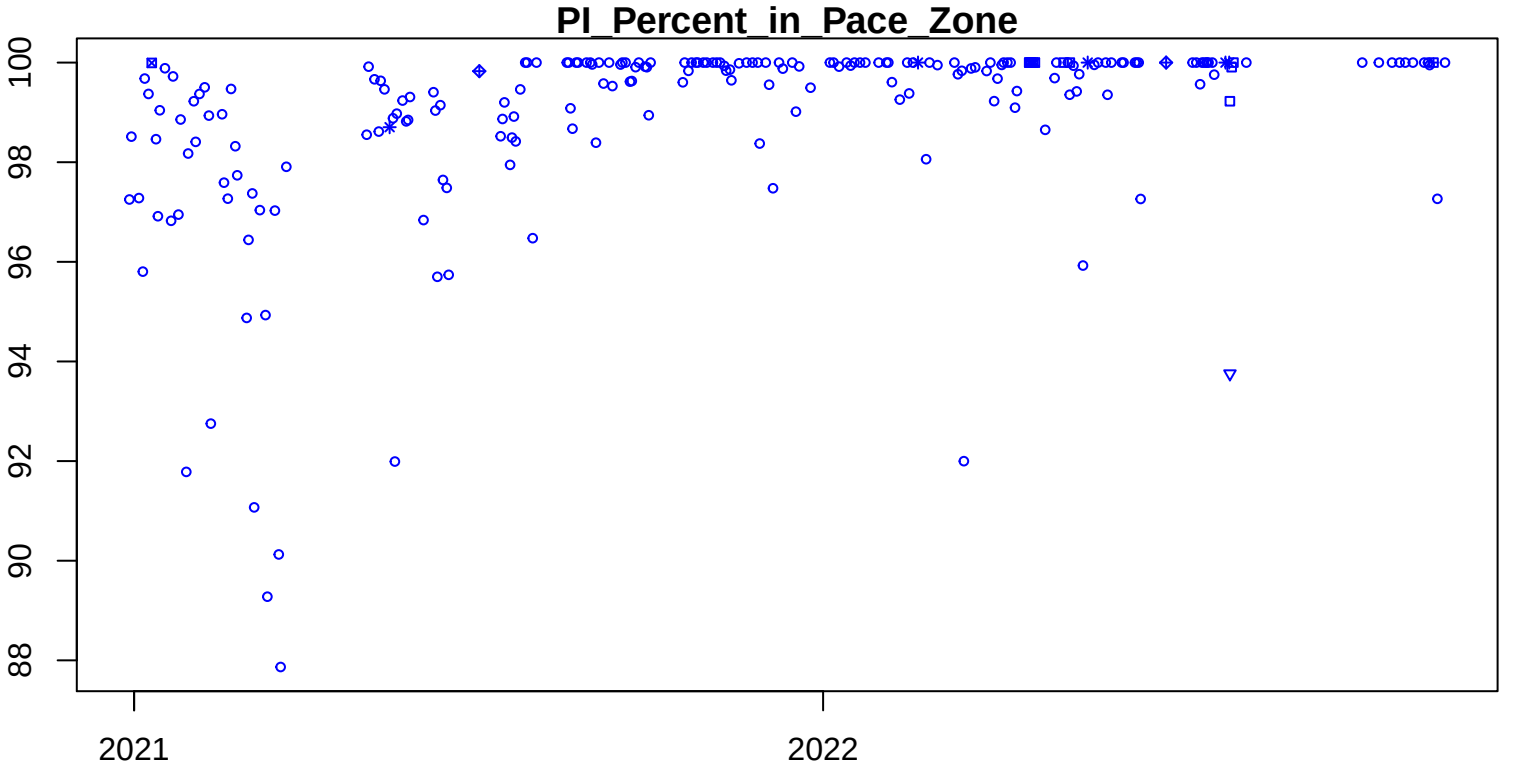

P2_Percent_in_Pace_Zone
0
5
10
15
20
2021
2022

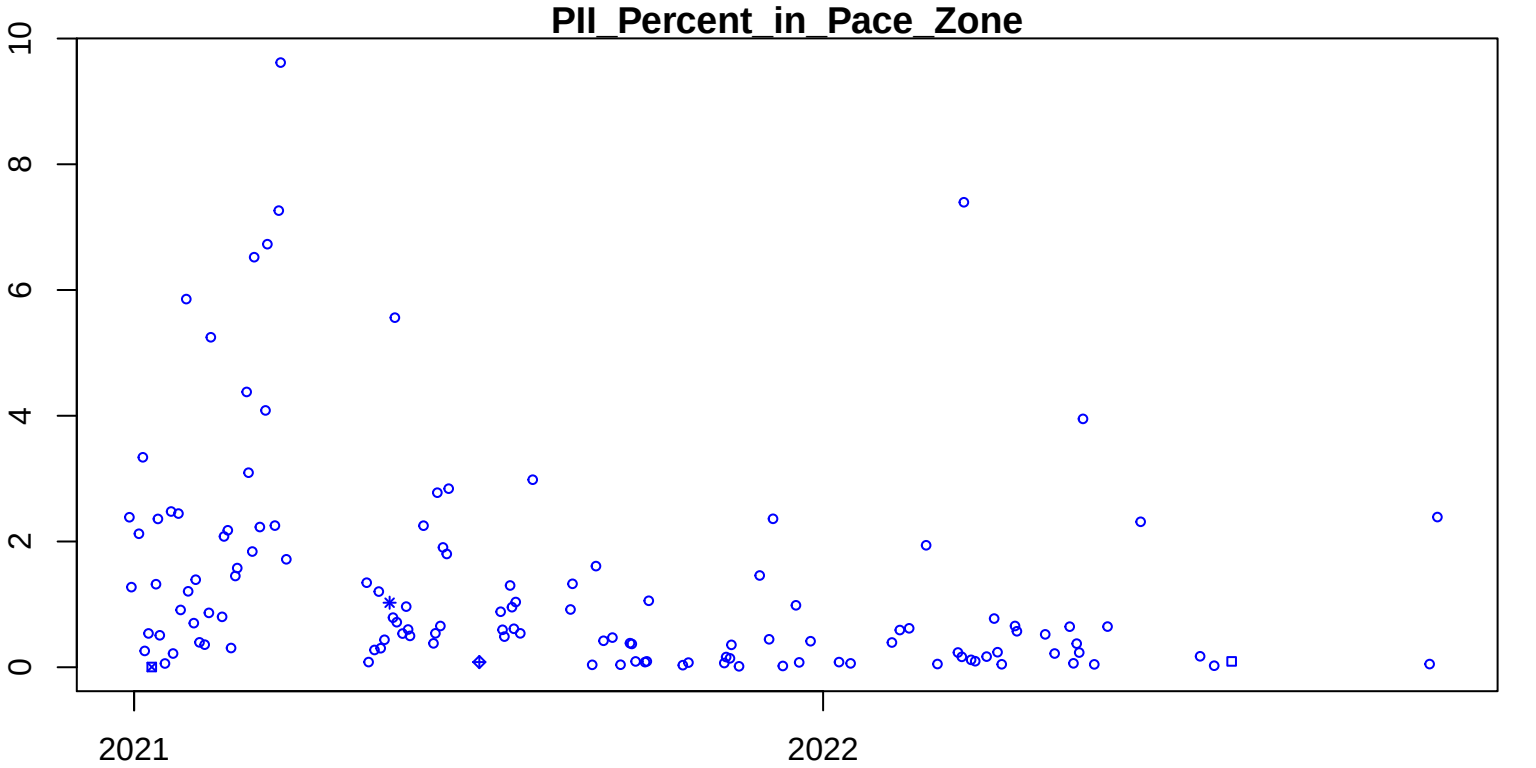

P3_Percent_in_Pace_Zone
0
5
10
15
20
25
2021
2022

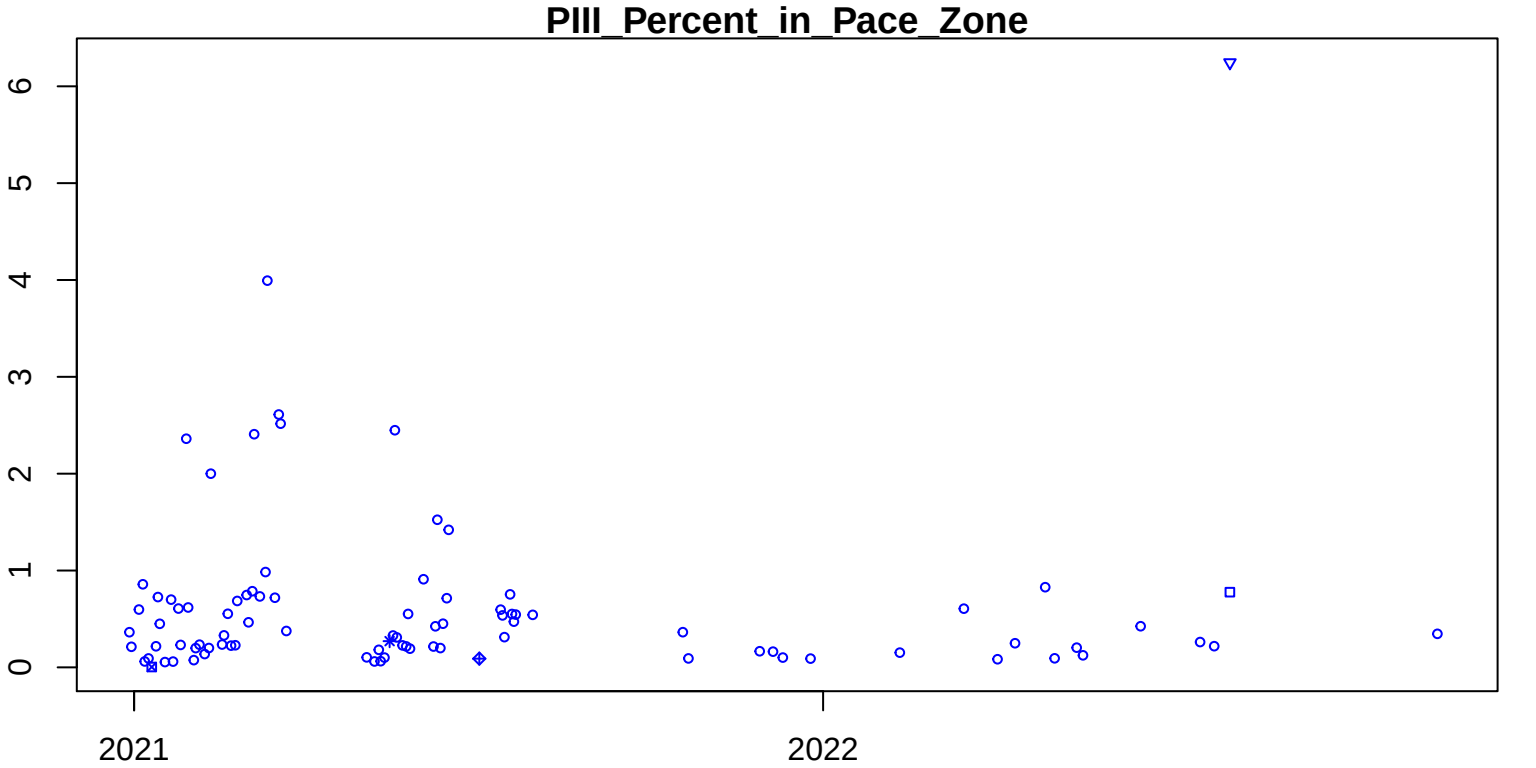

P4_Percent_in_Pace_Zone
0
5
10
15
20
25
2021
2022

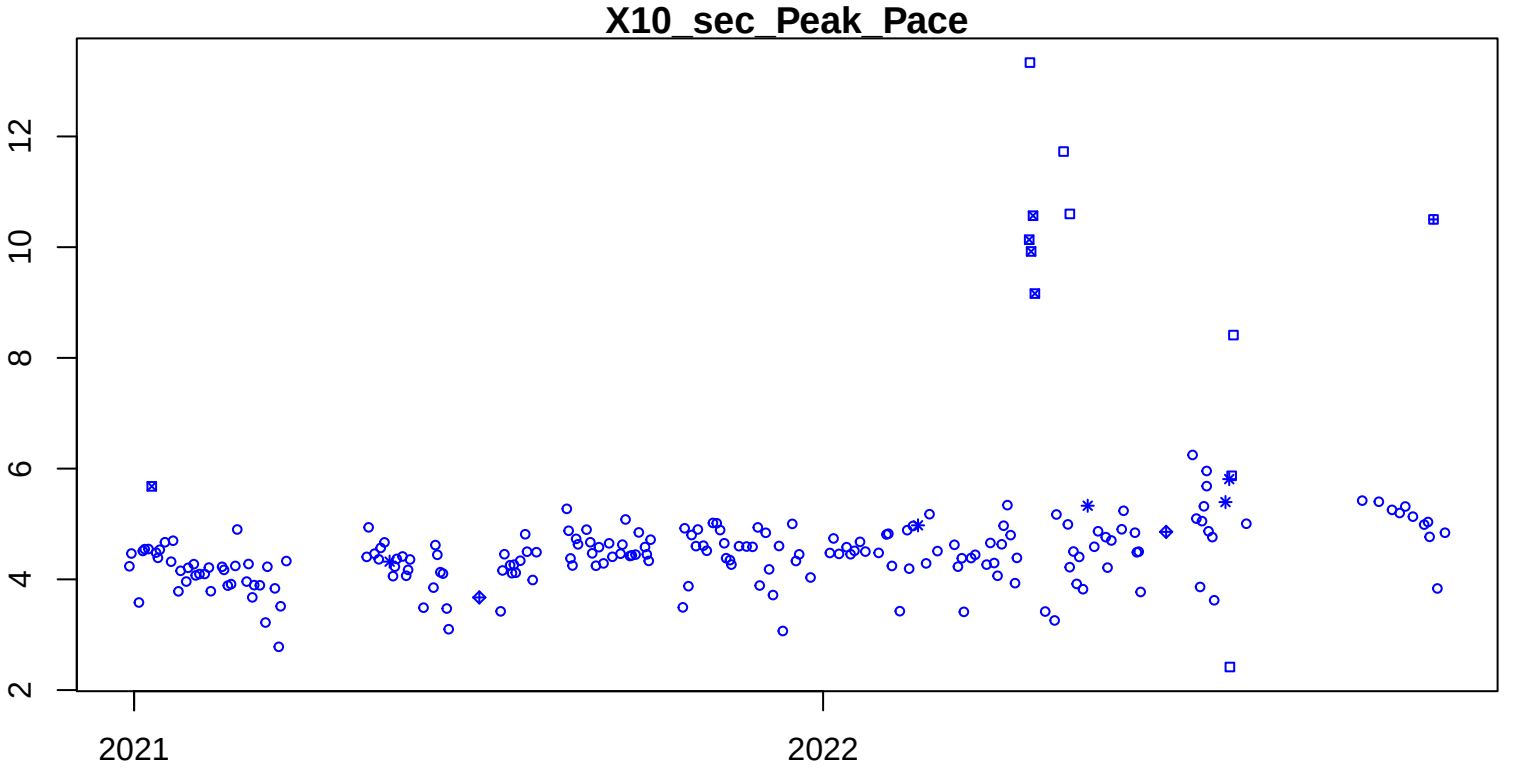

P5_Percent_in_Pace_Zone
0
5
10
15
2021
2022

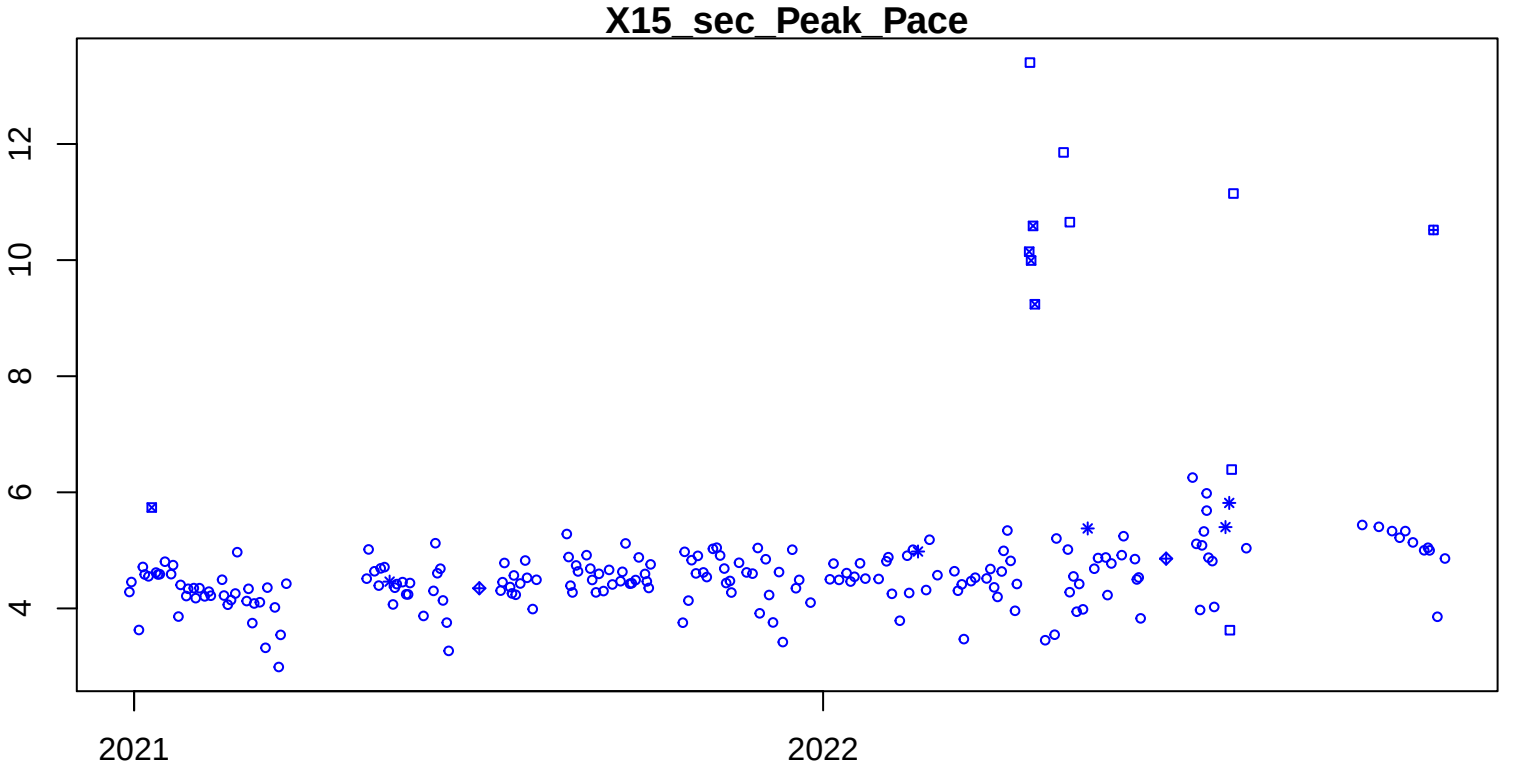

P6_Percent_in_Pace_Zone
0
2
4
6
8
10
2021
2022

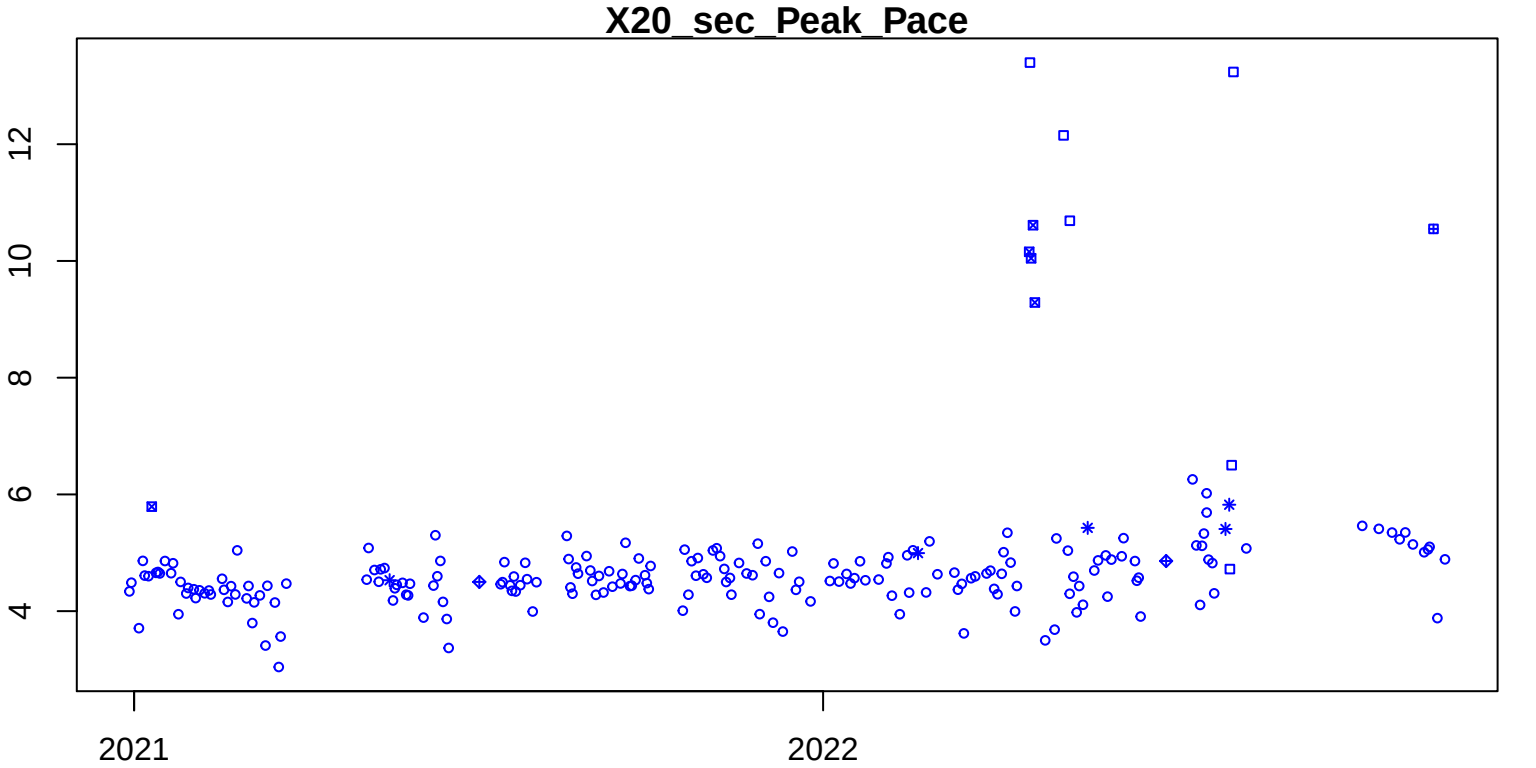

PI_Percent_in_Pace_Zone
100
98
96
94
92
90
88
2021
2022

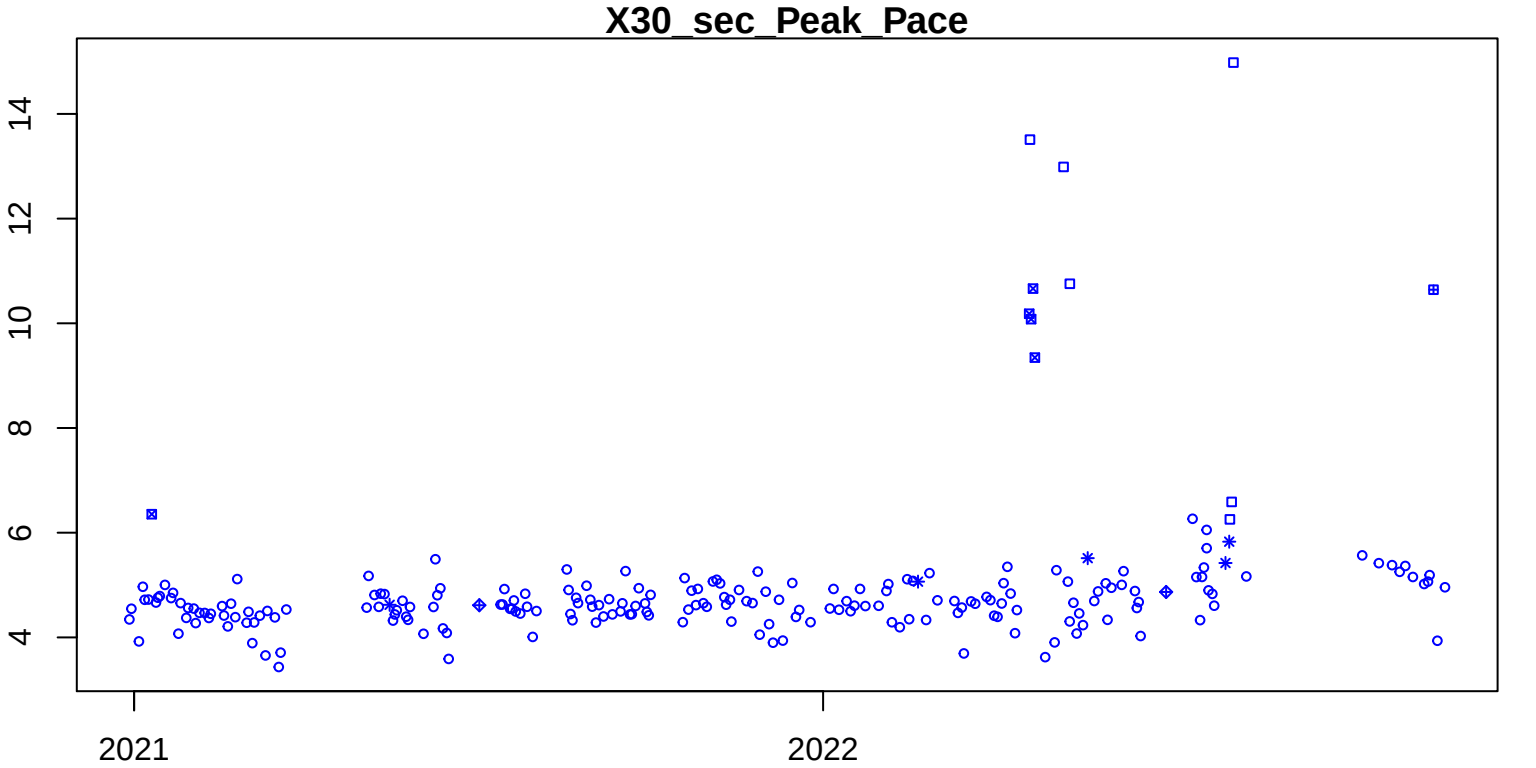

PII_Percent_in_Pace_Zone
0
2
4
6
8
10
2021
2022

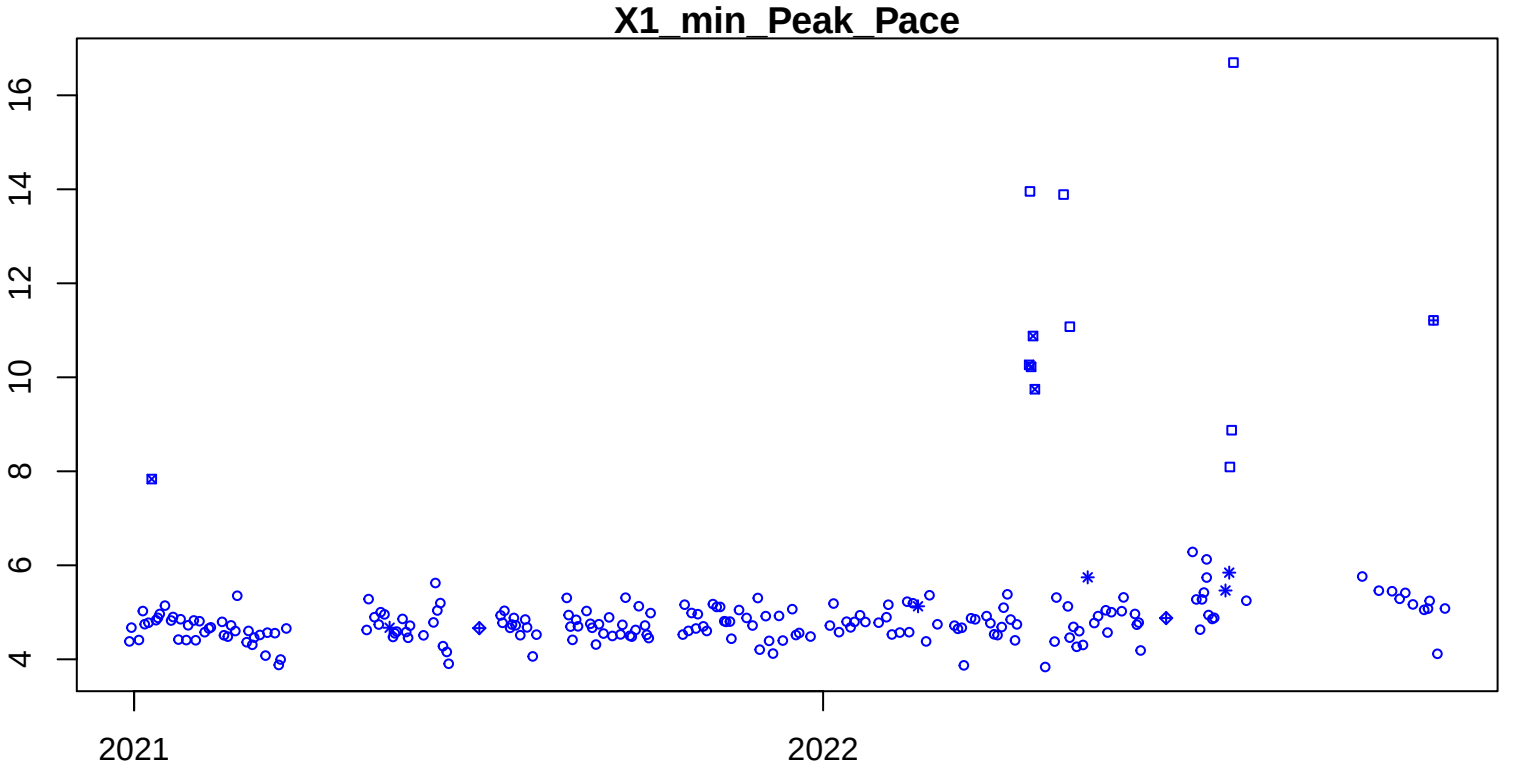

PIII_Percent_in_Pace_Zone
0
1
2
3
4
5
6
2021
2022

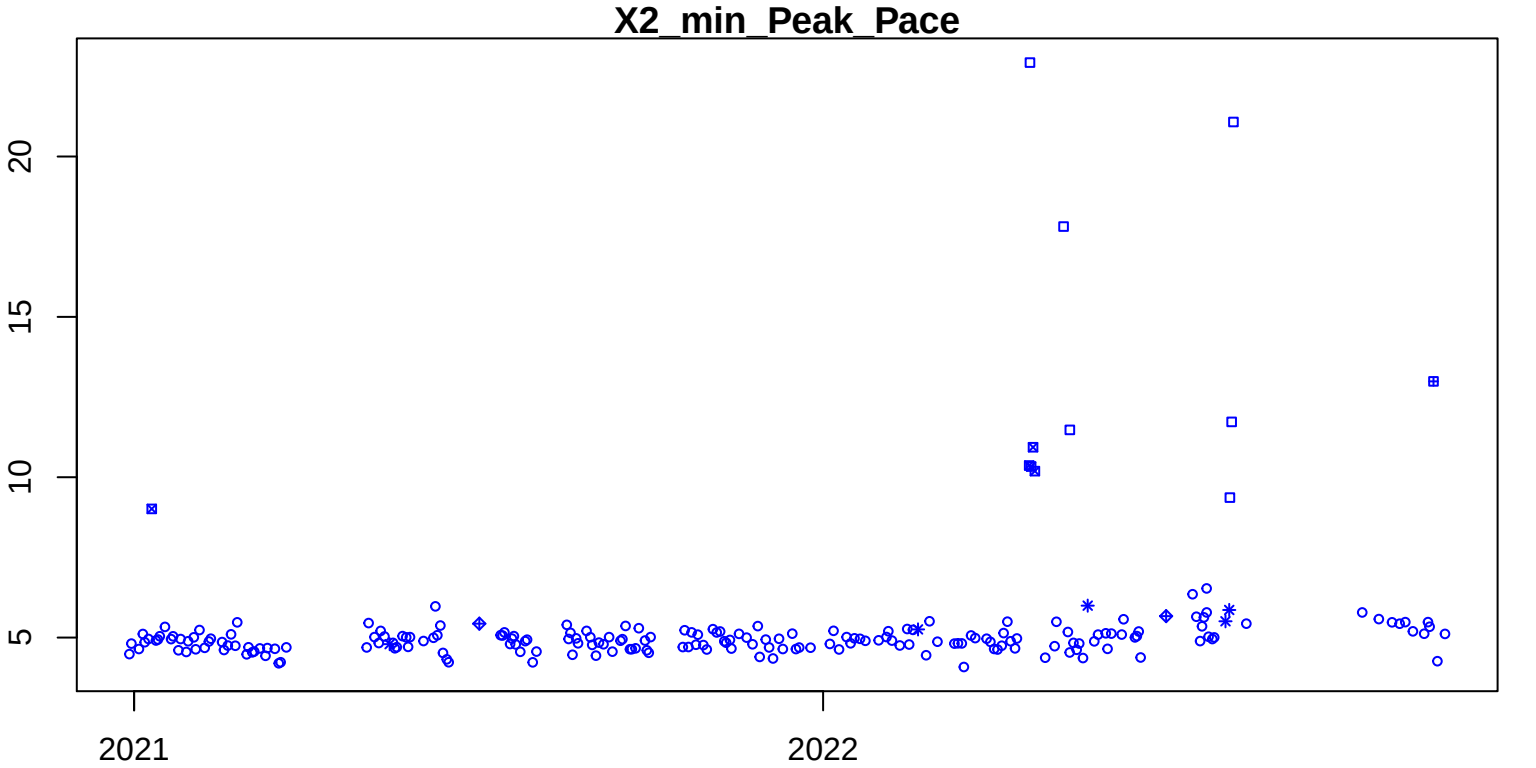

X10_sec_Peak_Pace
2
4
6
8
10
12
2021
2022

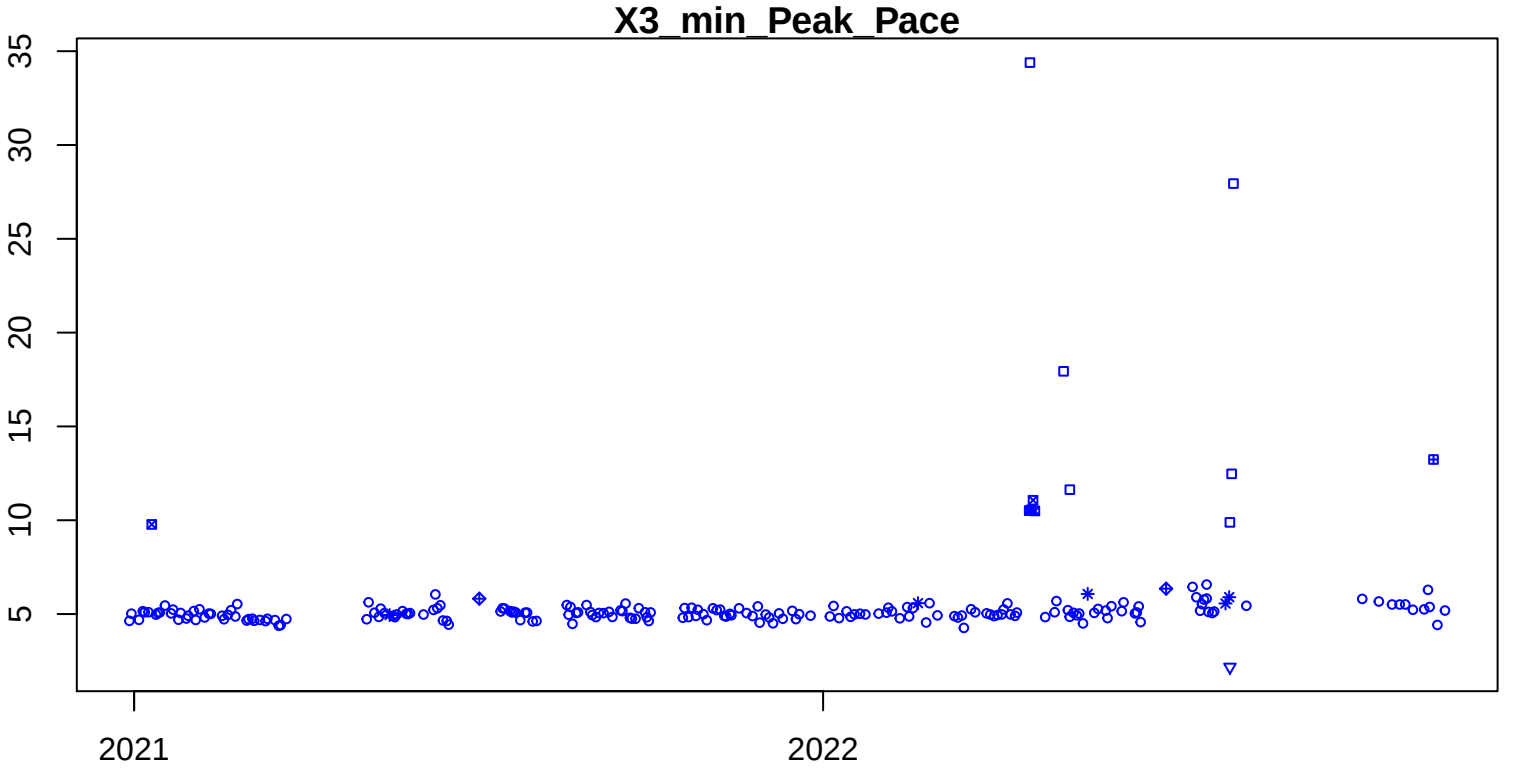

X15_sec_Peak_Pace
12
10
8
6
4
2021
2022

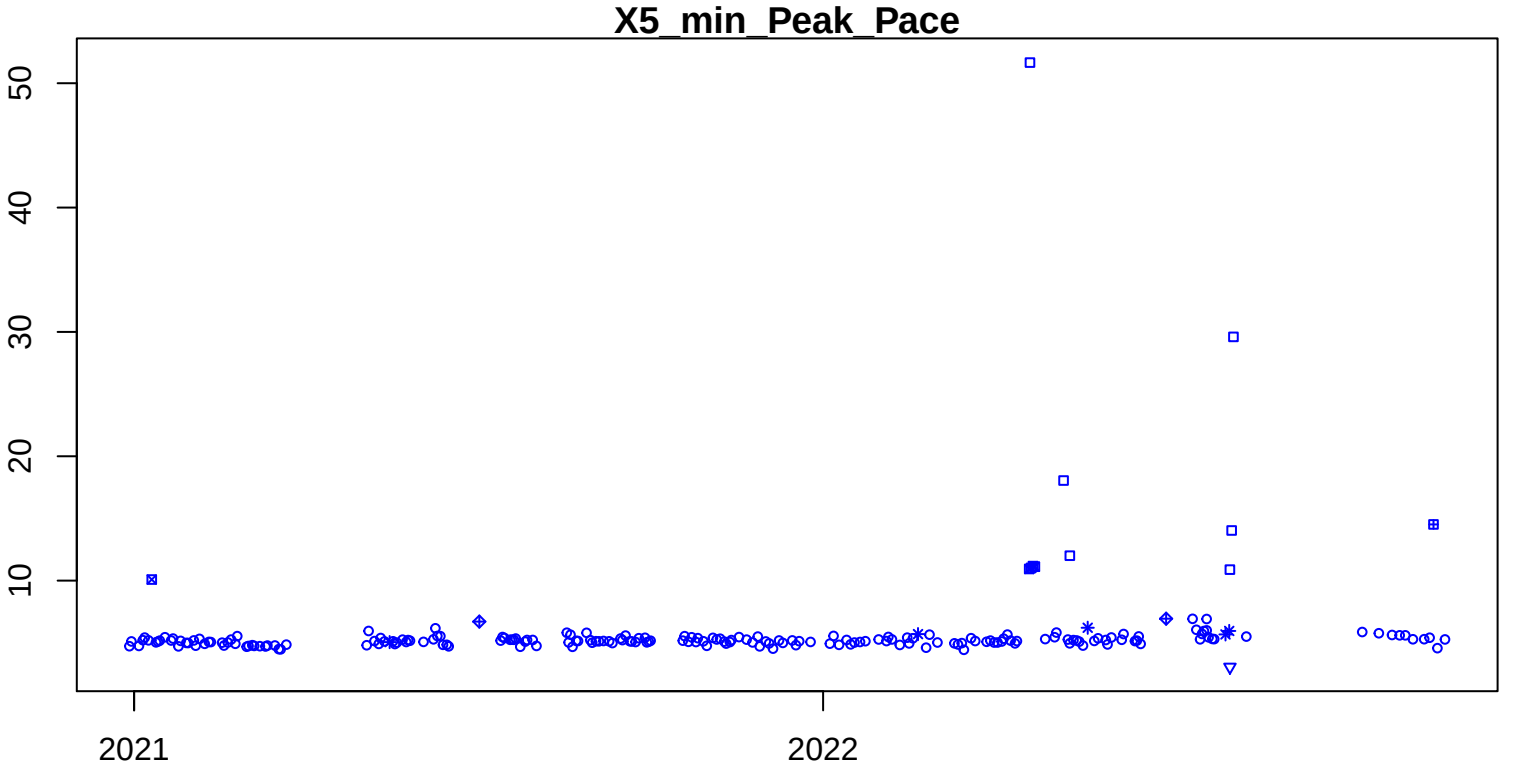

X20_sec_Peak_Pace
12
10
8
6
4
2021
2022

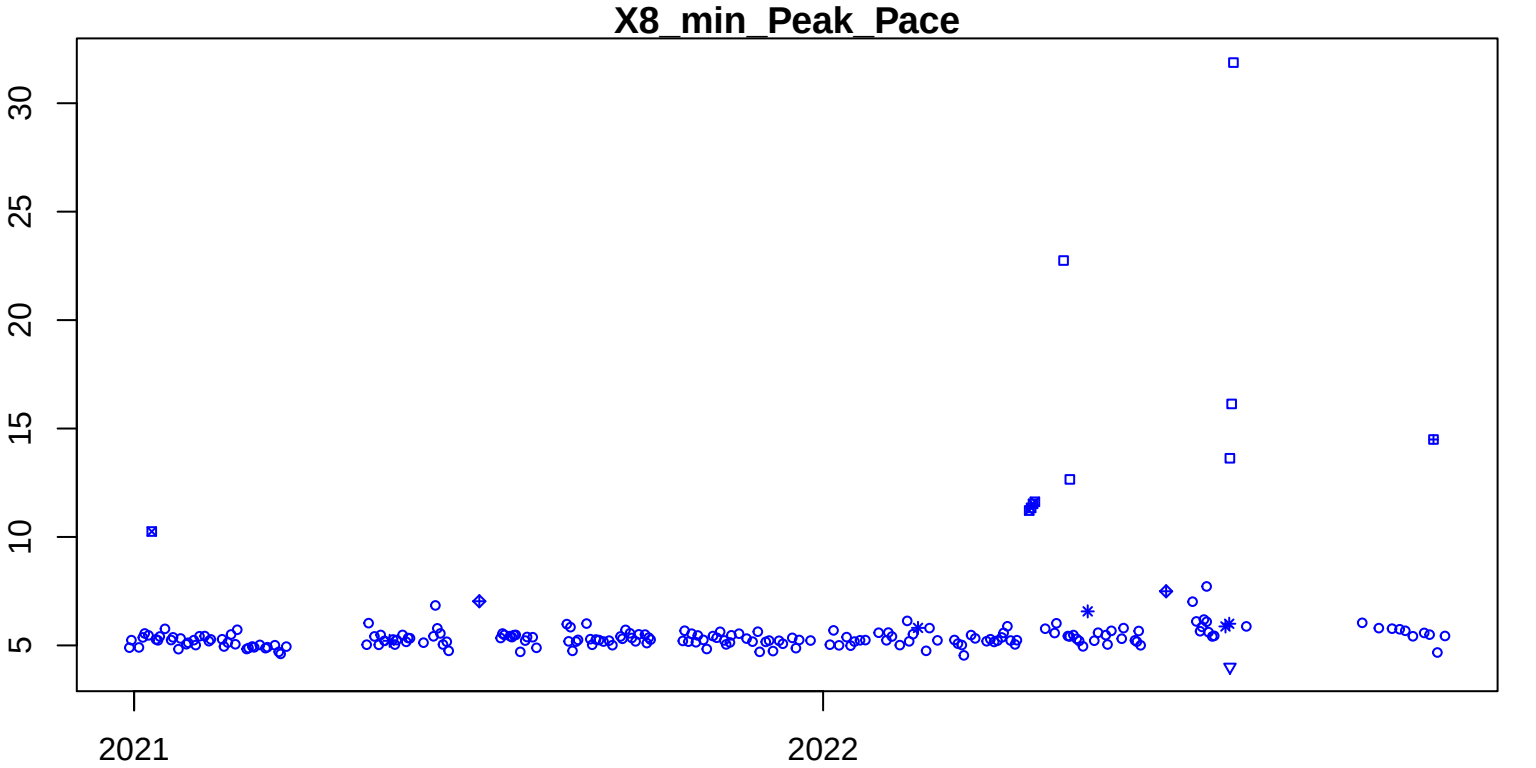

X30_sec_Peak_Pace
14
12
10
8
6
4
2021
2022

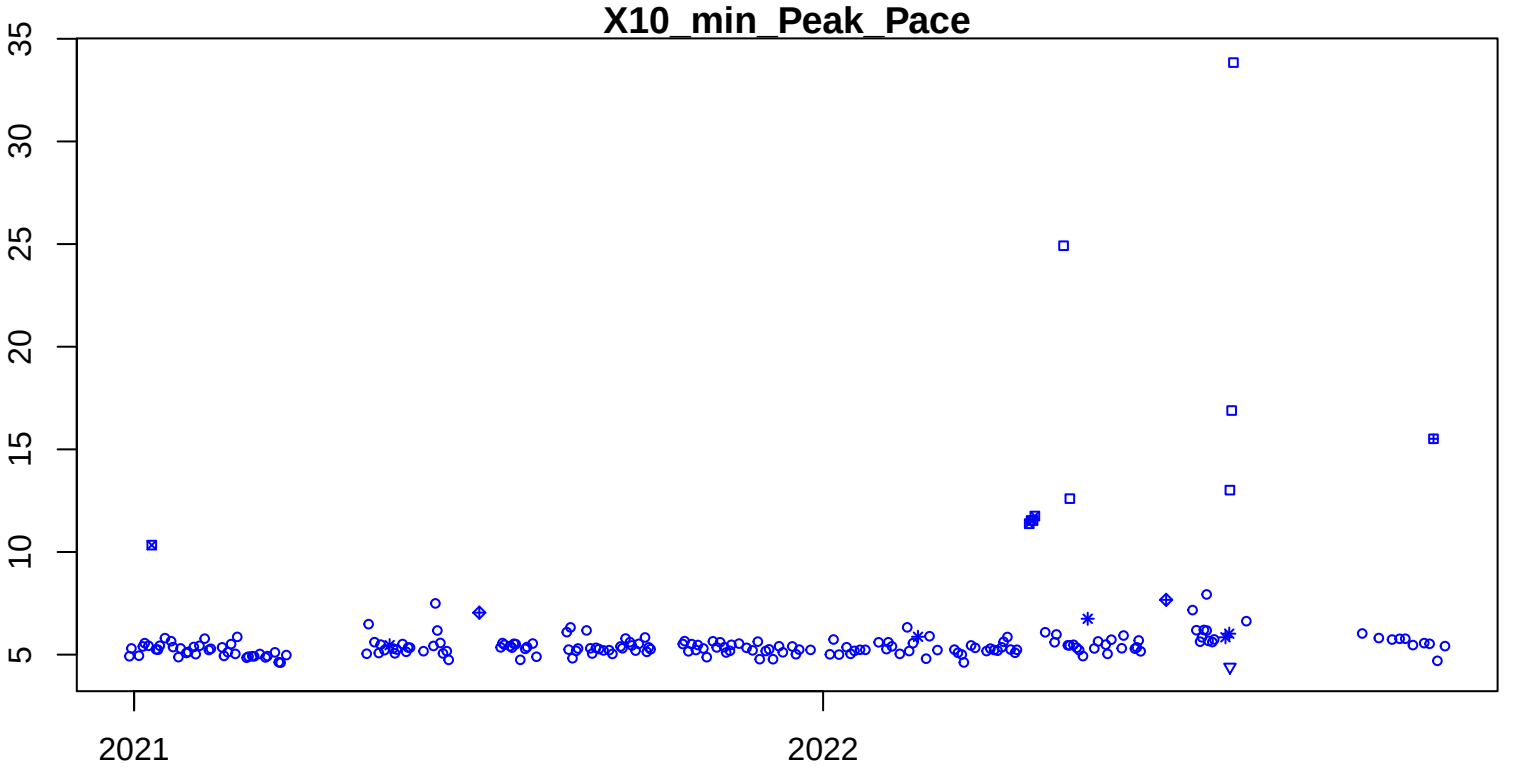

X1_min_Peak_Pace
16
14
12
10
8
6
4
2021
2022

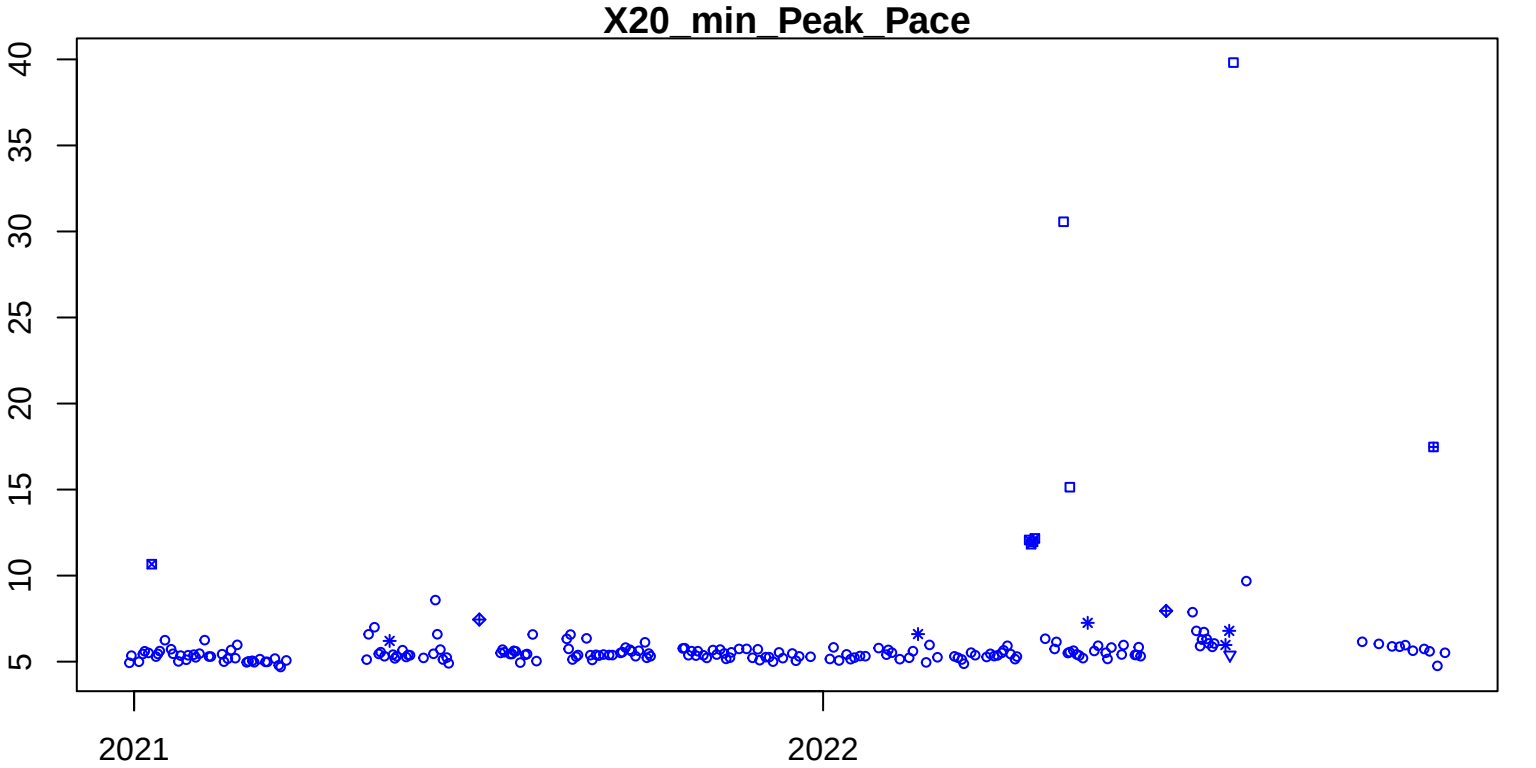

X2_min_Peak_Pace
5
10
15
20
2021
2022

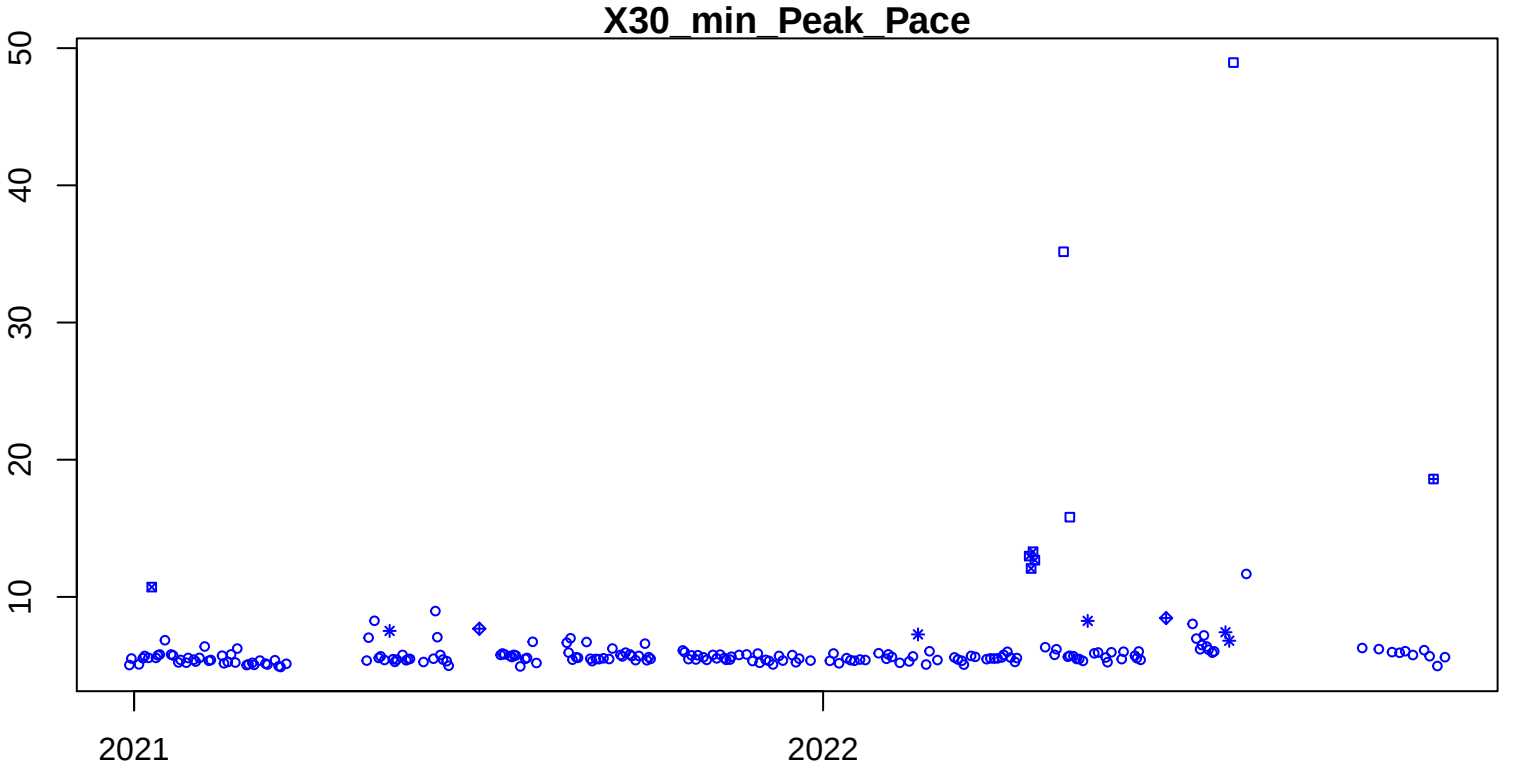

X3_min_Peak_Pace
35
30
25
20
15
10
5
2021
2022

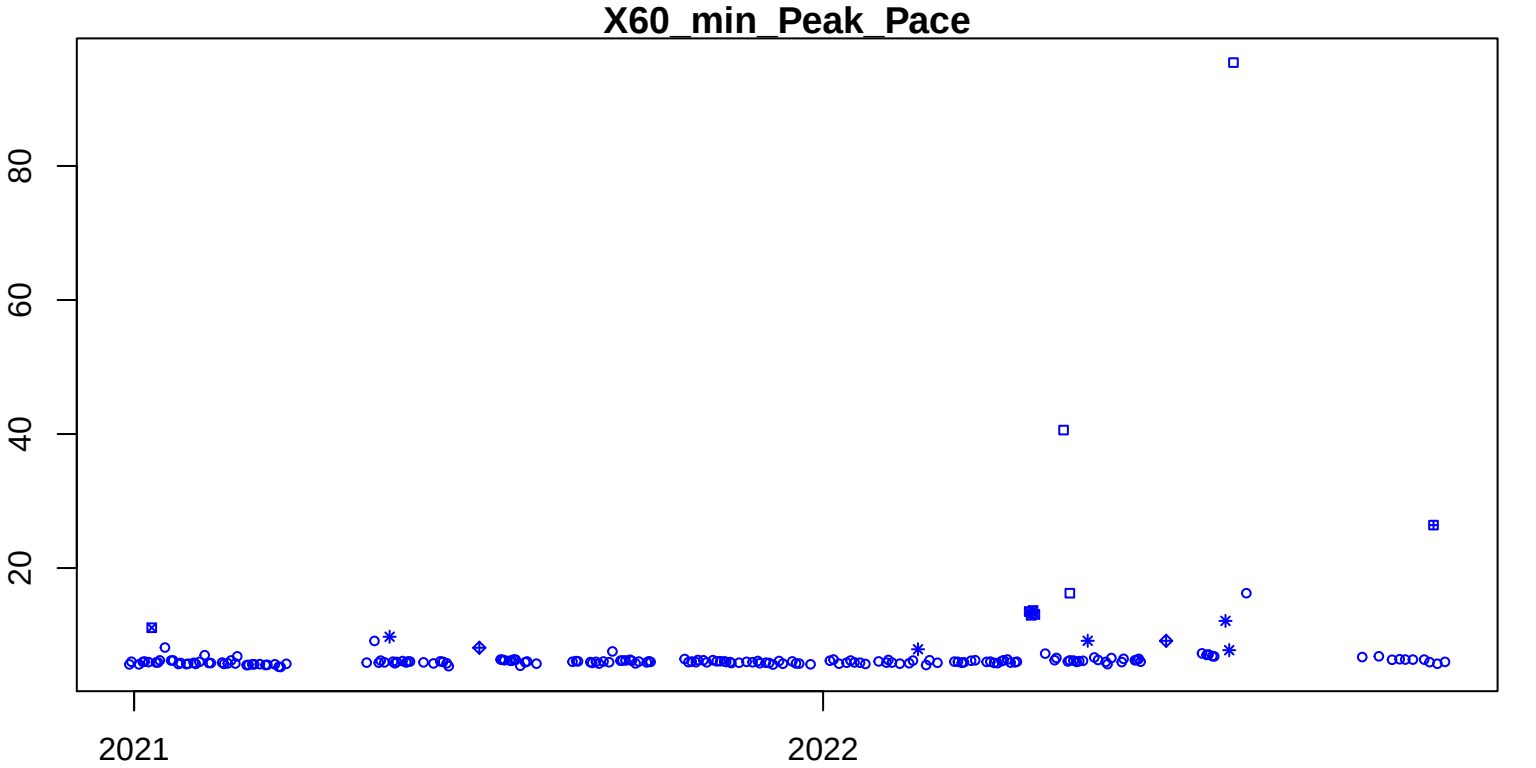

X5_min_Peak_Pace
50
40
30
20
10
2021
2022

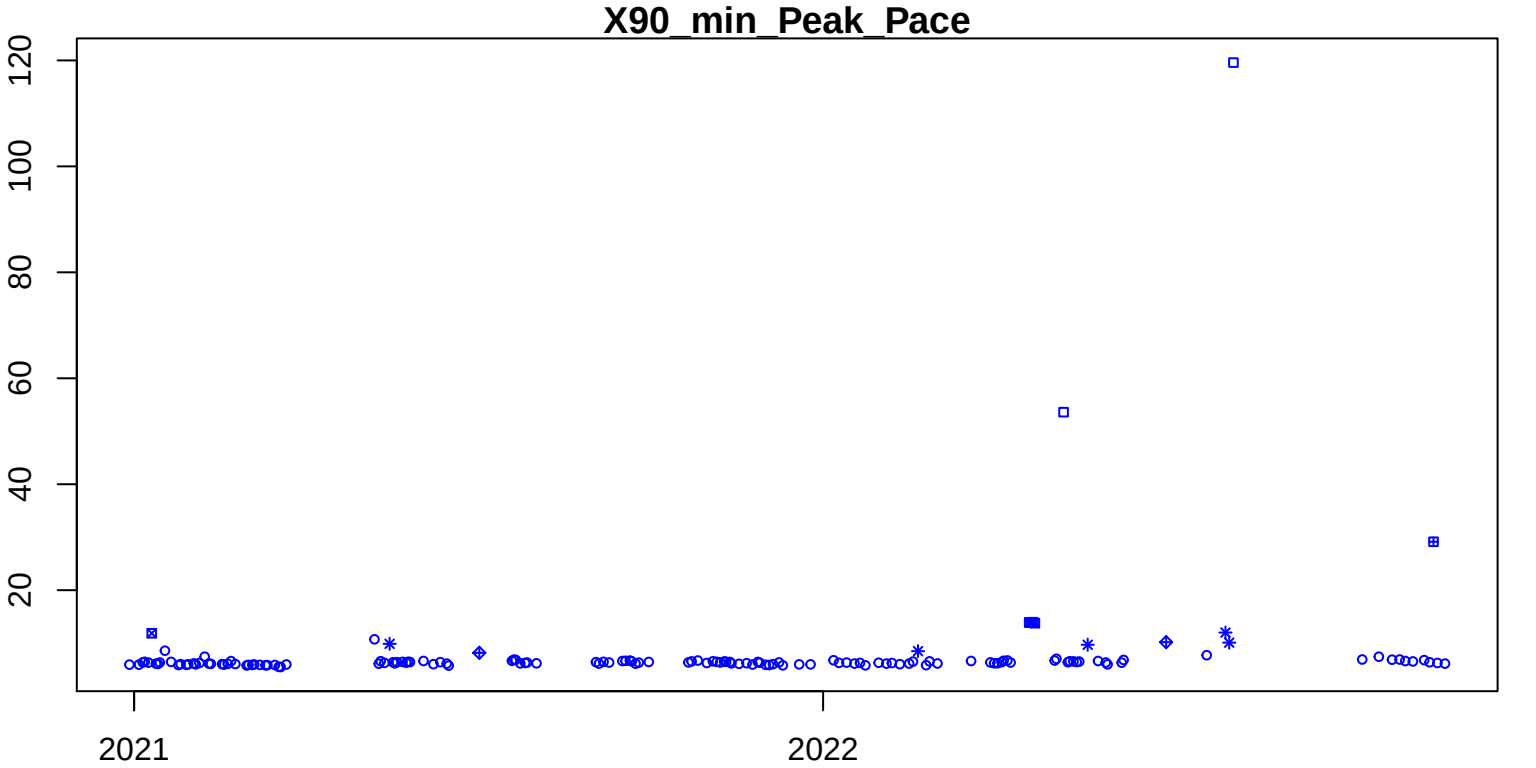

X8_min_Peak_Pace
30
25
20
15
10
5
2021
2022

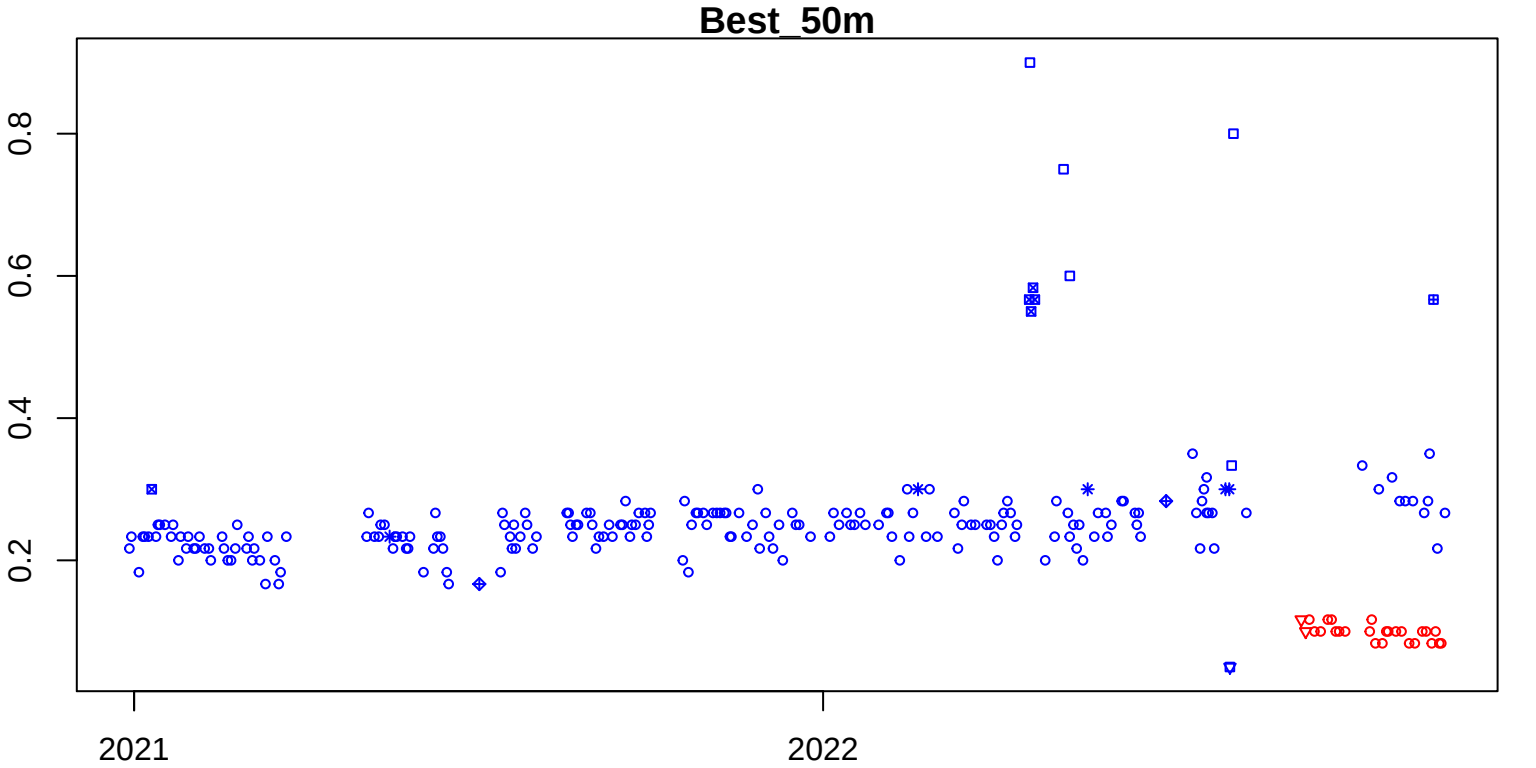

X10_min_Peak_Pace
35
30
25
20
15
10
5
2021
2022

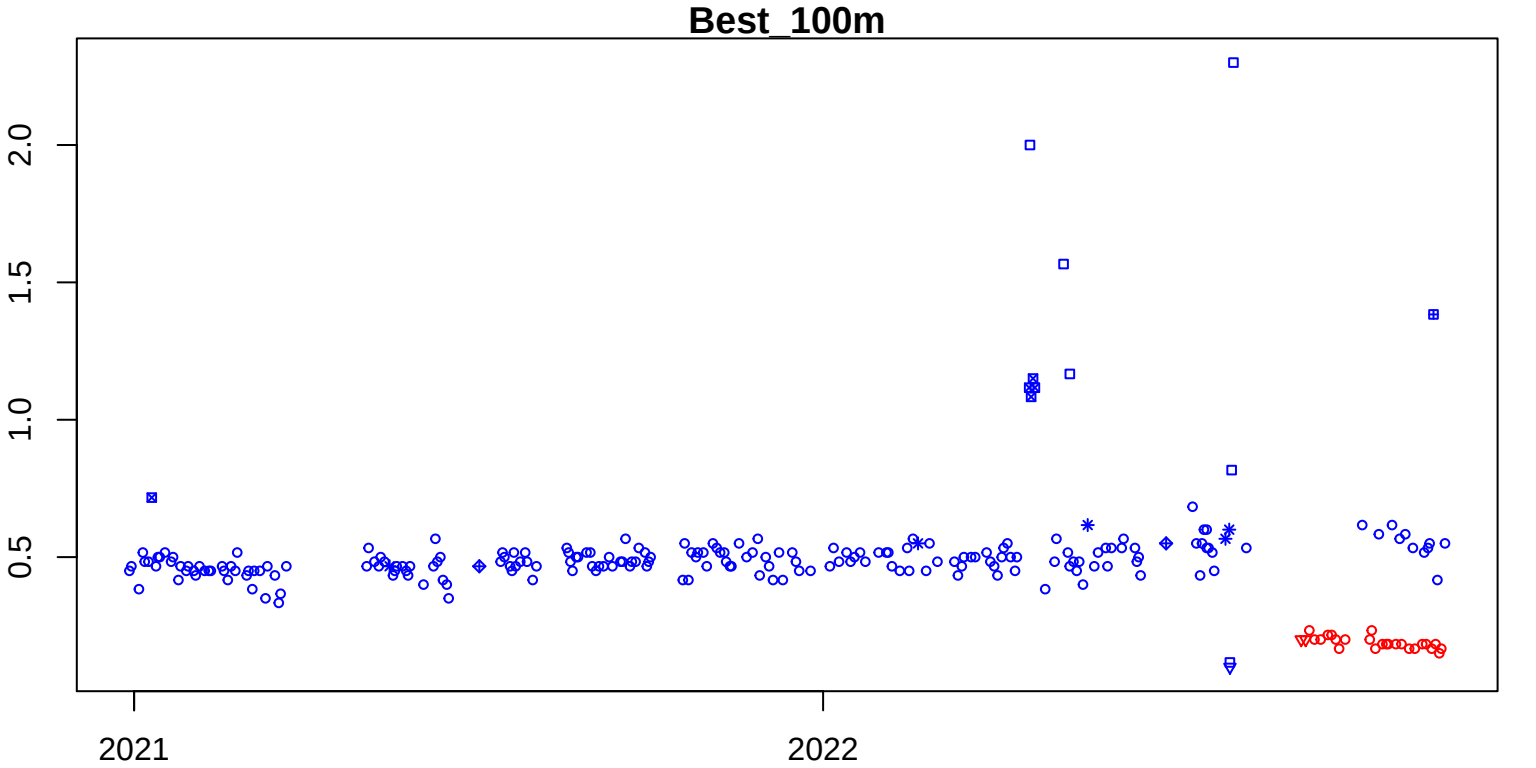

X20_min_Peak_Pace
40
35
30
25
20
15
10
5
2021
2022

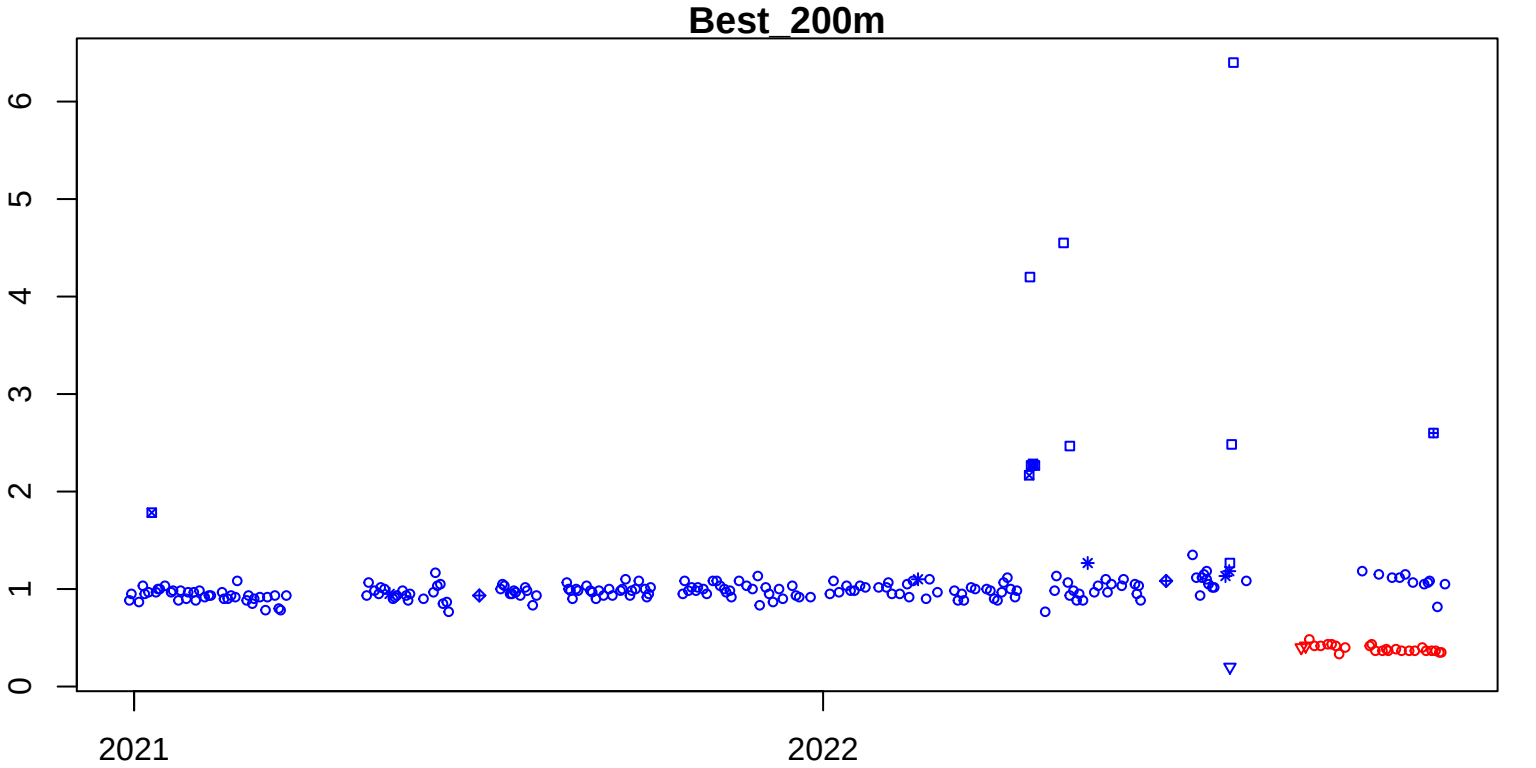

X30_min_Peak_Pace
50
40
30
20
10
2021
2022

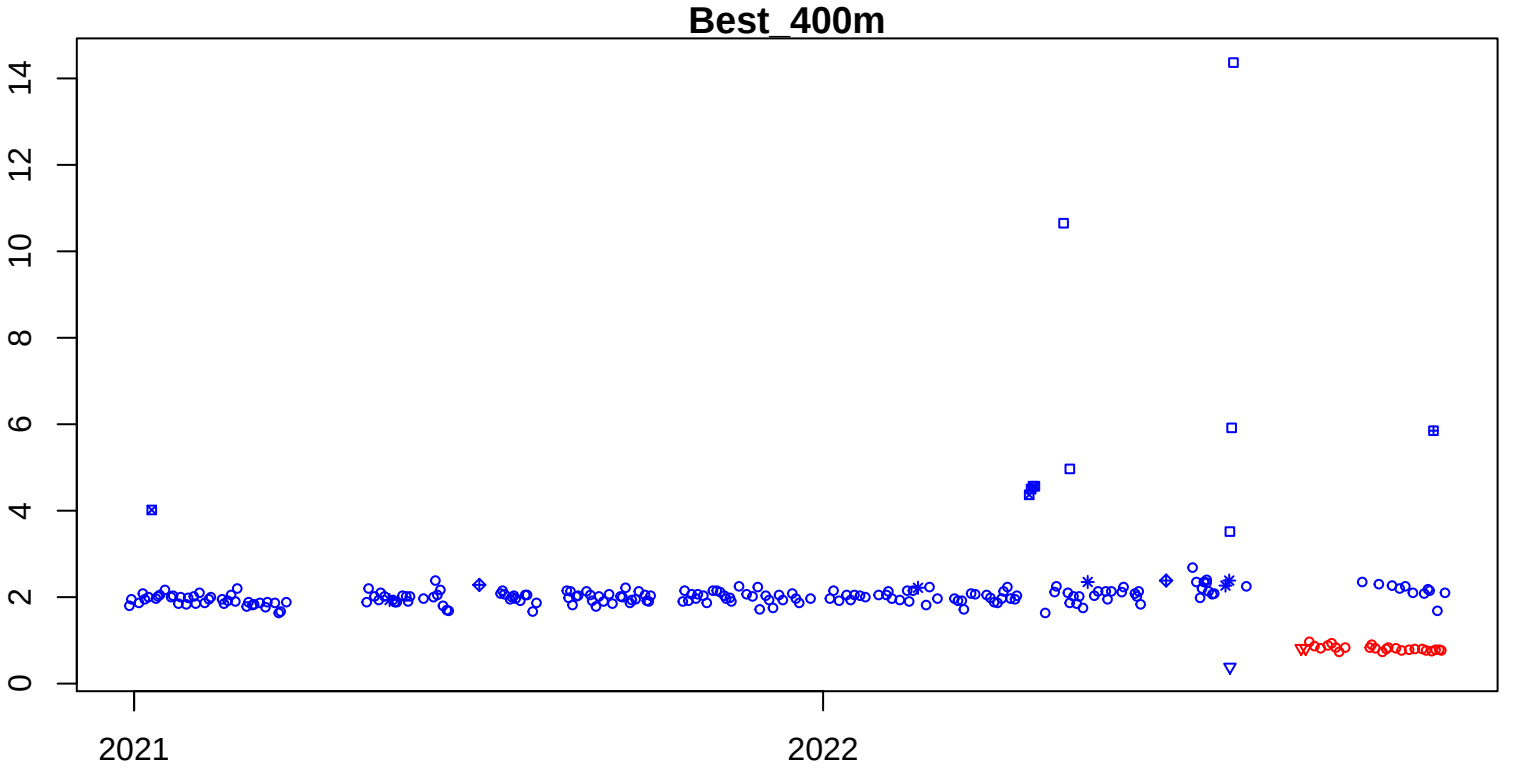

X60_min_Peak_Pace
80
60
40
20
2021
2022

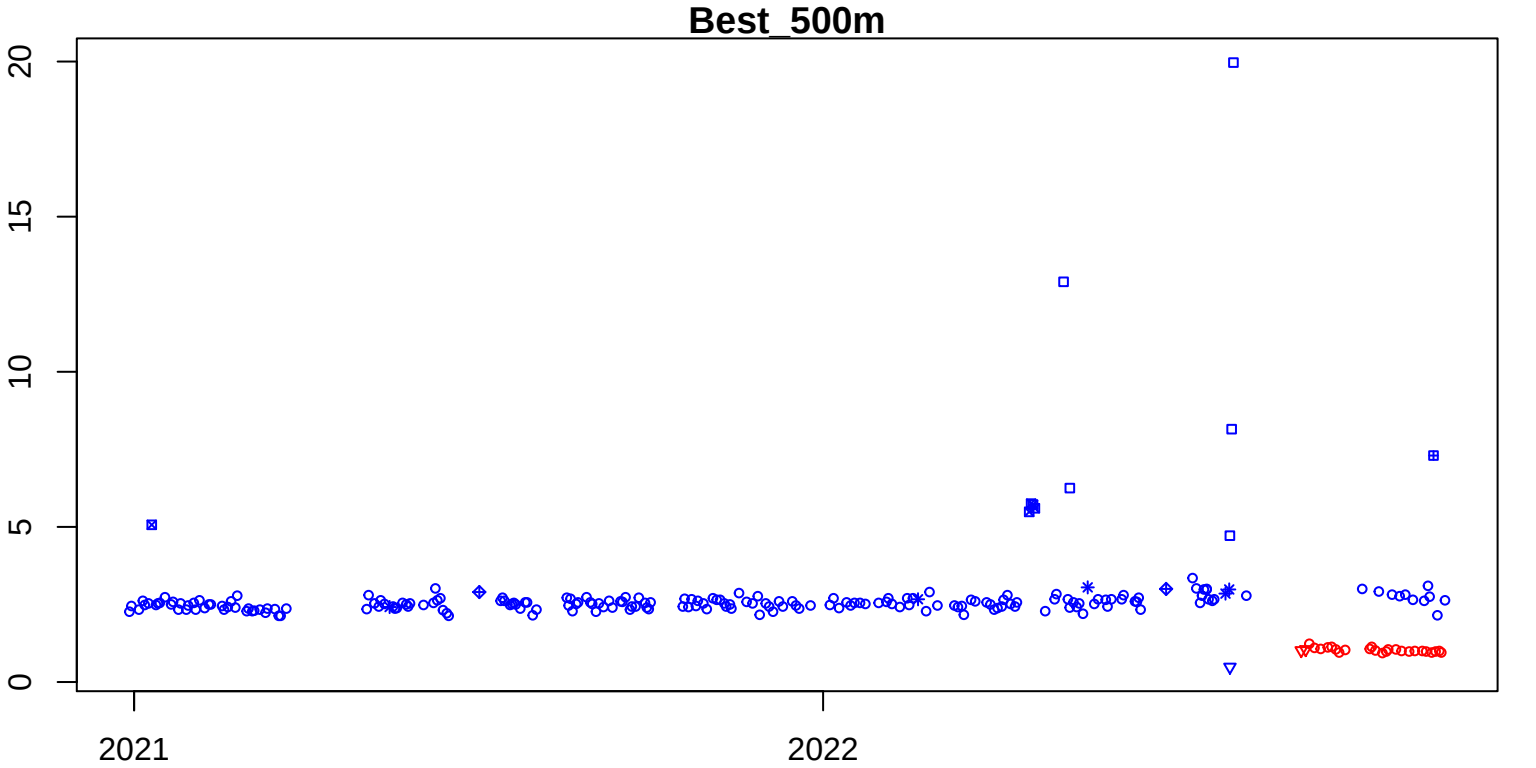

X90_min_Peak_Pace
120
100
80
60
40
20
2021
2022

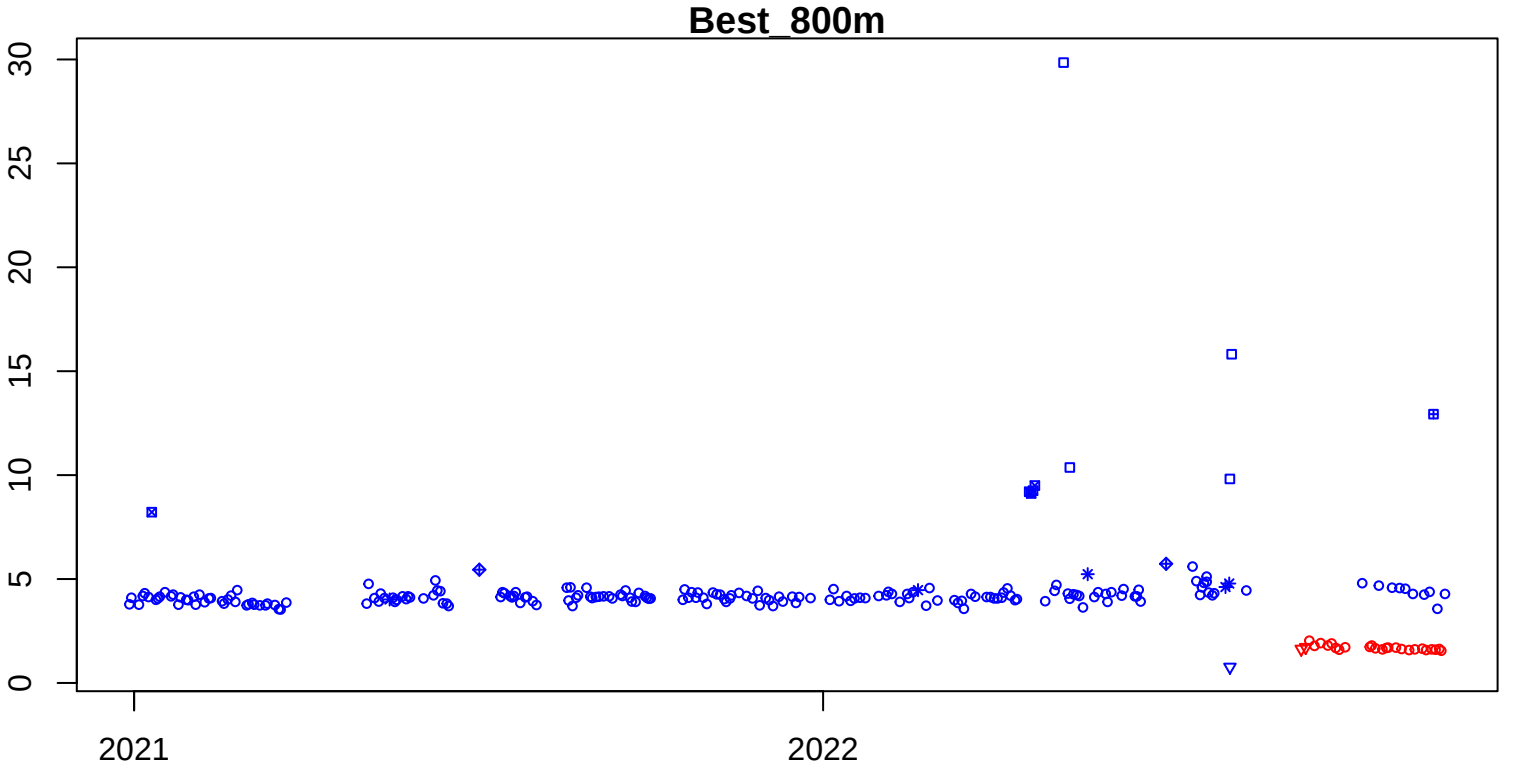

Best_50m
0.2
0.4
0.6
0.8
2021
2022

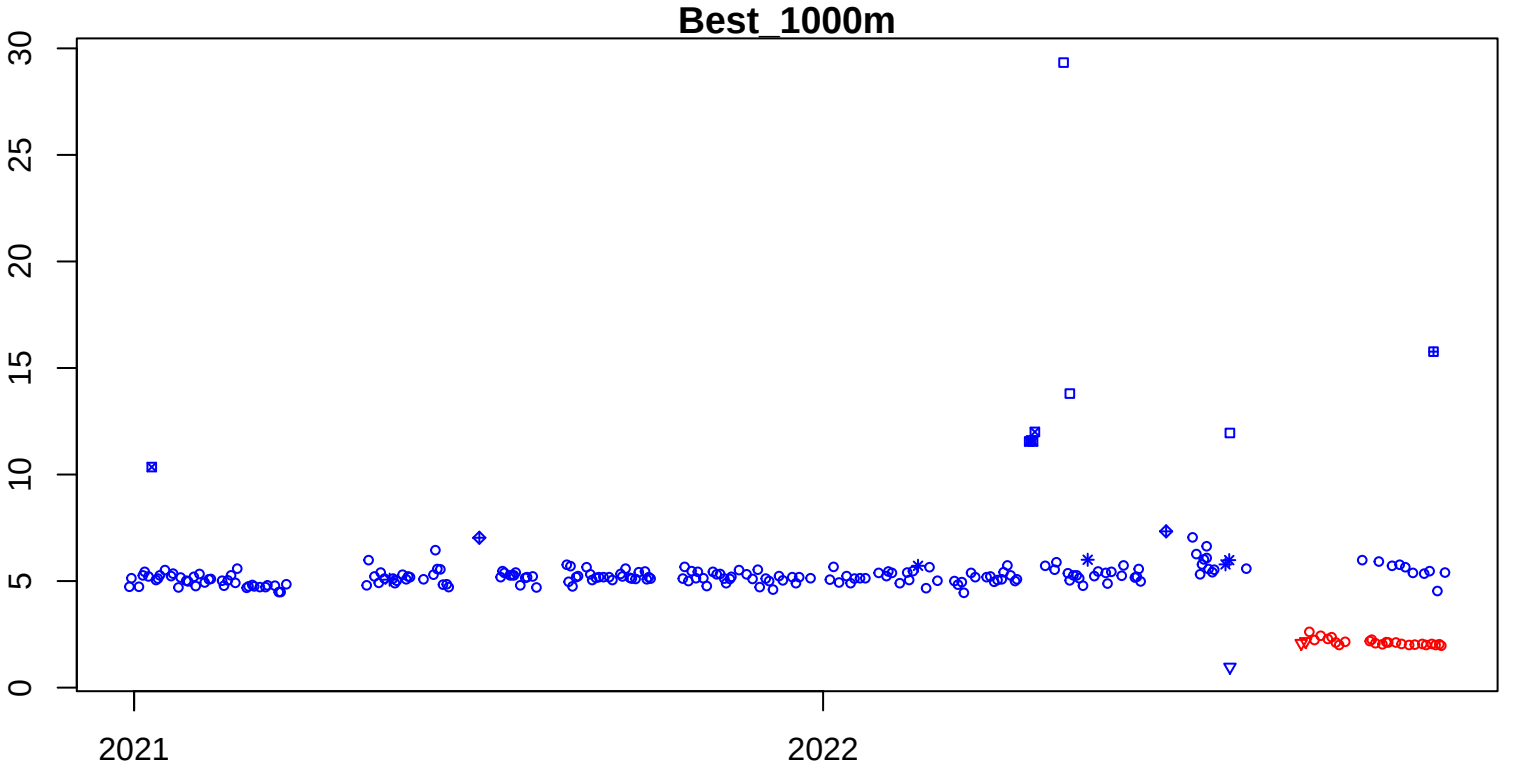

Best_100m
0.5
1.0
1.5
2.0
2021
2022

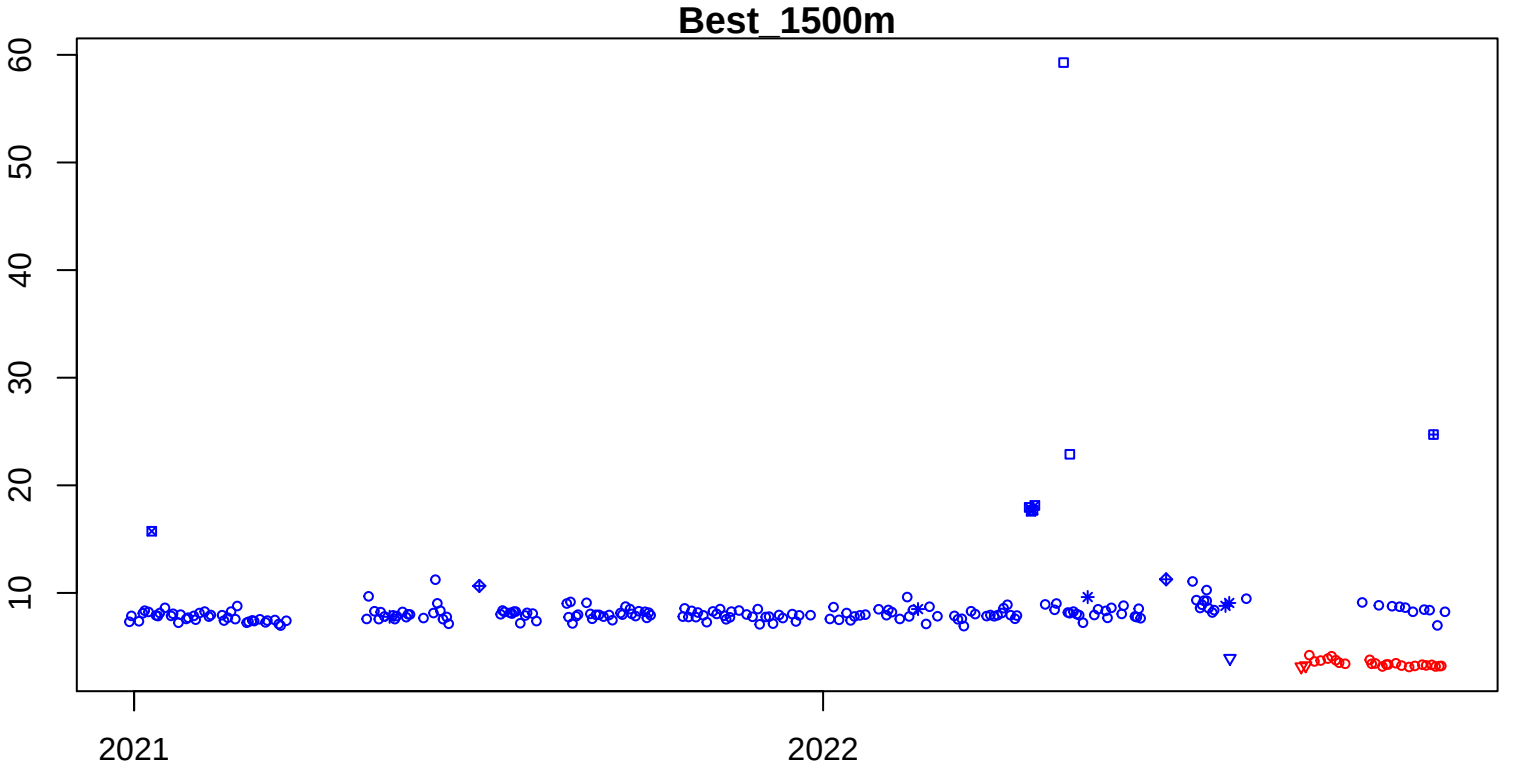

Best_200m
0
1
2
3
4
5
6
2021
2022

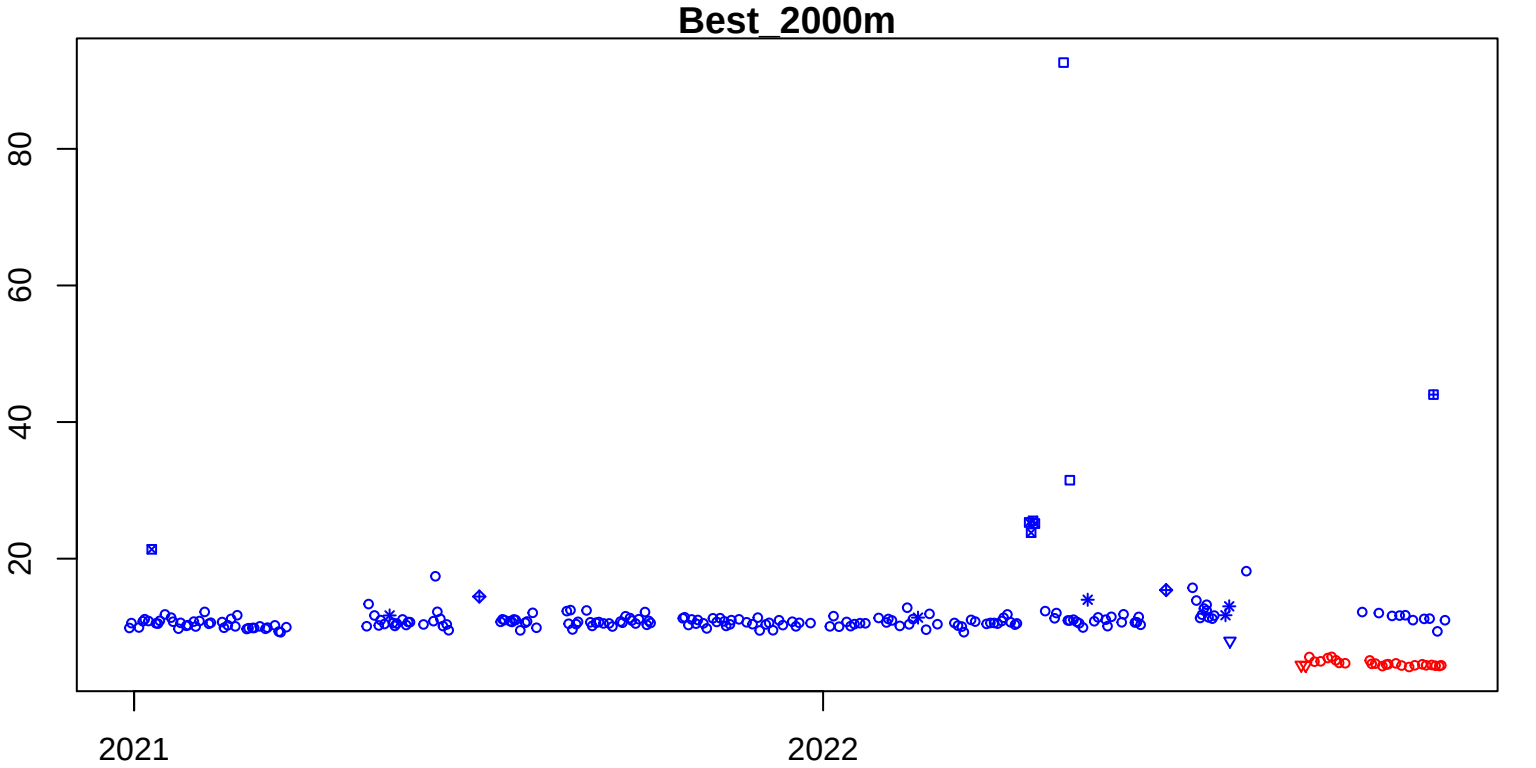

Best_400m
0
2
4
6
8
10
12
14
2021
2022

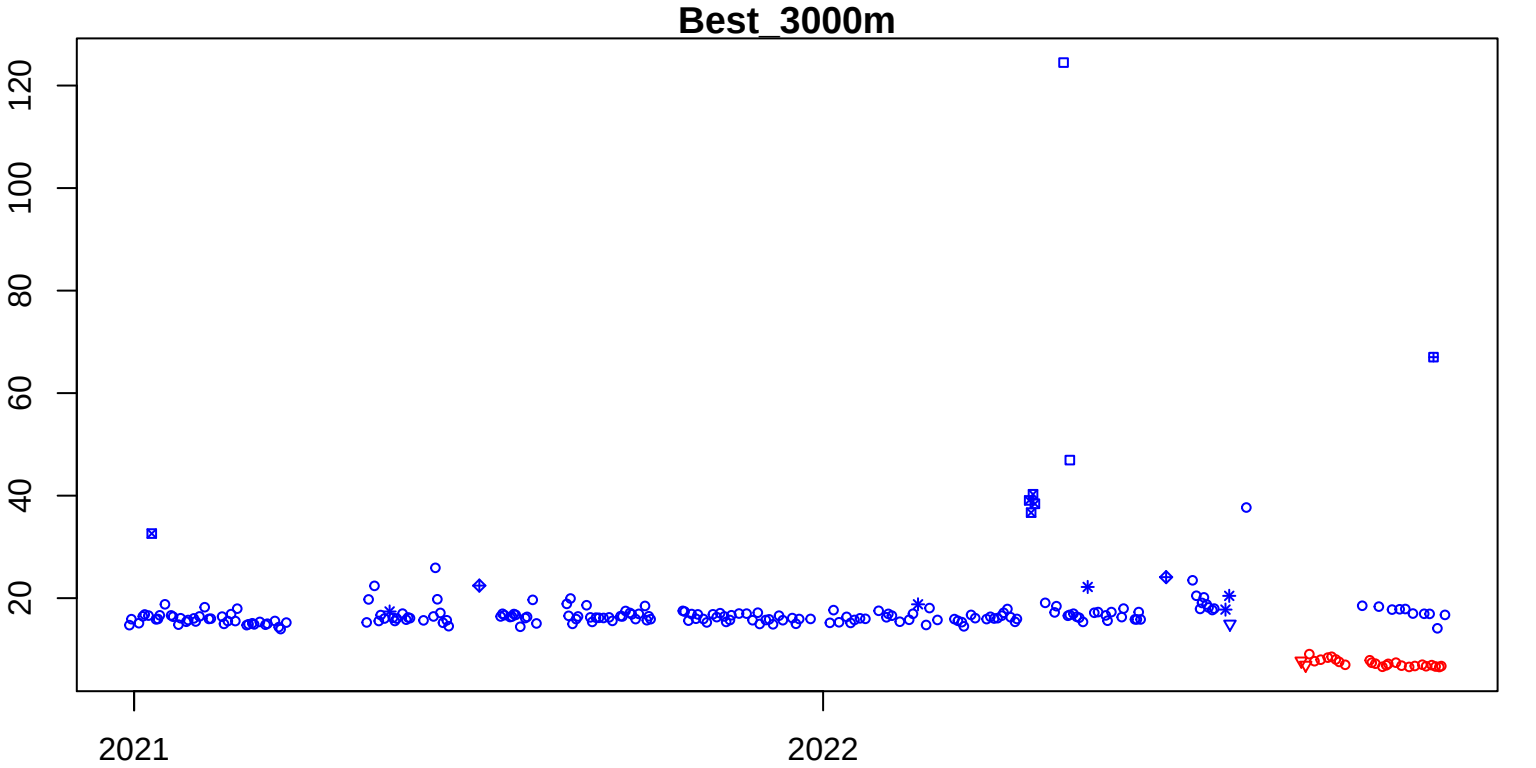

Best_500m
0
5
10
15
20
2021
2022

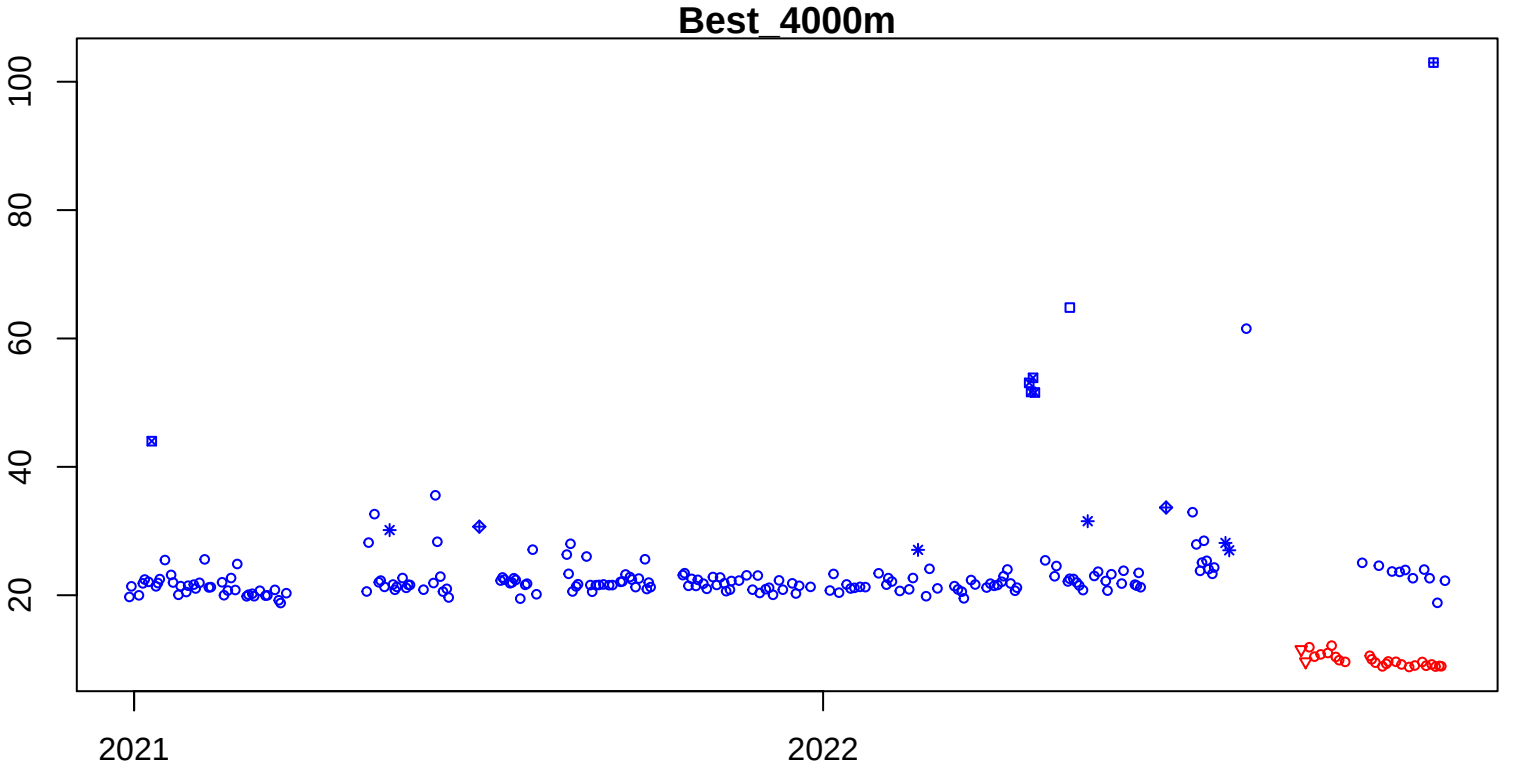

Best_800m
0
5
10
15
20
25
30
2021
2022

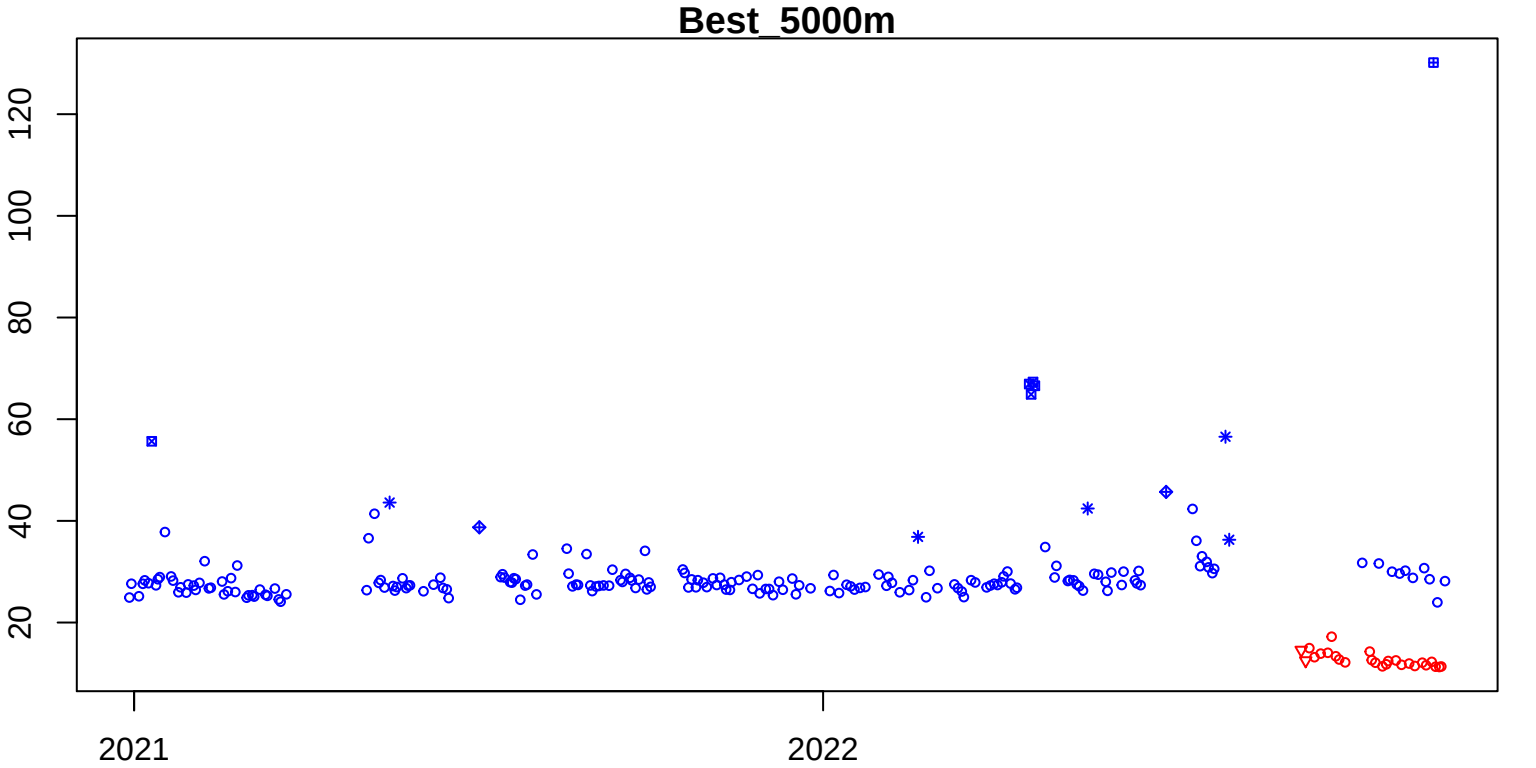

Best_1000m
0
5
10
15
20
25
30
2021
2022

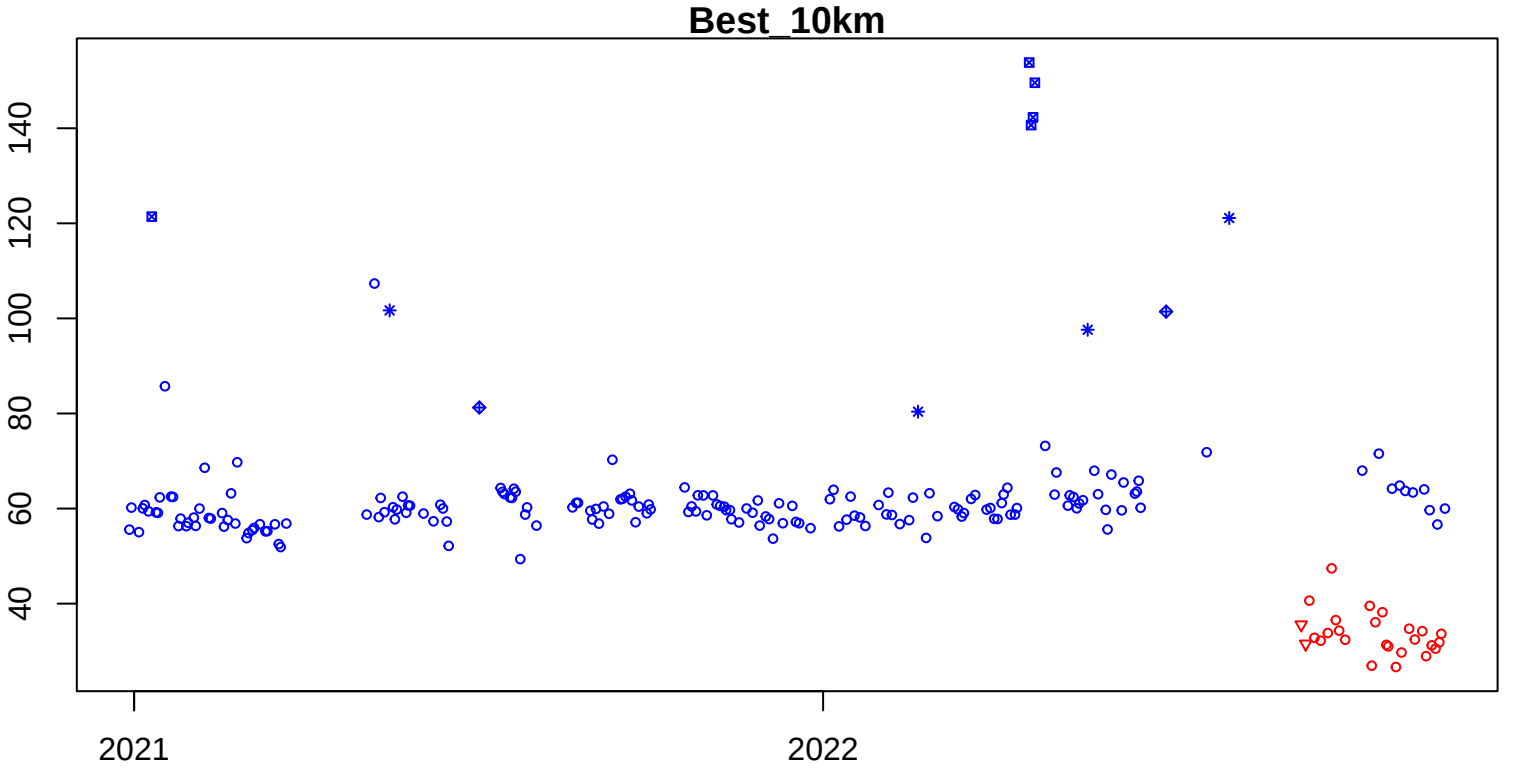

Best_1500m
60
50
40
30
20
10
2021
2022

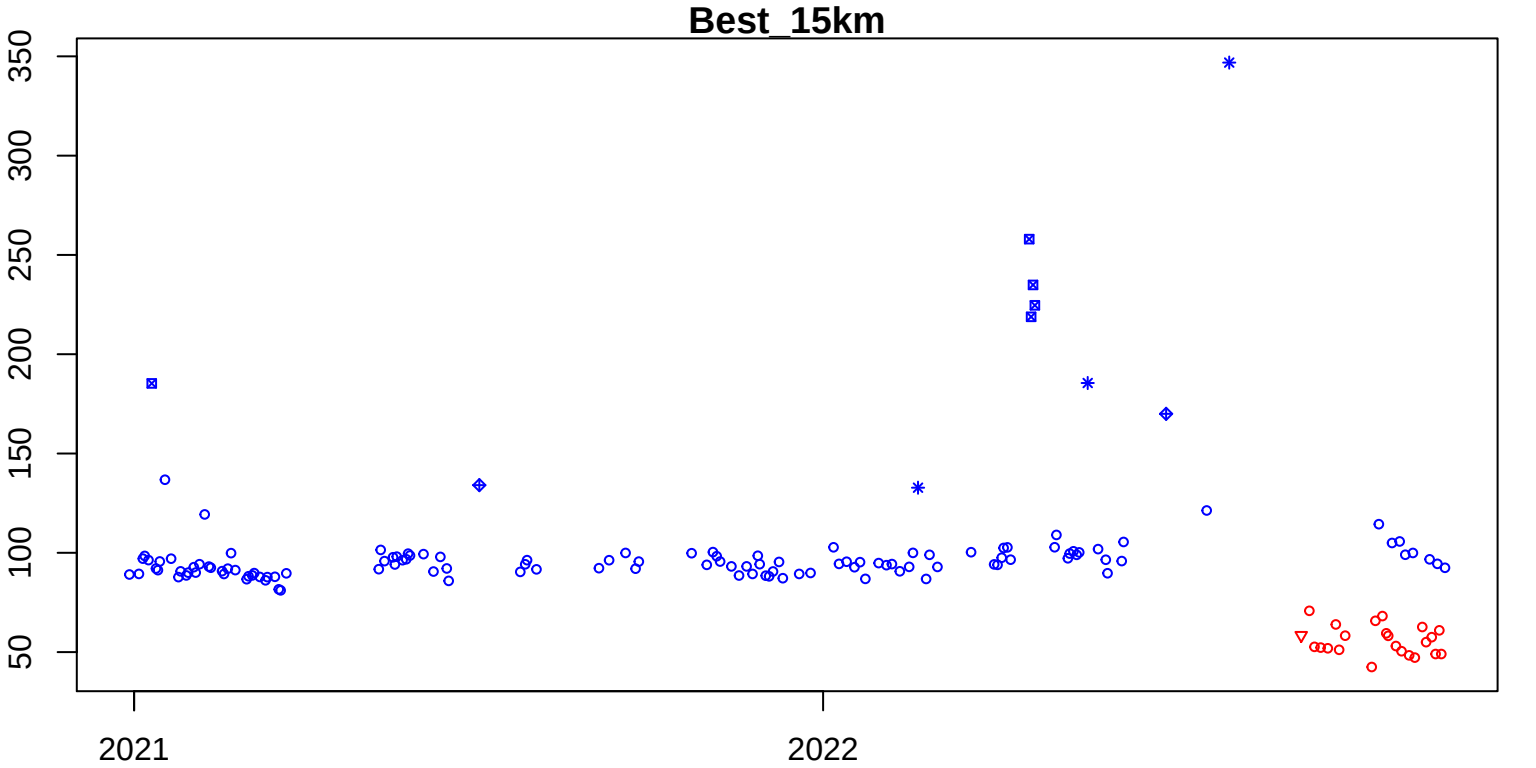

Best_2000m
80
60
40
20
2021
2022

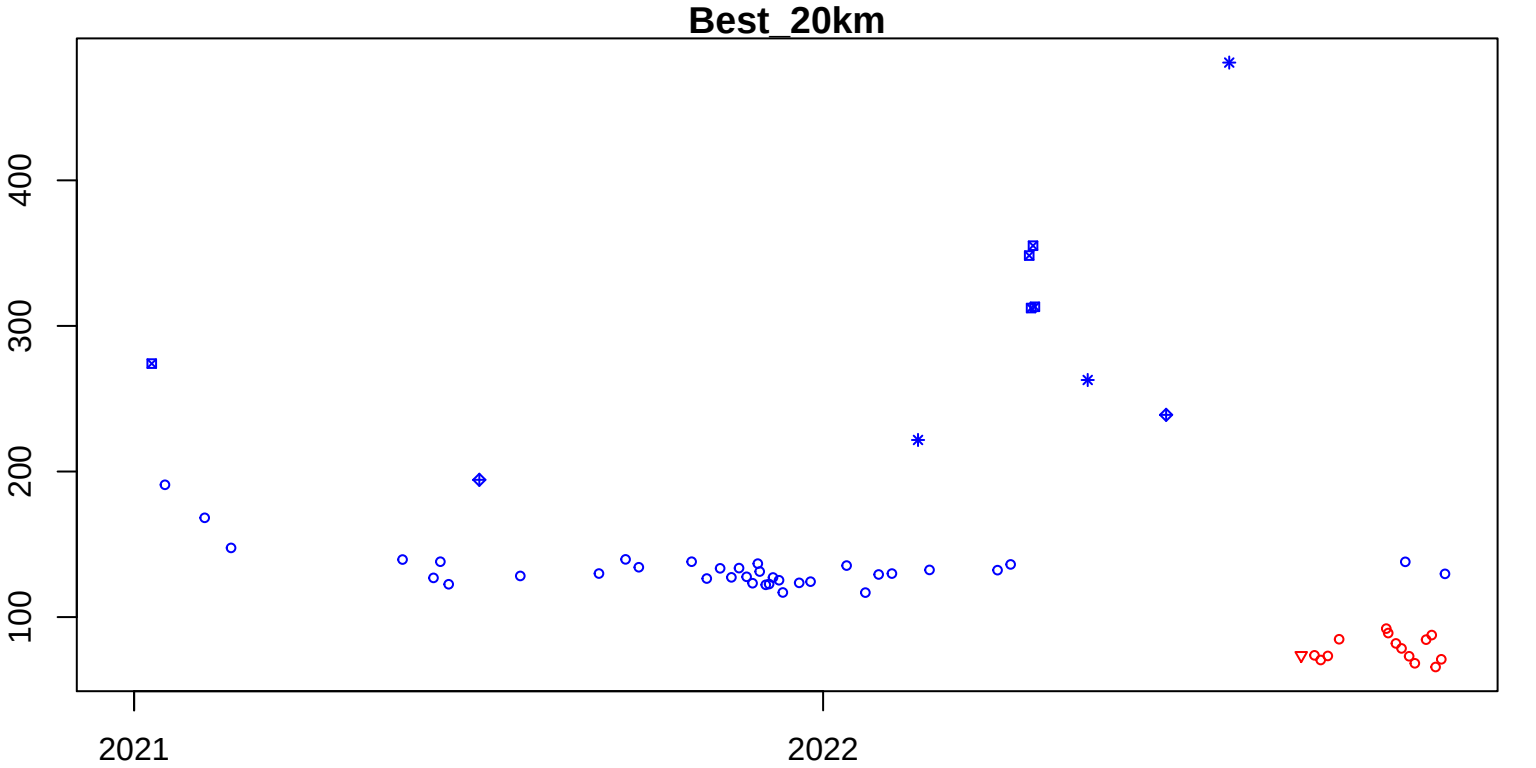

Best_3000m
120
100
80
60
40
20
2021
2022

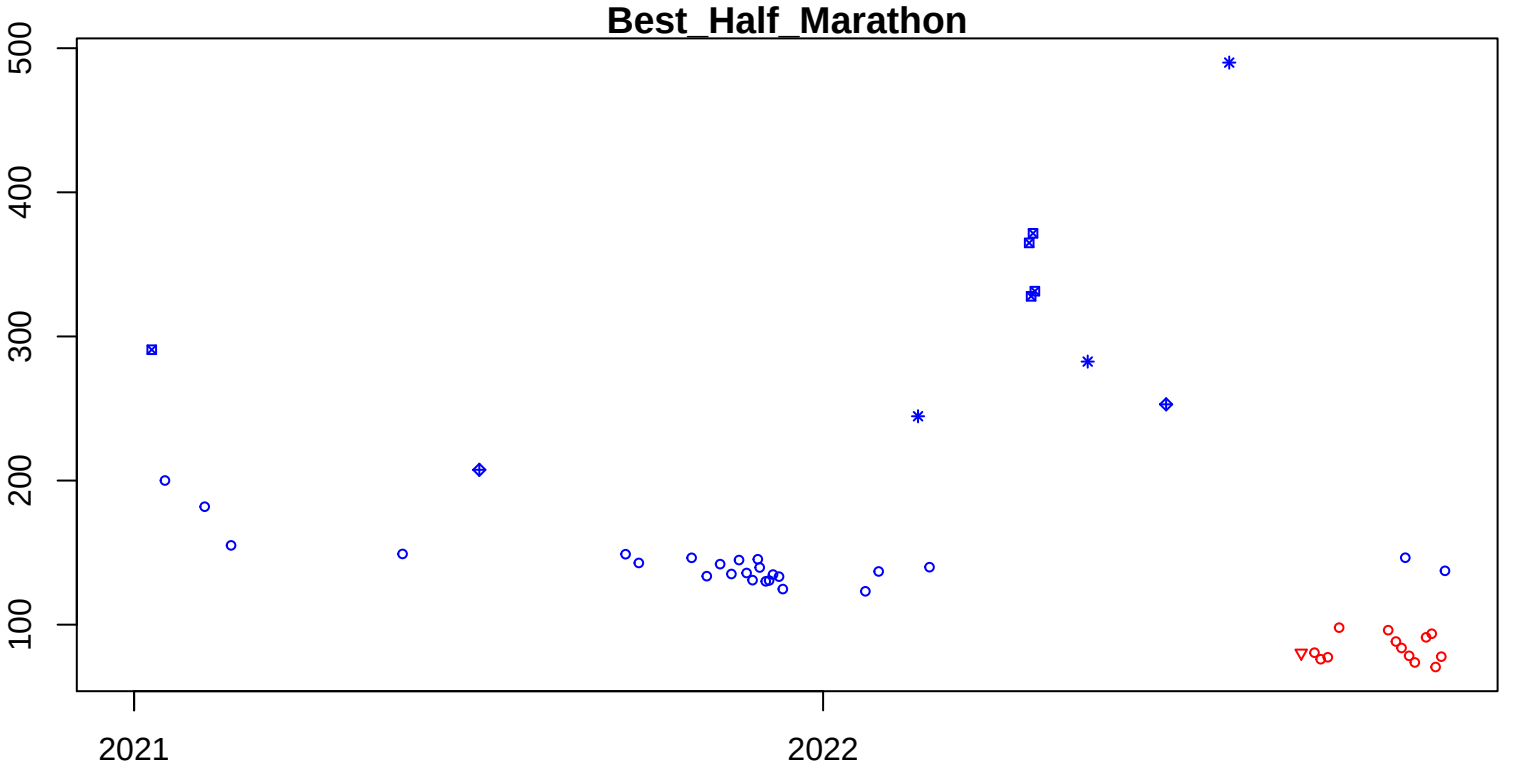

Best_4000m
100
80
60
40
20
2021
2022

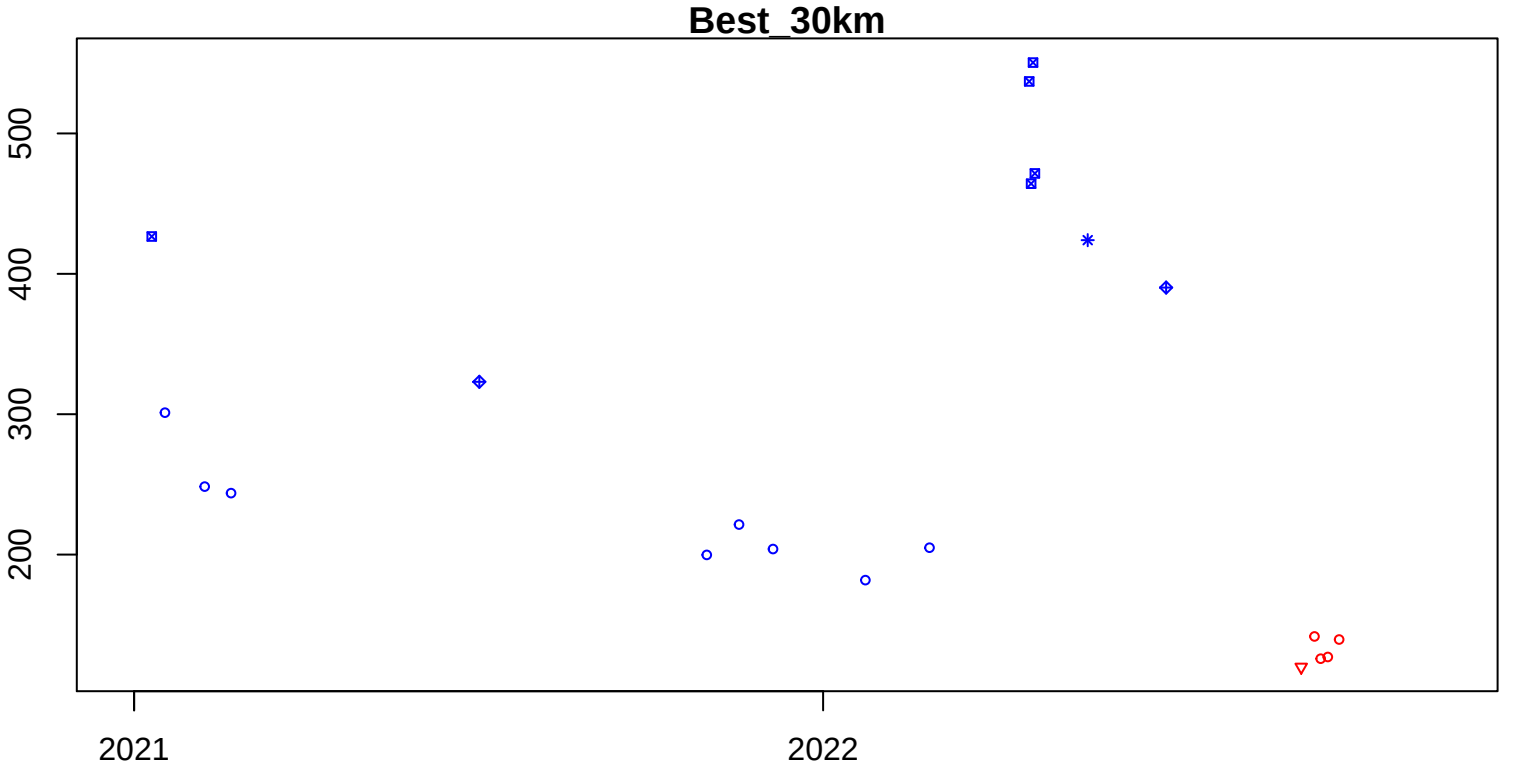

Best_5000m
120
100
80
60
40
20
2021
2022

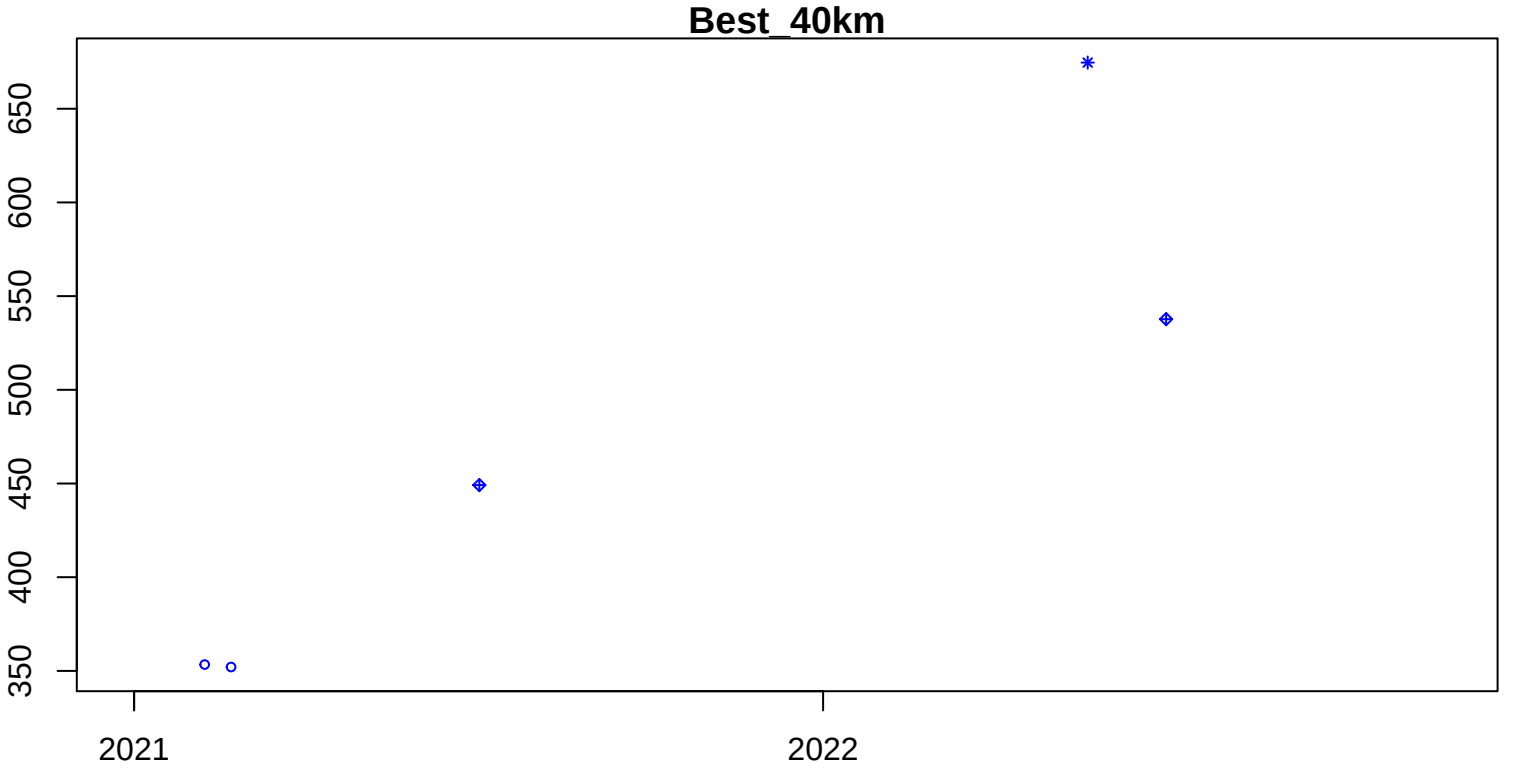

Best_10km
140
120
100
80
60
40
2021
2022

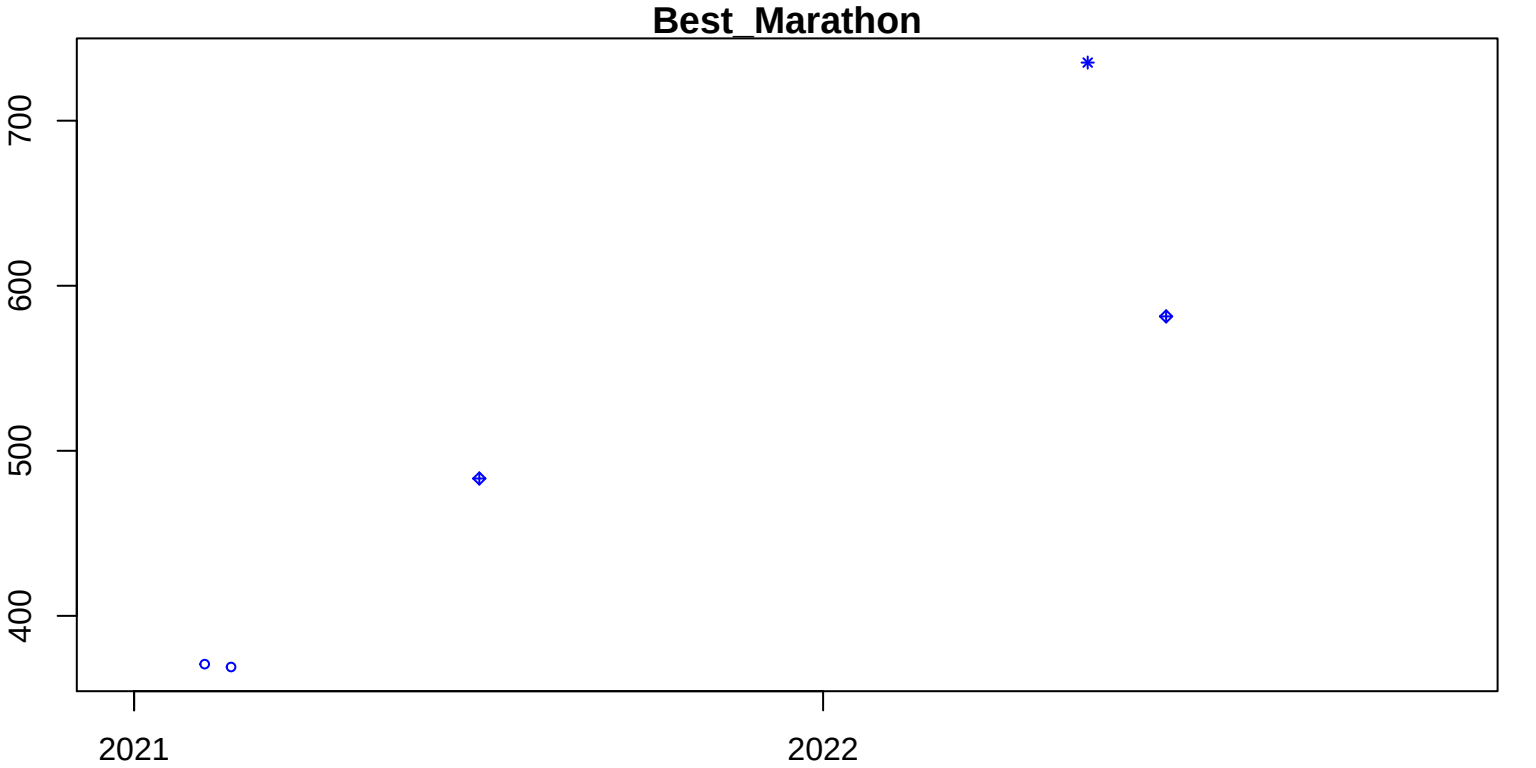

Best_15km
350
300
250
200
150
100
50
2021
2022

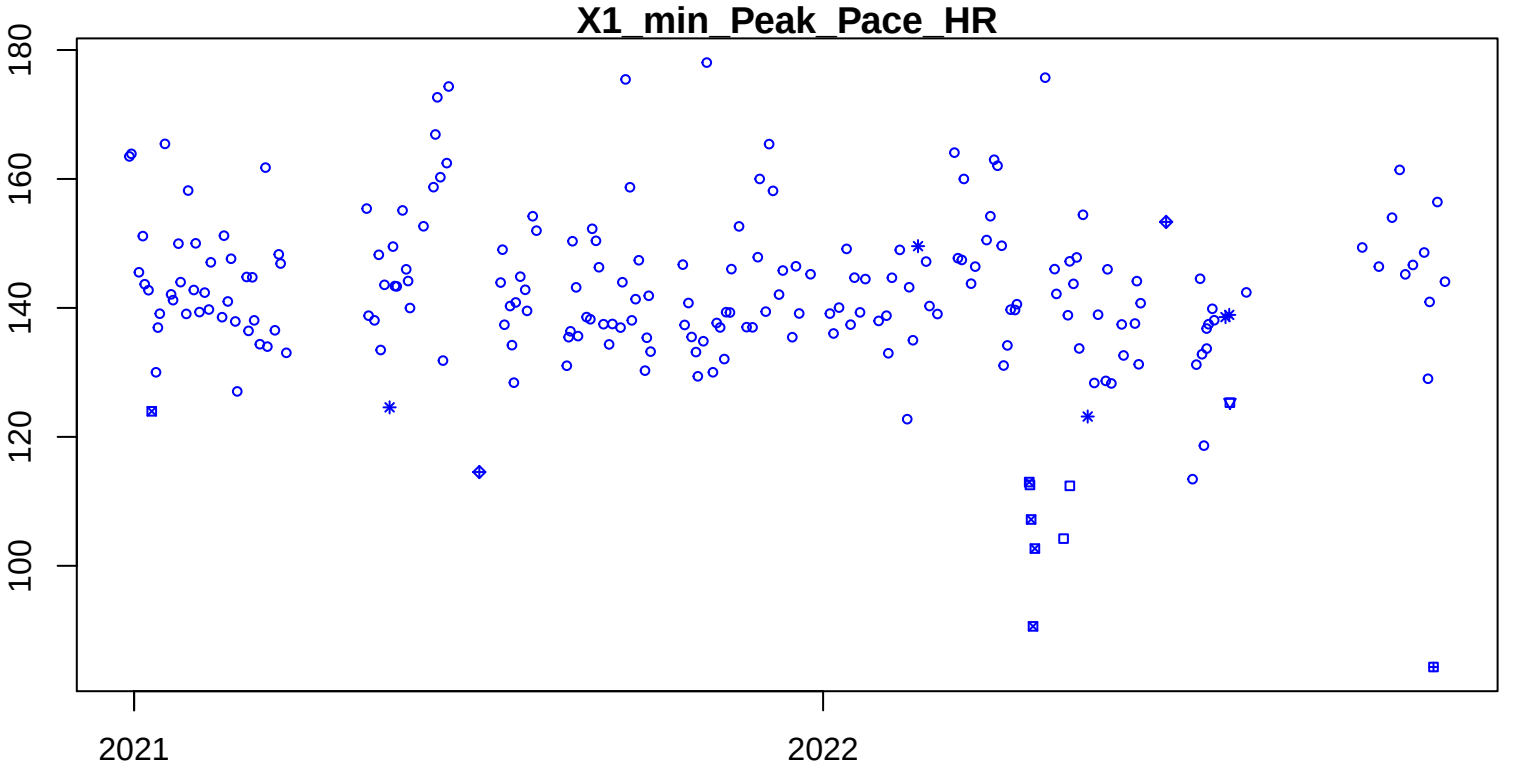

Best_20km
400
300
200
100
2021
2022

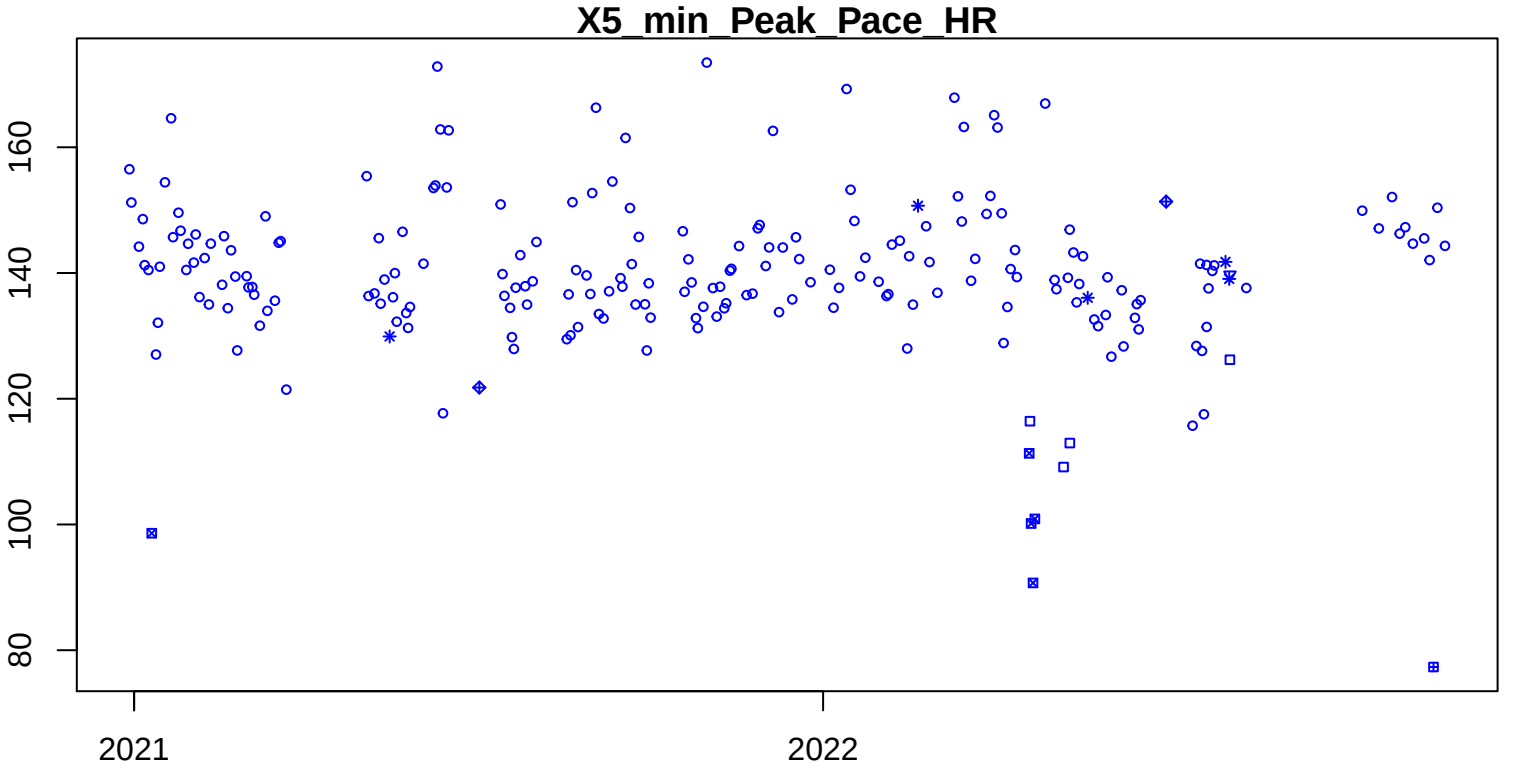

Best_Half_Marathon
500
400
300
200
100
2021
2022

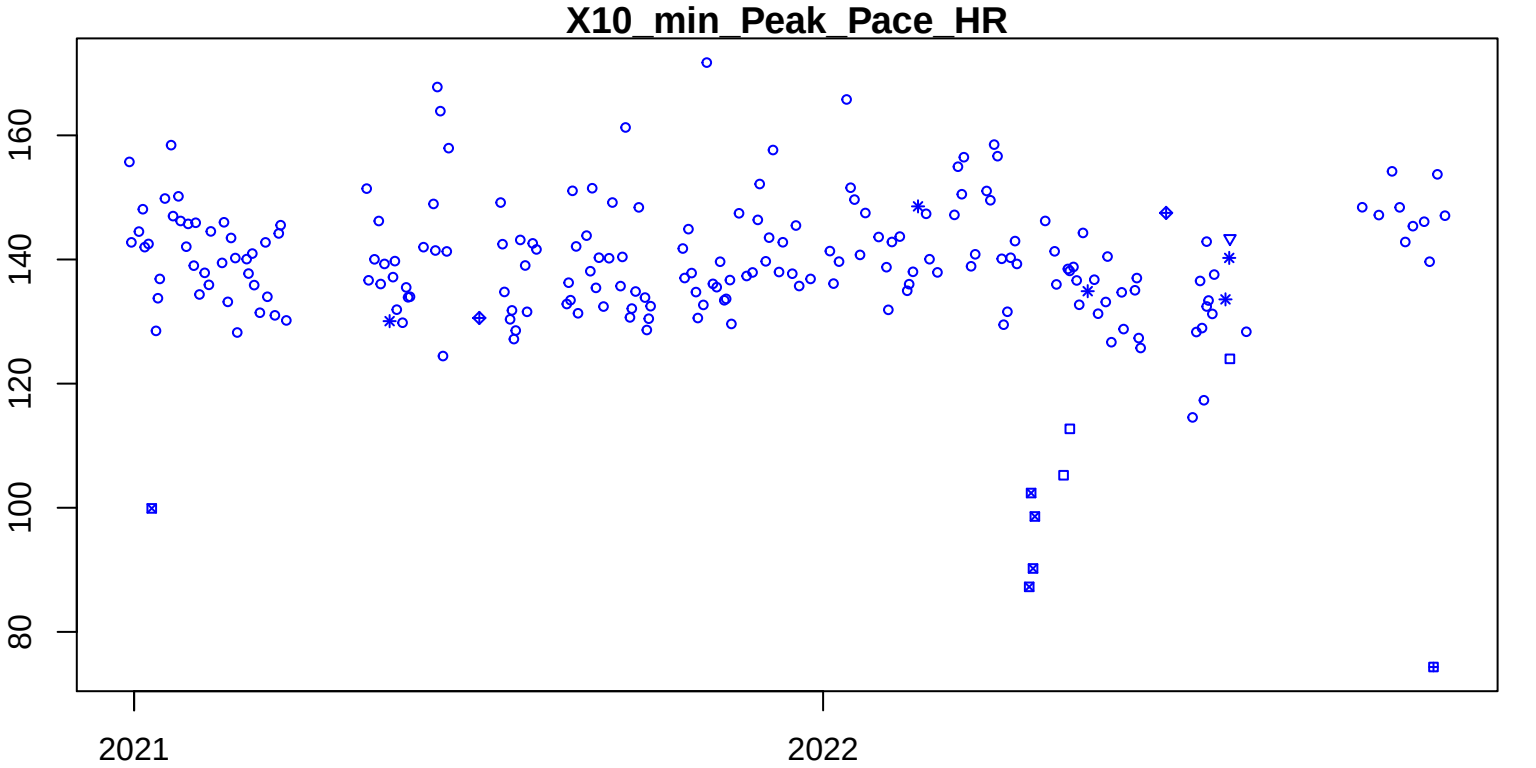

Best_30km
500
400
300
200
2021
2022

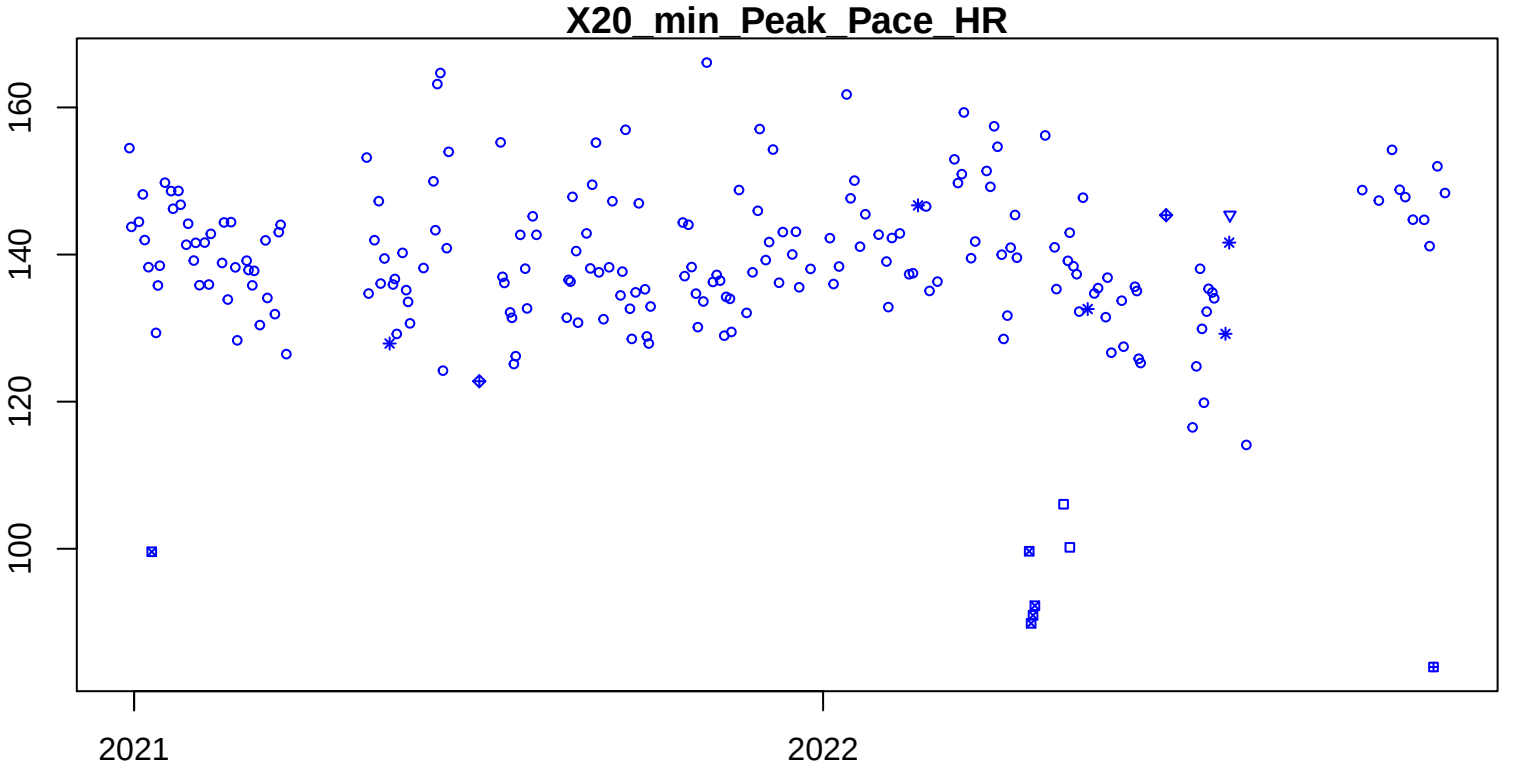

Best_40km
650
600
550
500
450
400
350
2021
2022

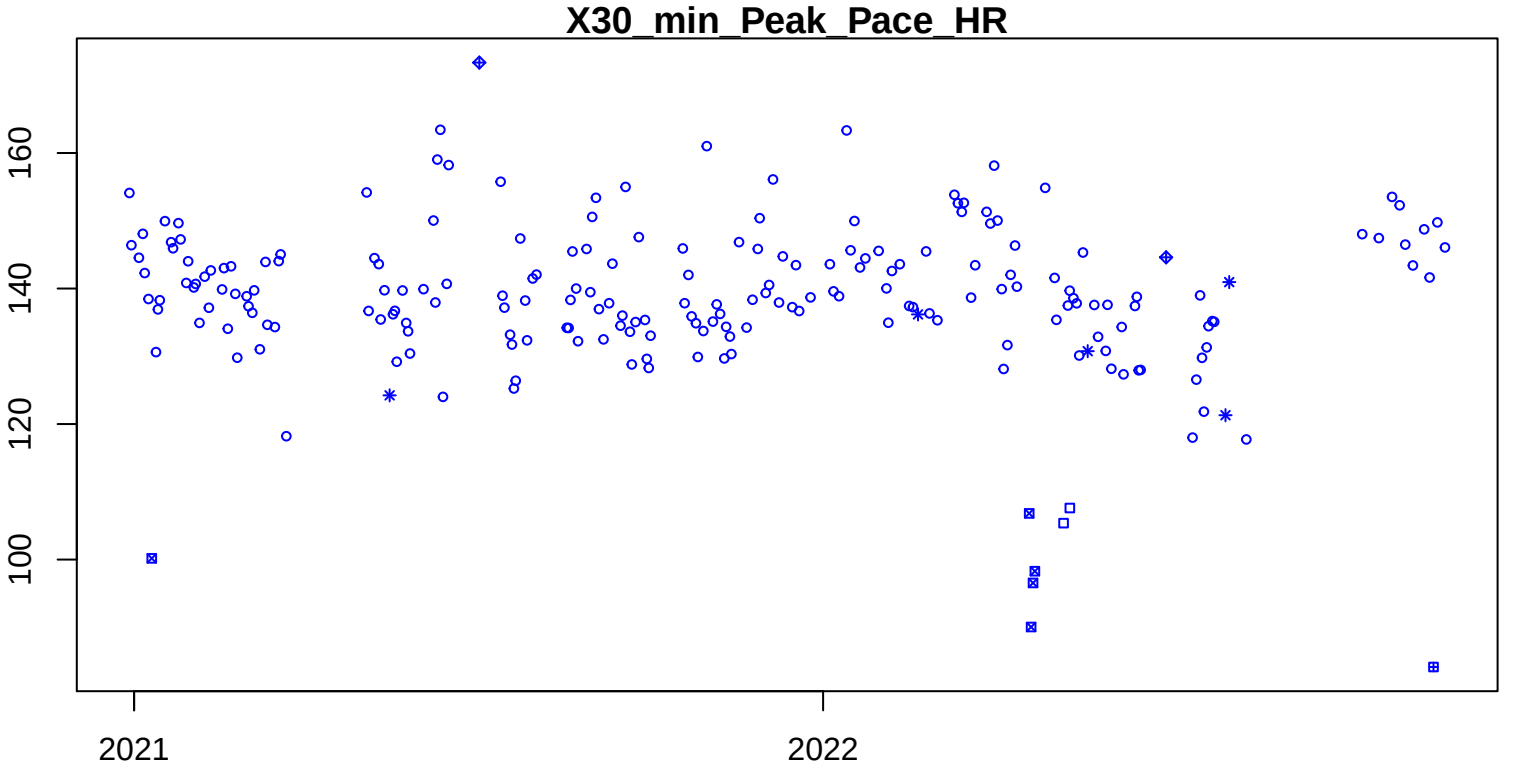

Best_Marathon
700
600
500
400
2021
2022

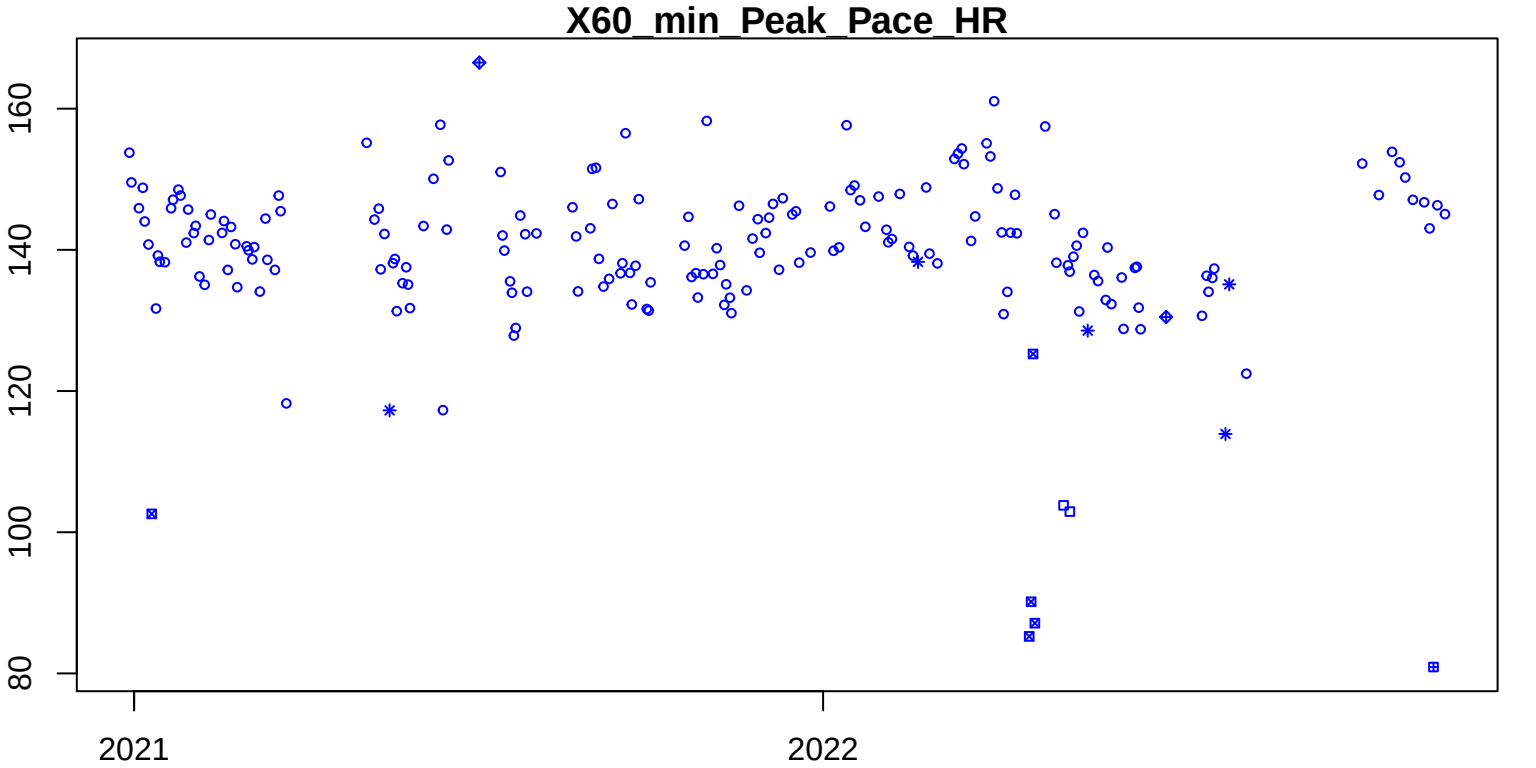

X1_min_Peak_Pace_HR
180
160
140
120
100
2021
2022

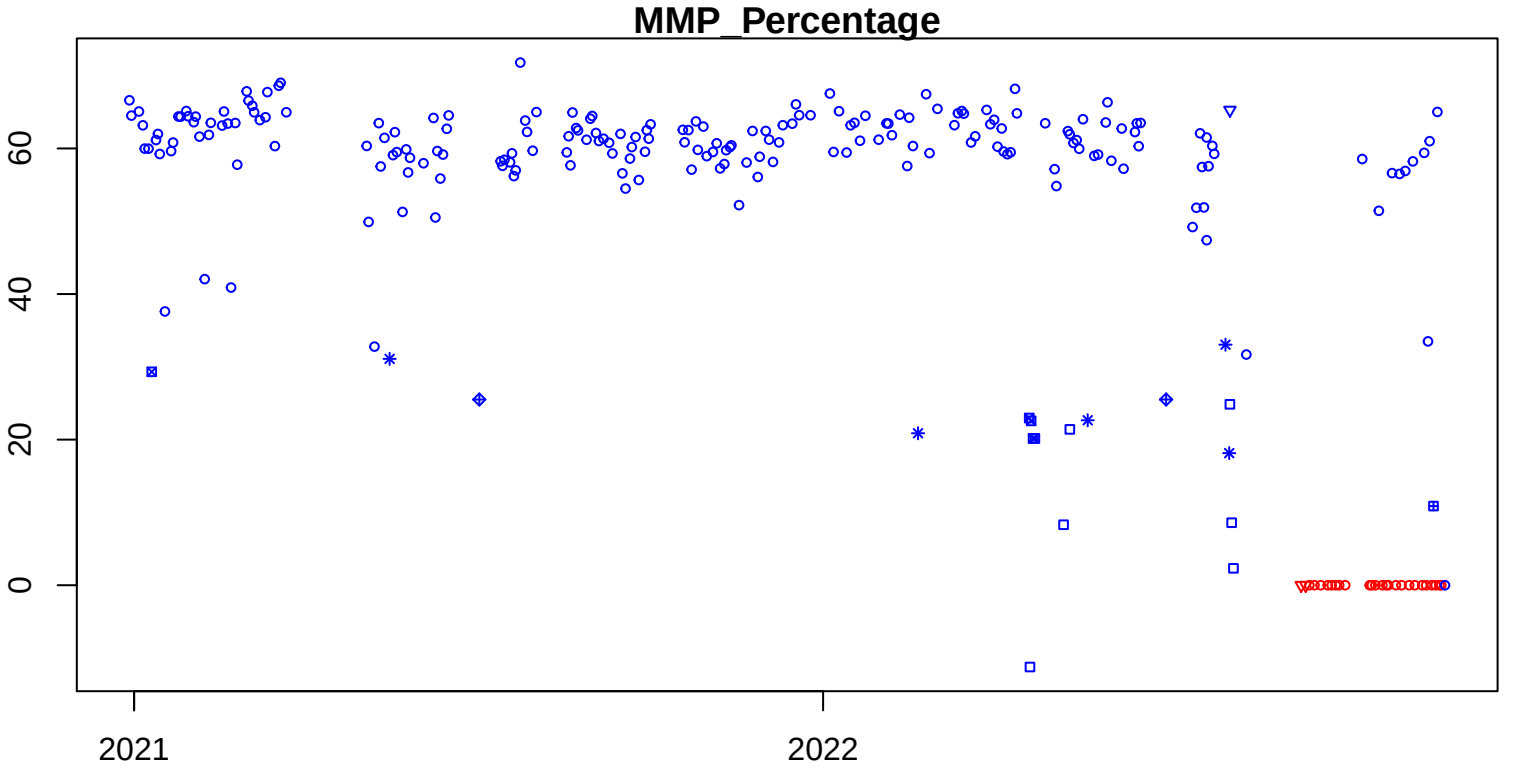

X5_min_Peak_Pace_HR
80
100
120
140
160
2021
2022

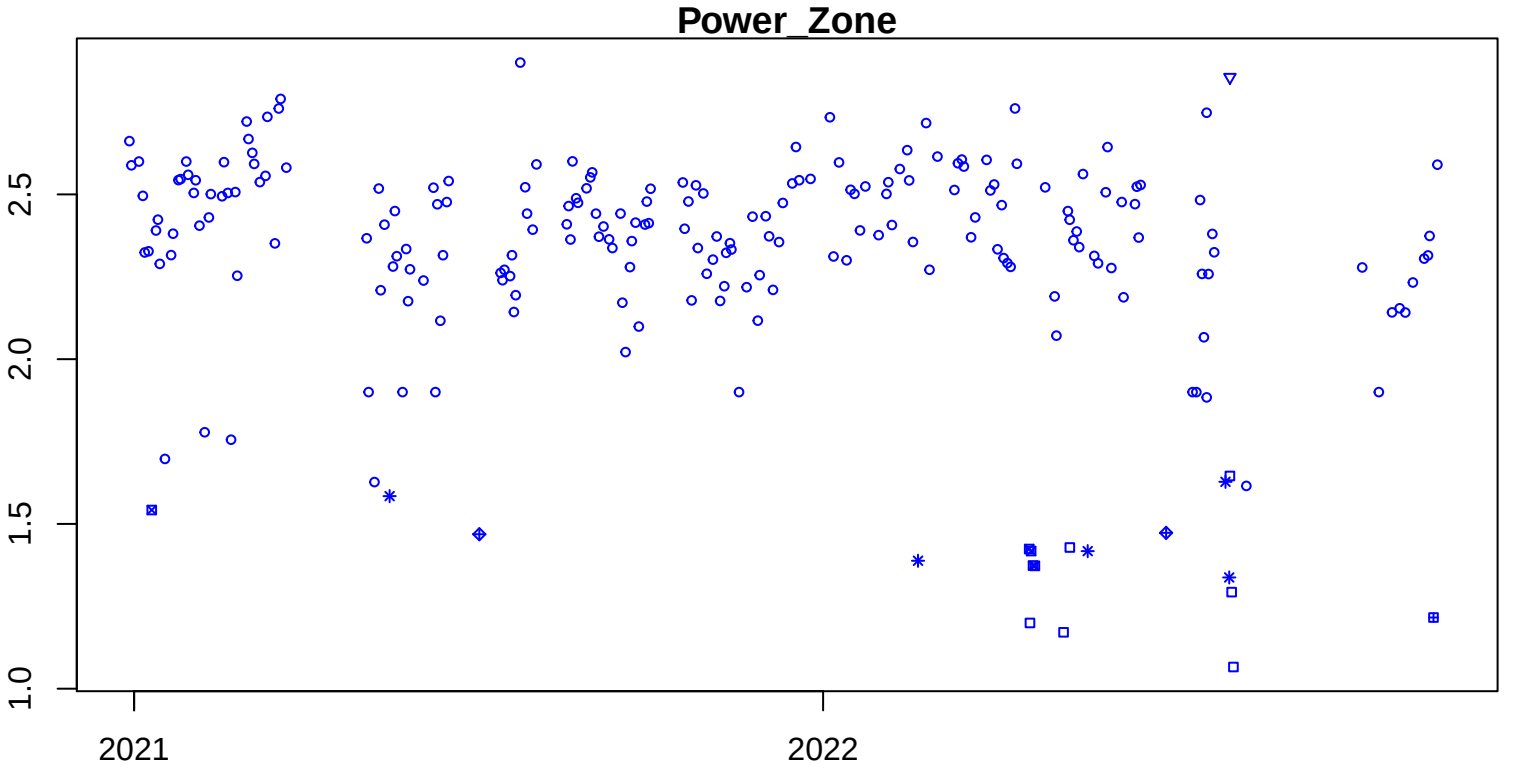

X10_min_Peak_Pace_HR
160
140
120
100
80
2021
2022

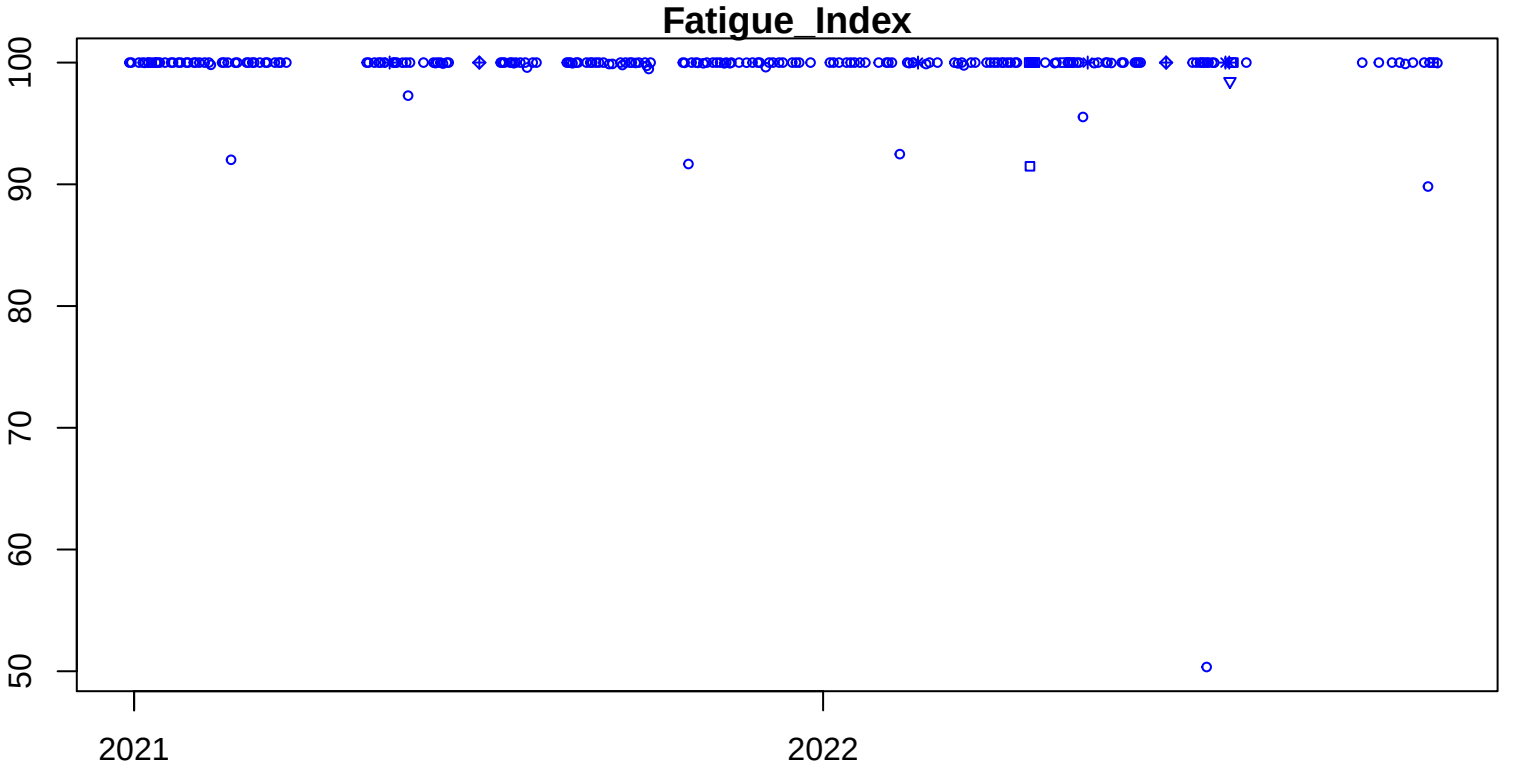

X20_min_Peak_Pace_HR
160
140
120
100
2021
2022

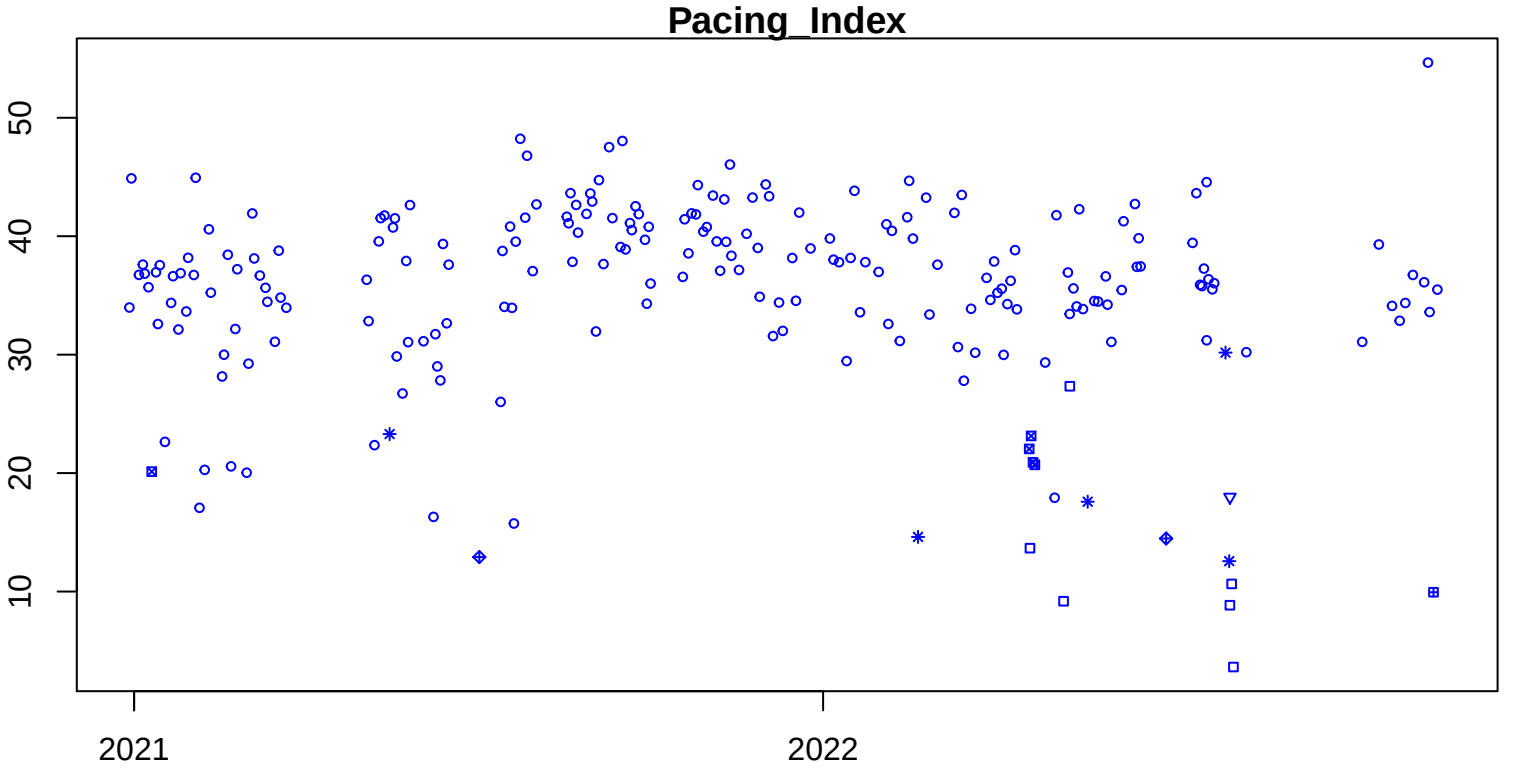

X30_min_Peak_Pace_HR
160
140
120
100
2021
2022

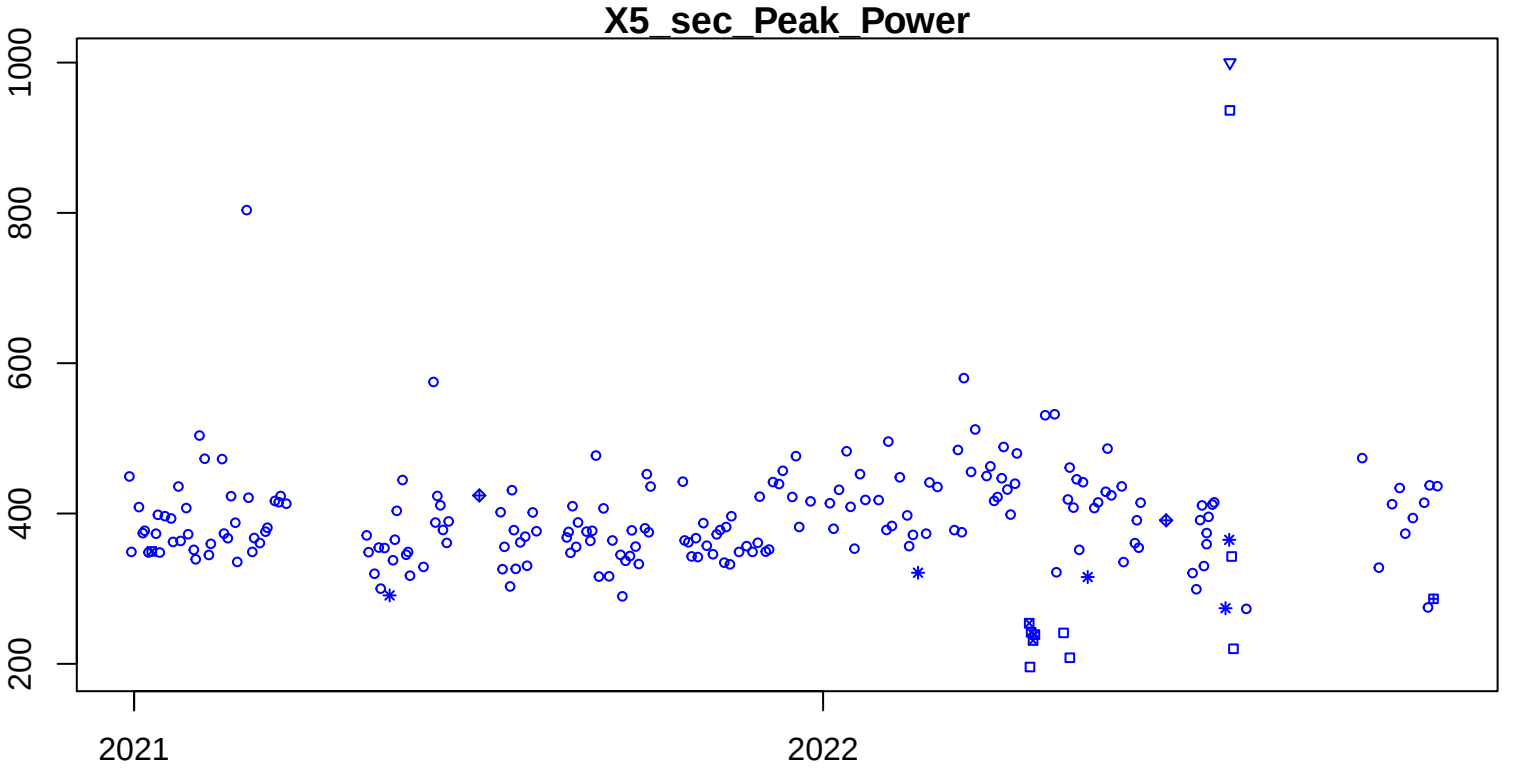

X60_min_Peak_Pace_HR
160
140
120
100
80
2021
2022

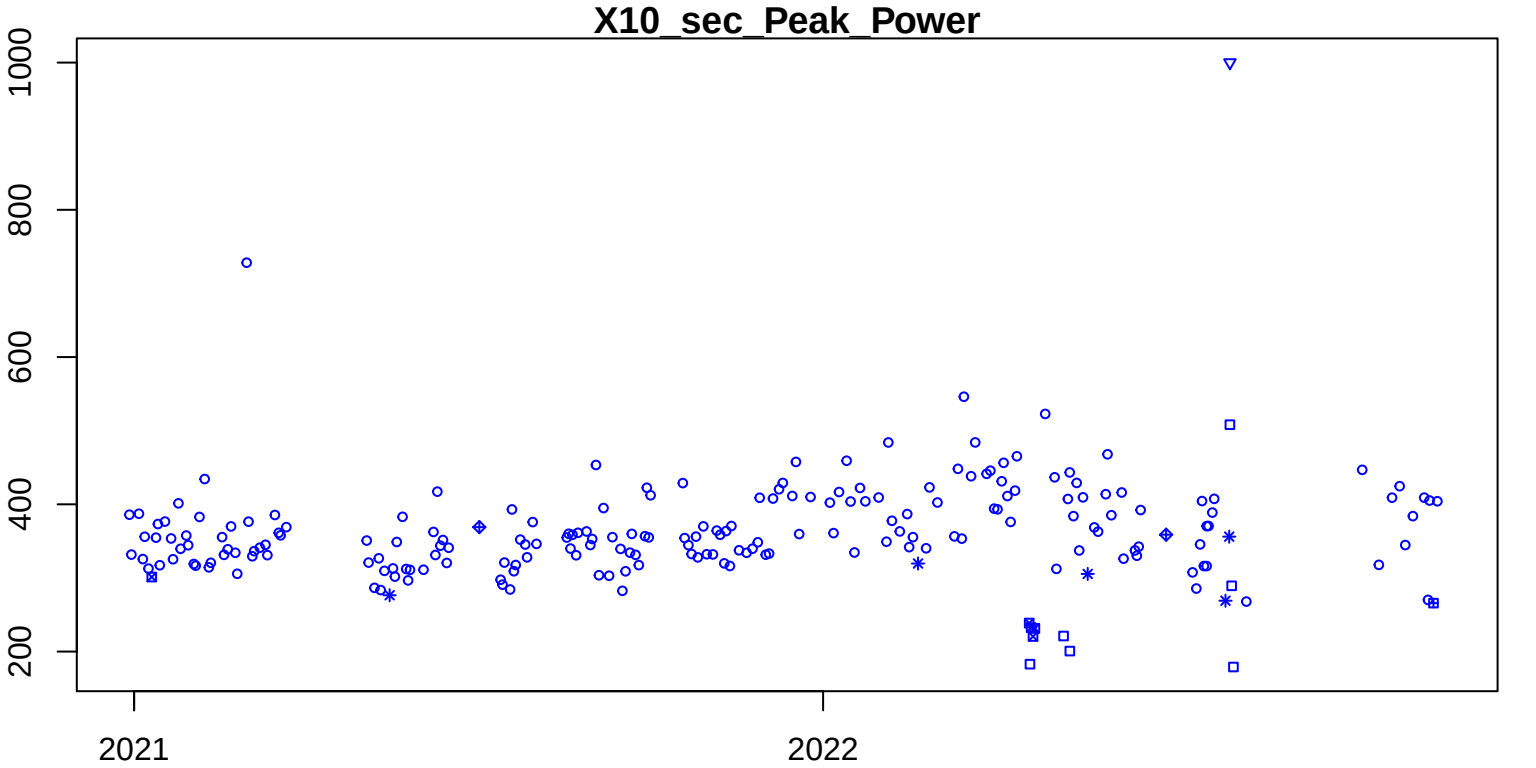

MMP_Percentage
0
20
40
60
2021
2022

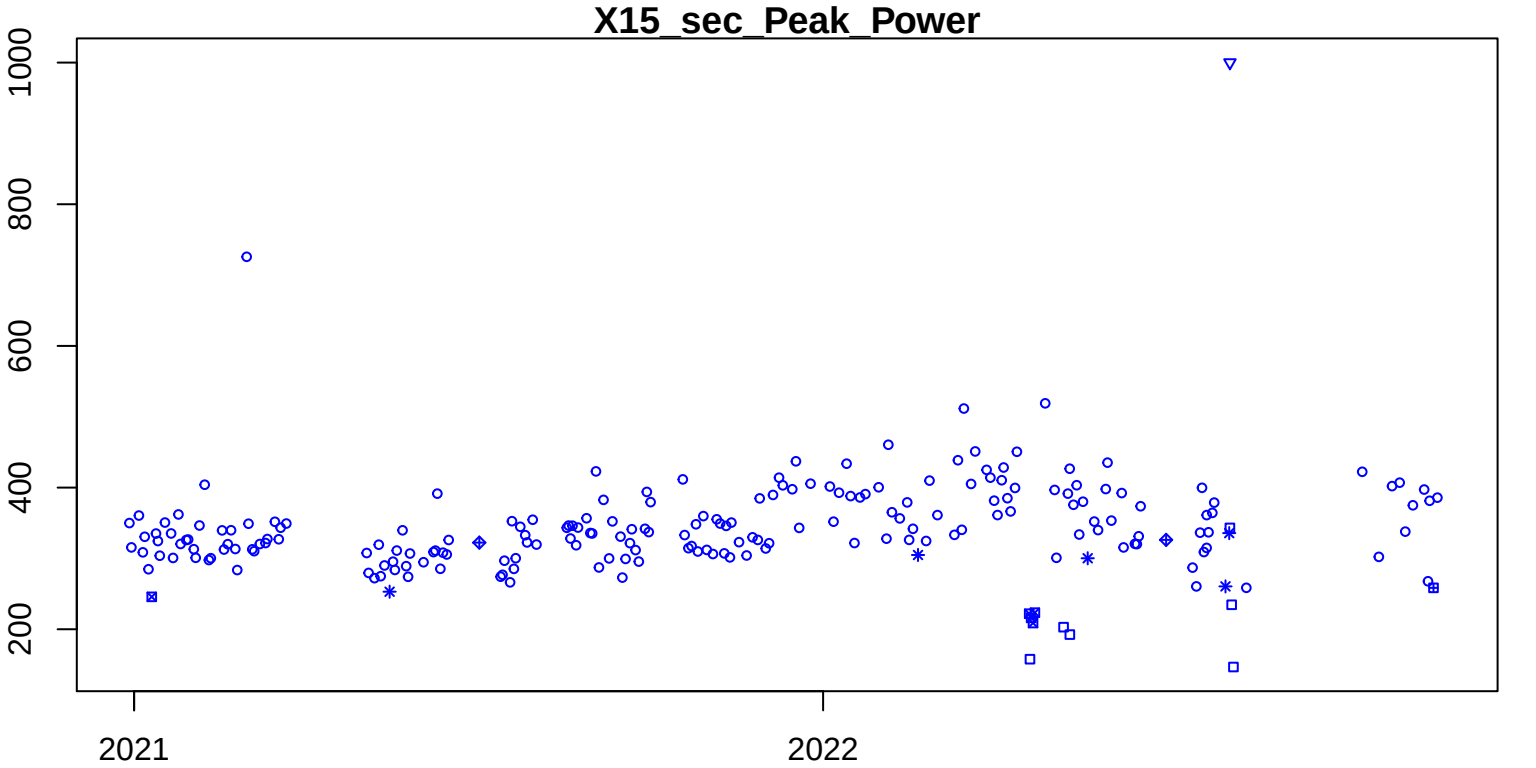

Power_Zone
1.0
1.5
2.0
2.5
2021
2022

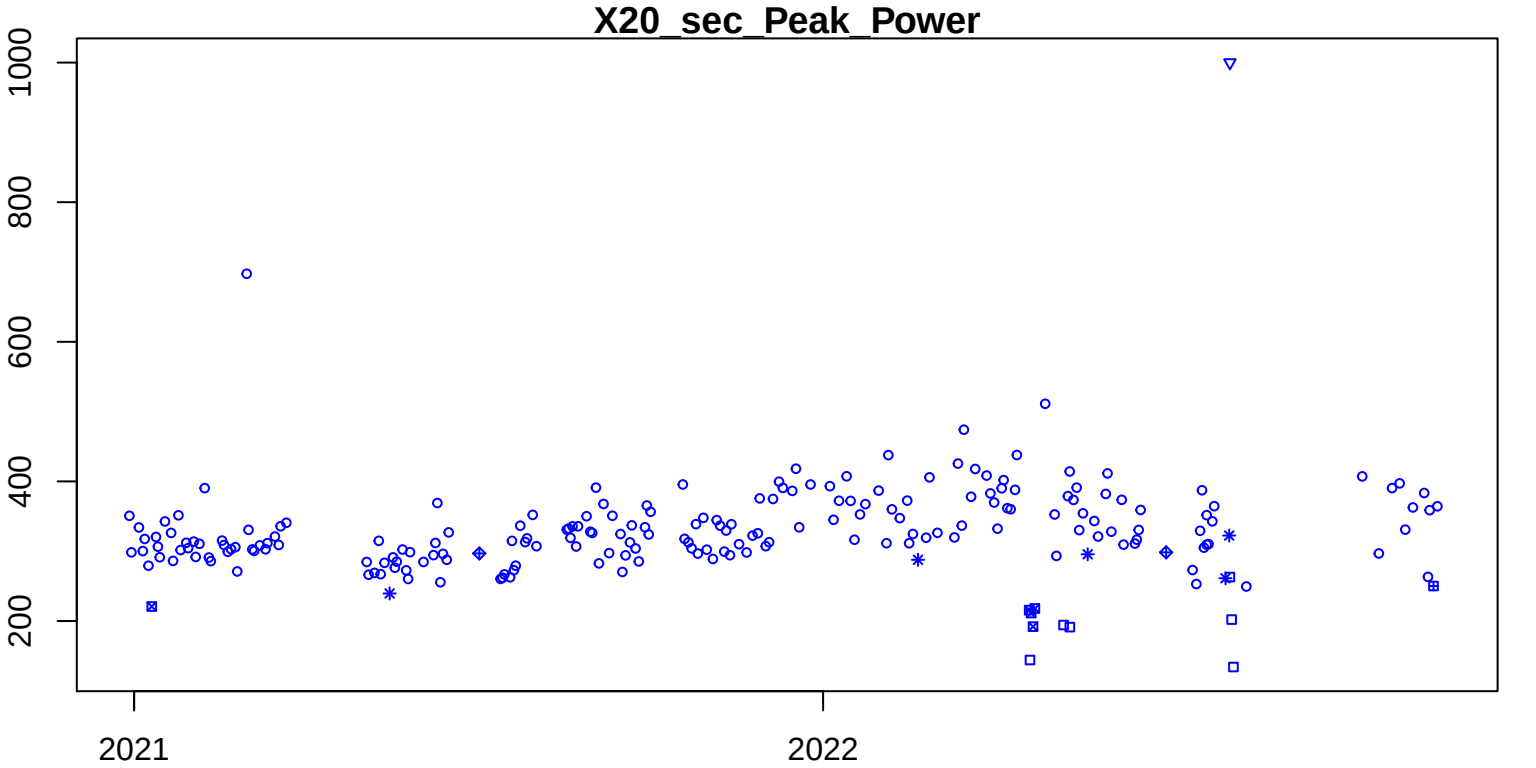

Fatigue_Index
100
90
80
70
60
50
2021
2022

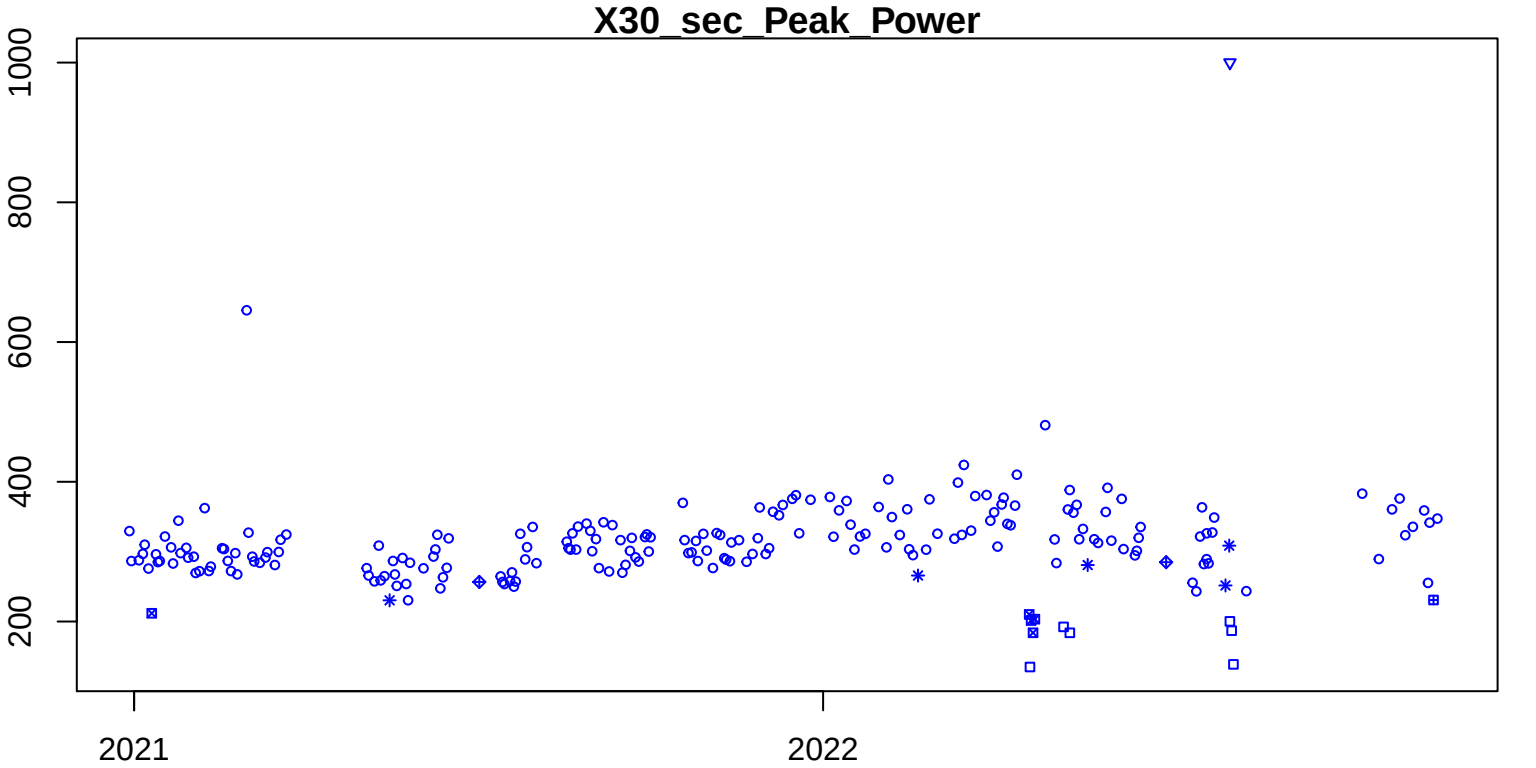

Pacing_Index
50
40
30
20
10
2021
2022

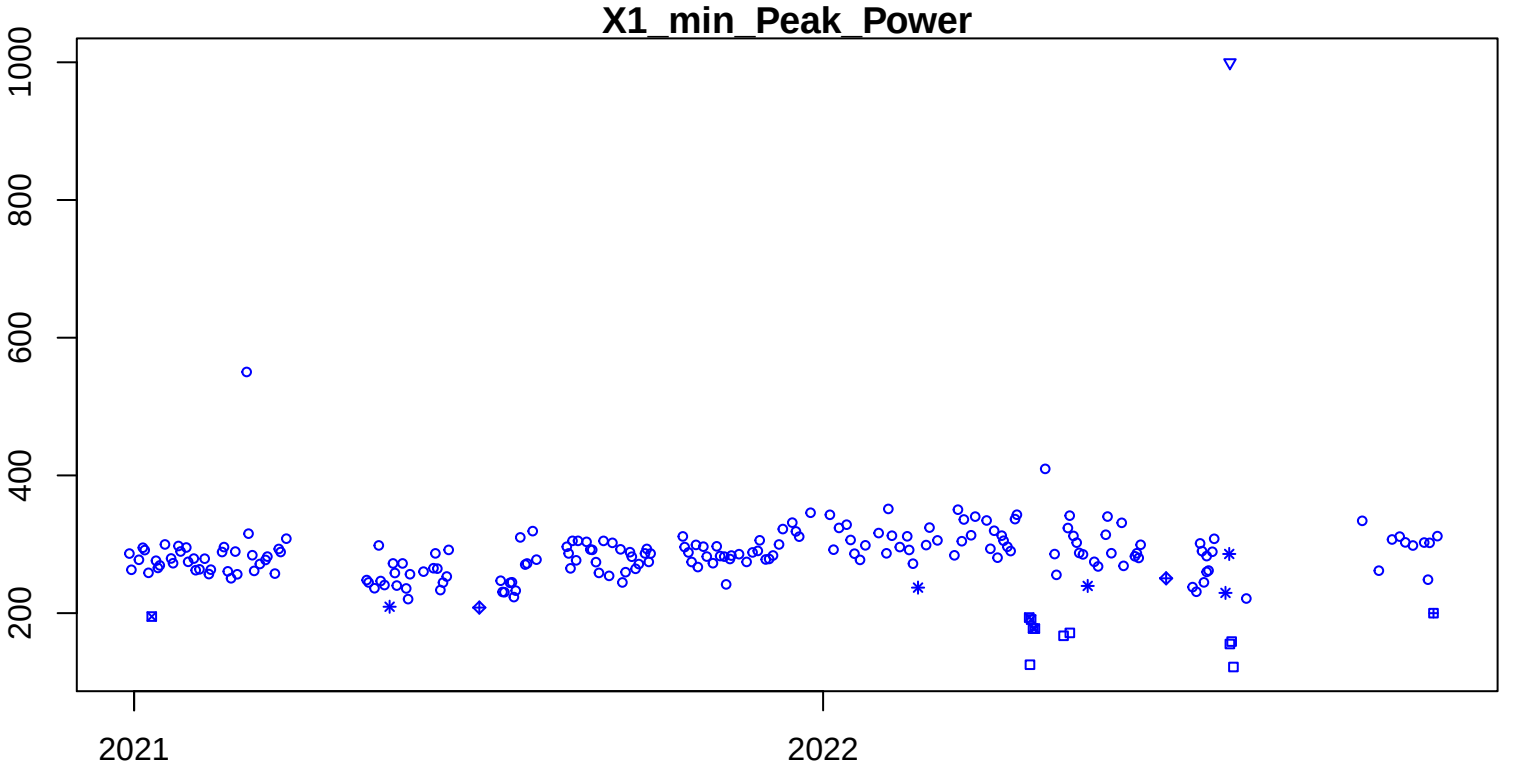

X5_sec_Peak_Power
1000
800
600
400
200
2021
2022

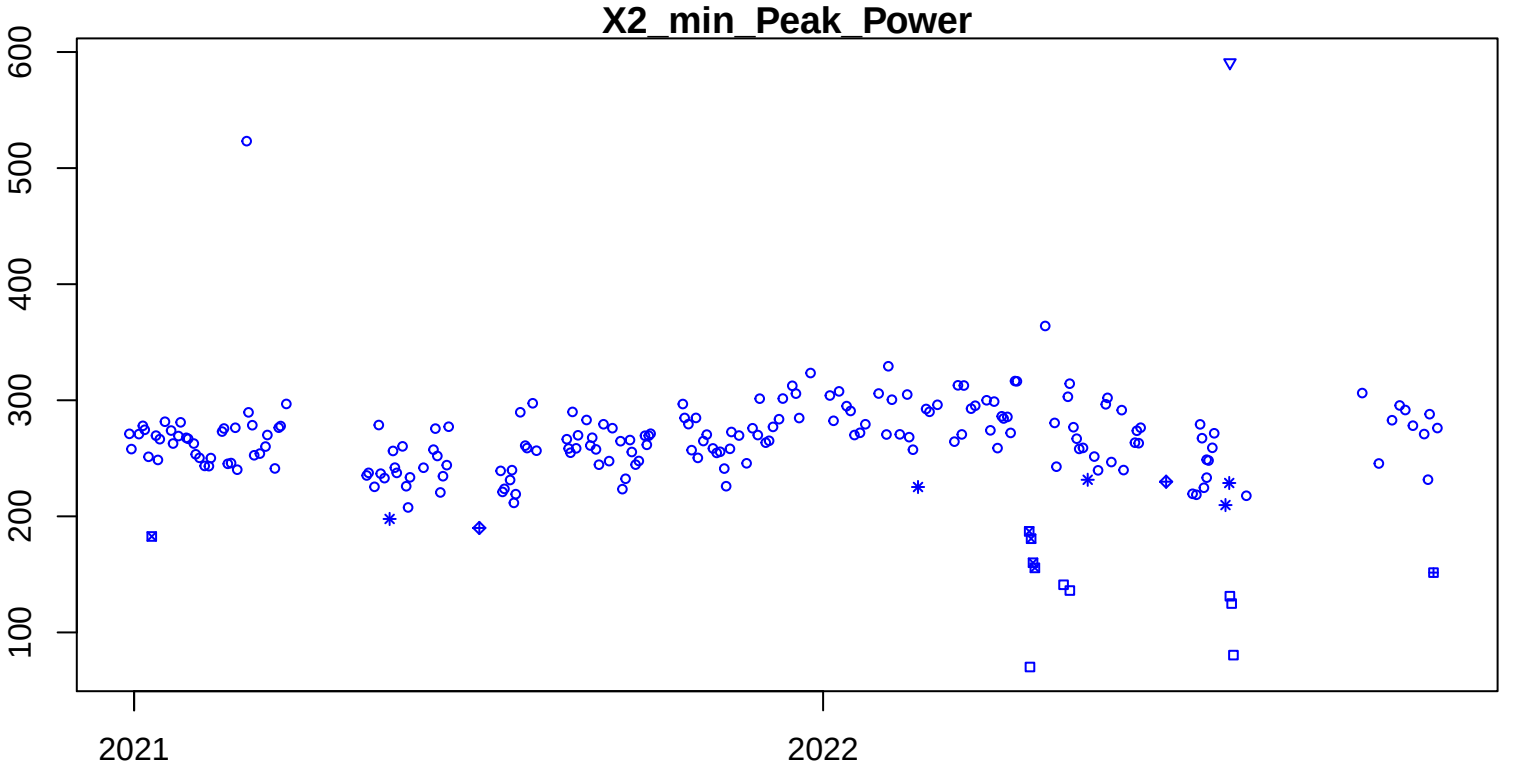

X10_sec_Peak_Power
1000
800
600
400
200
2021
2022

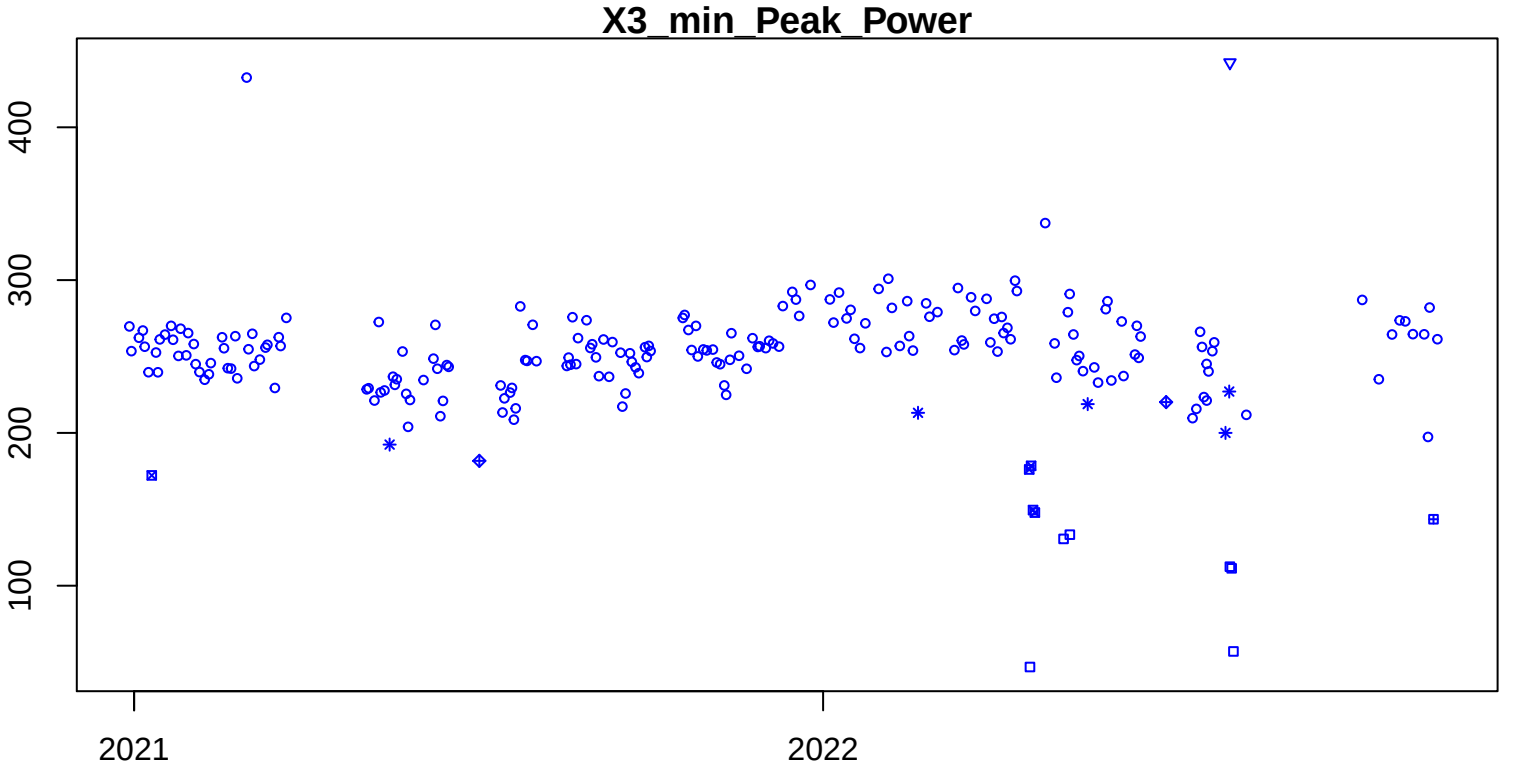

X15_sec_Peak_Power
1000
800
600
400
200
2021
2022

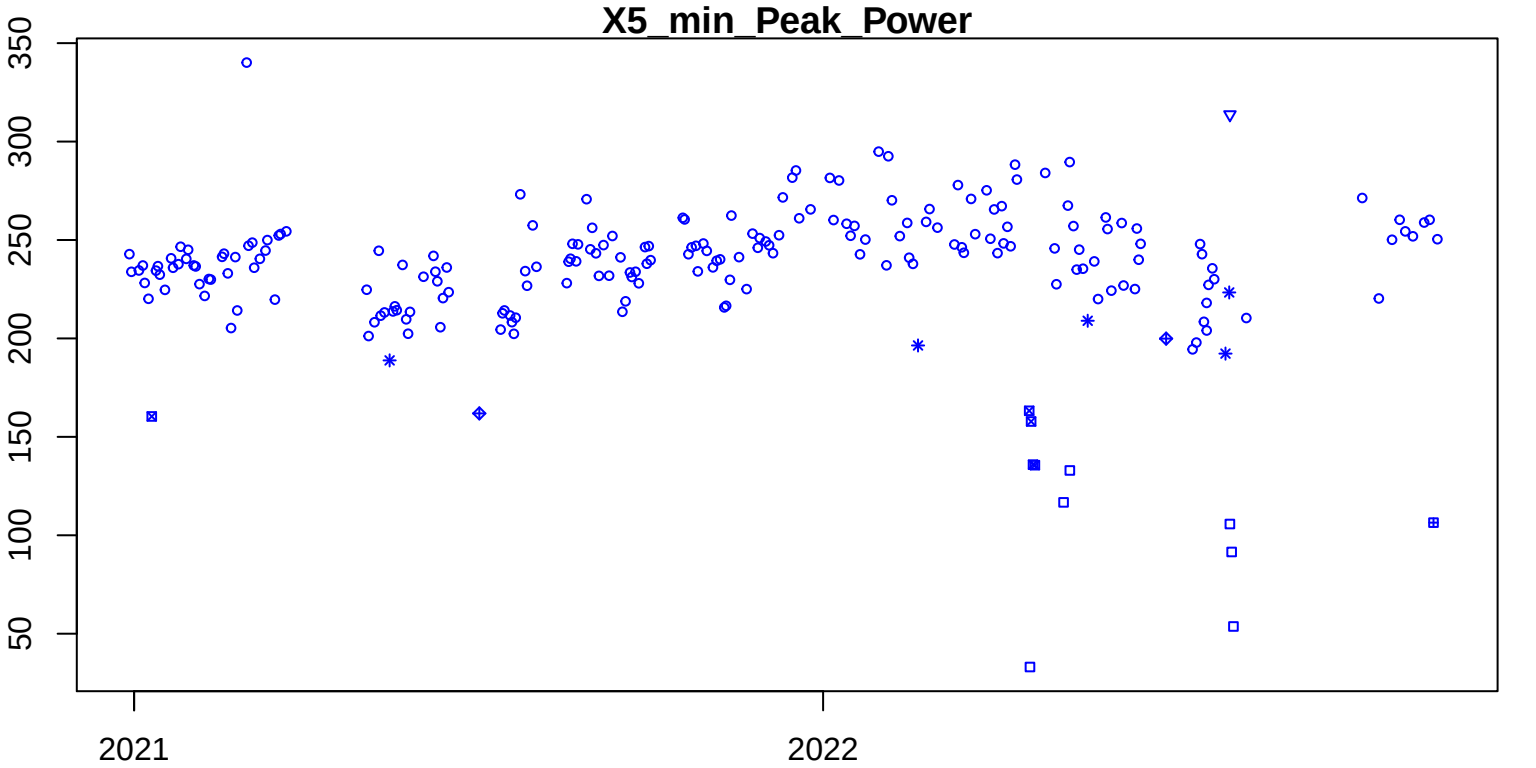

X20_sec_Peak_Power
1000
800
600
400
200
2021
2022

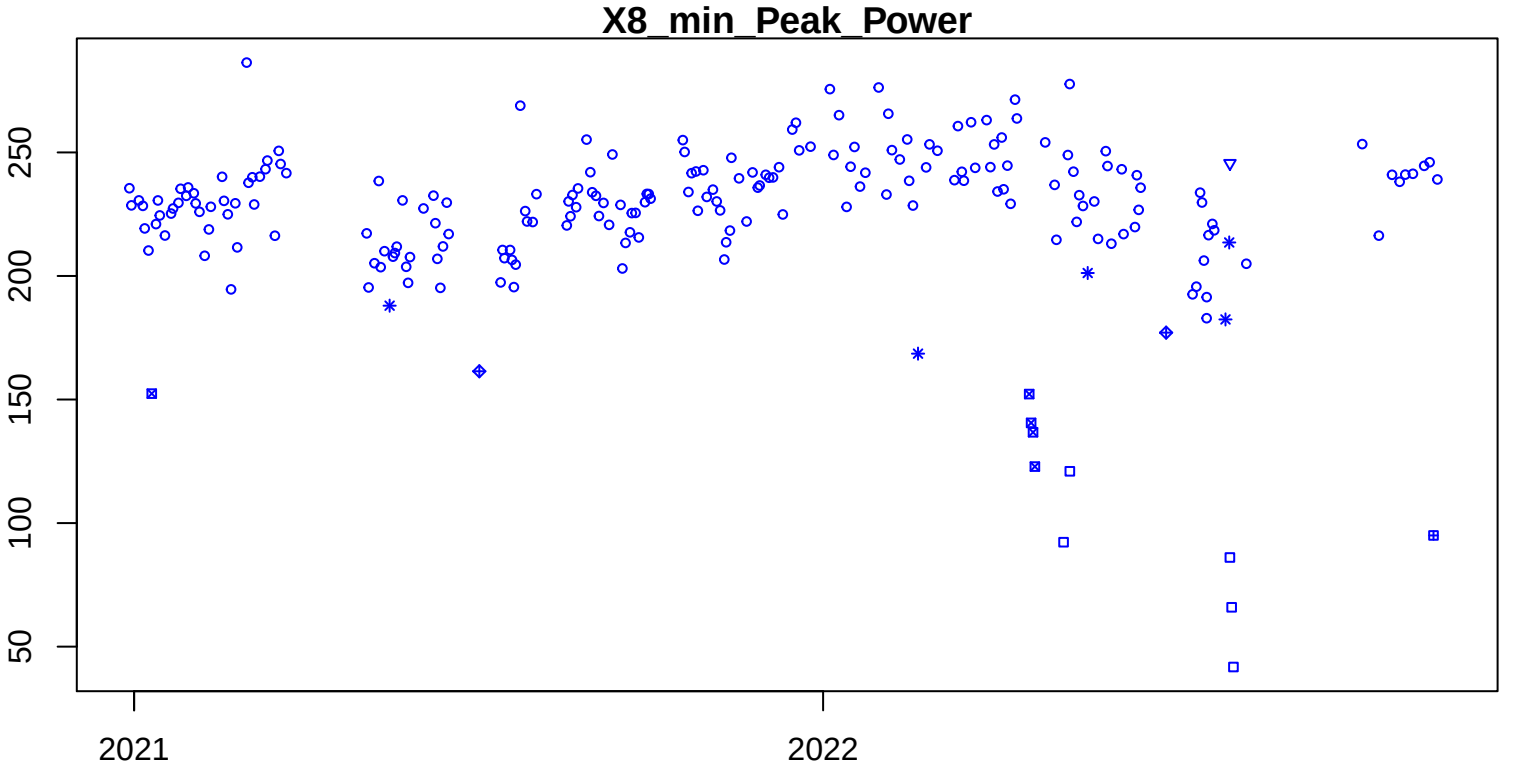

X30_sec_Peak_Power
1000
800
600
400
200
2021
2022

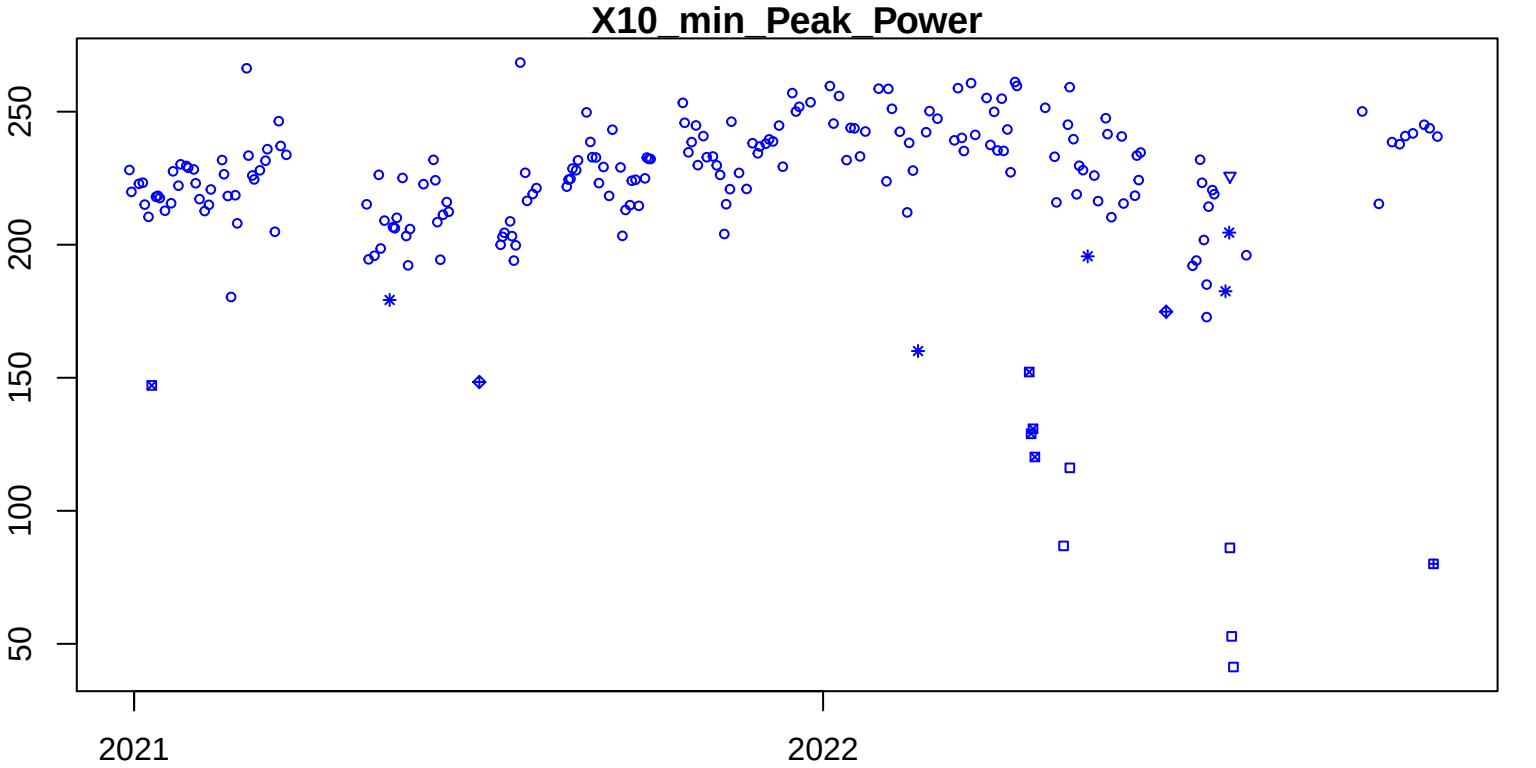

X1_min_Peak_Power
1000
800
600
400
200
2021
2022

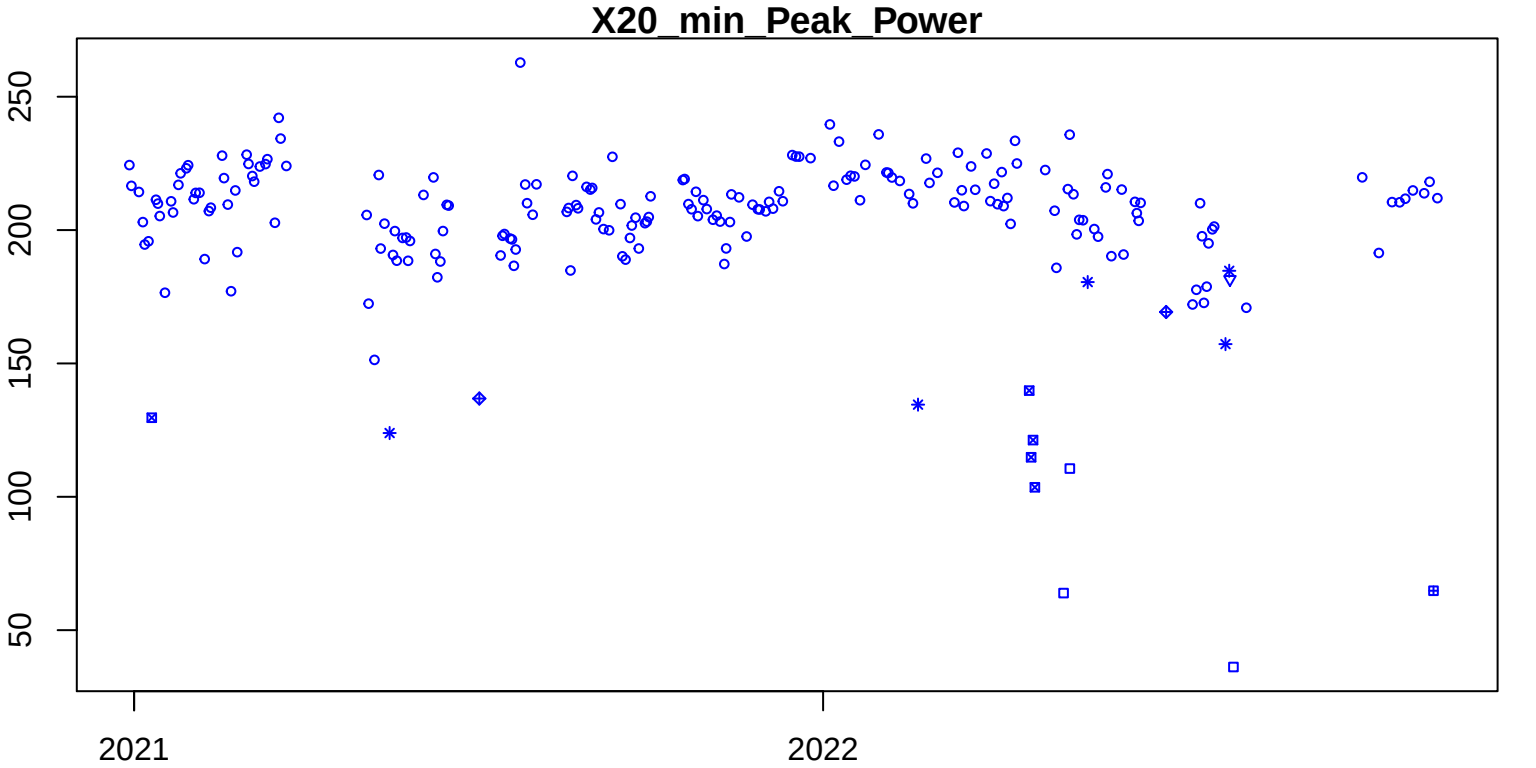

X2_min_Peak_Power
600
500
400
300
200
100
2021
2022

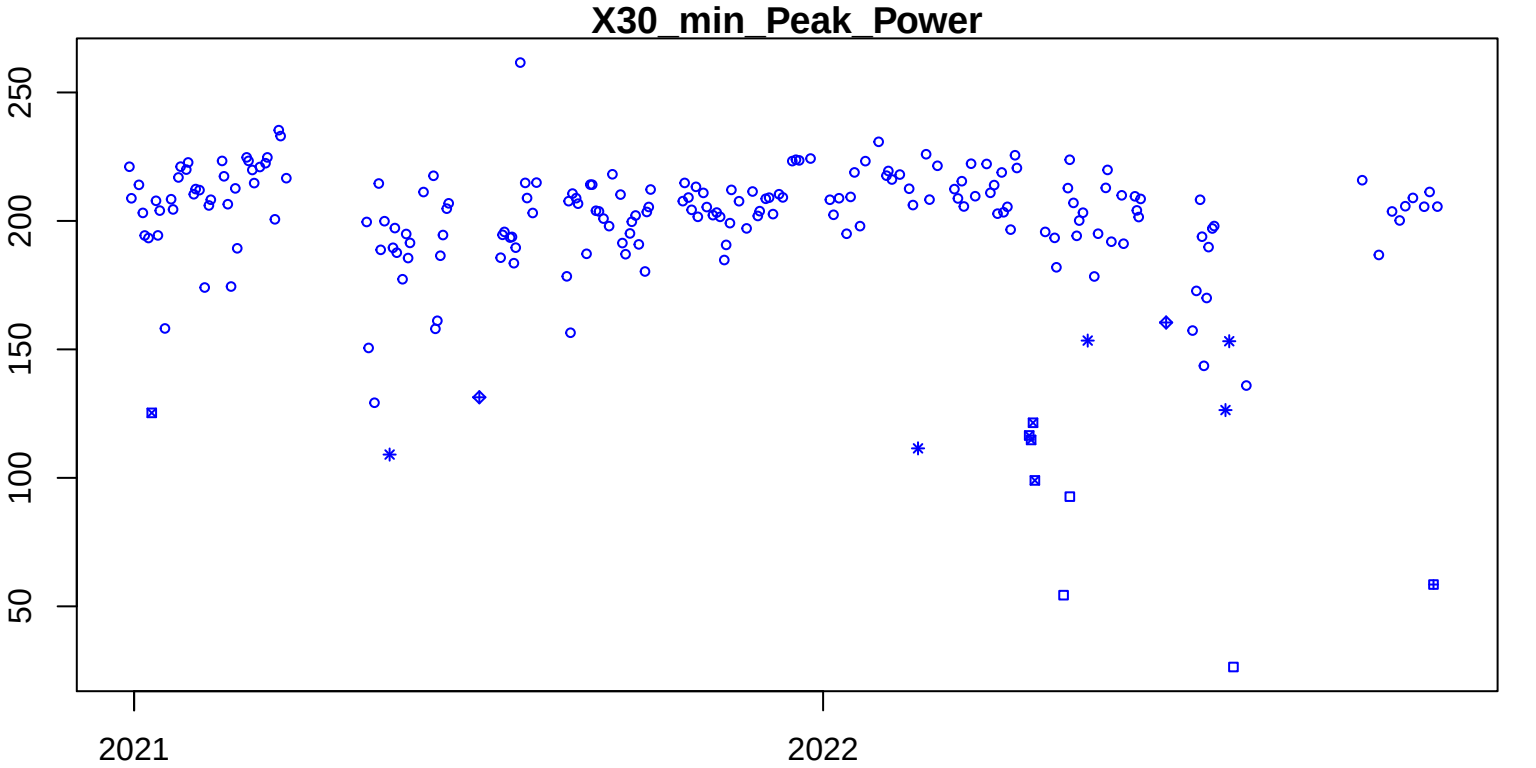

X3_min_Peak_Power
400
300
200
100
2021
2022

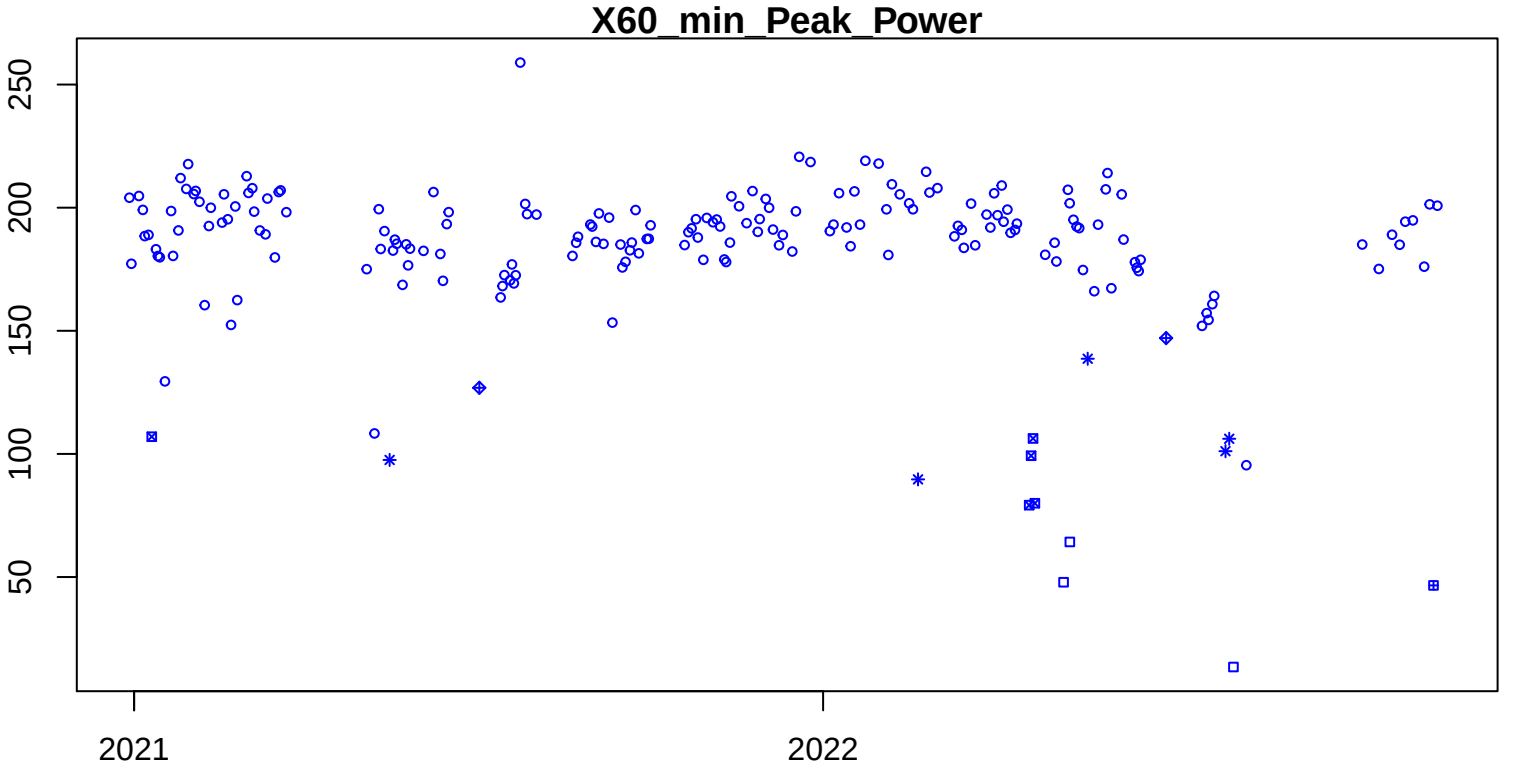

X5_min_Peak_Power
350
300
250
200
150
100
50
2021
2022

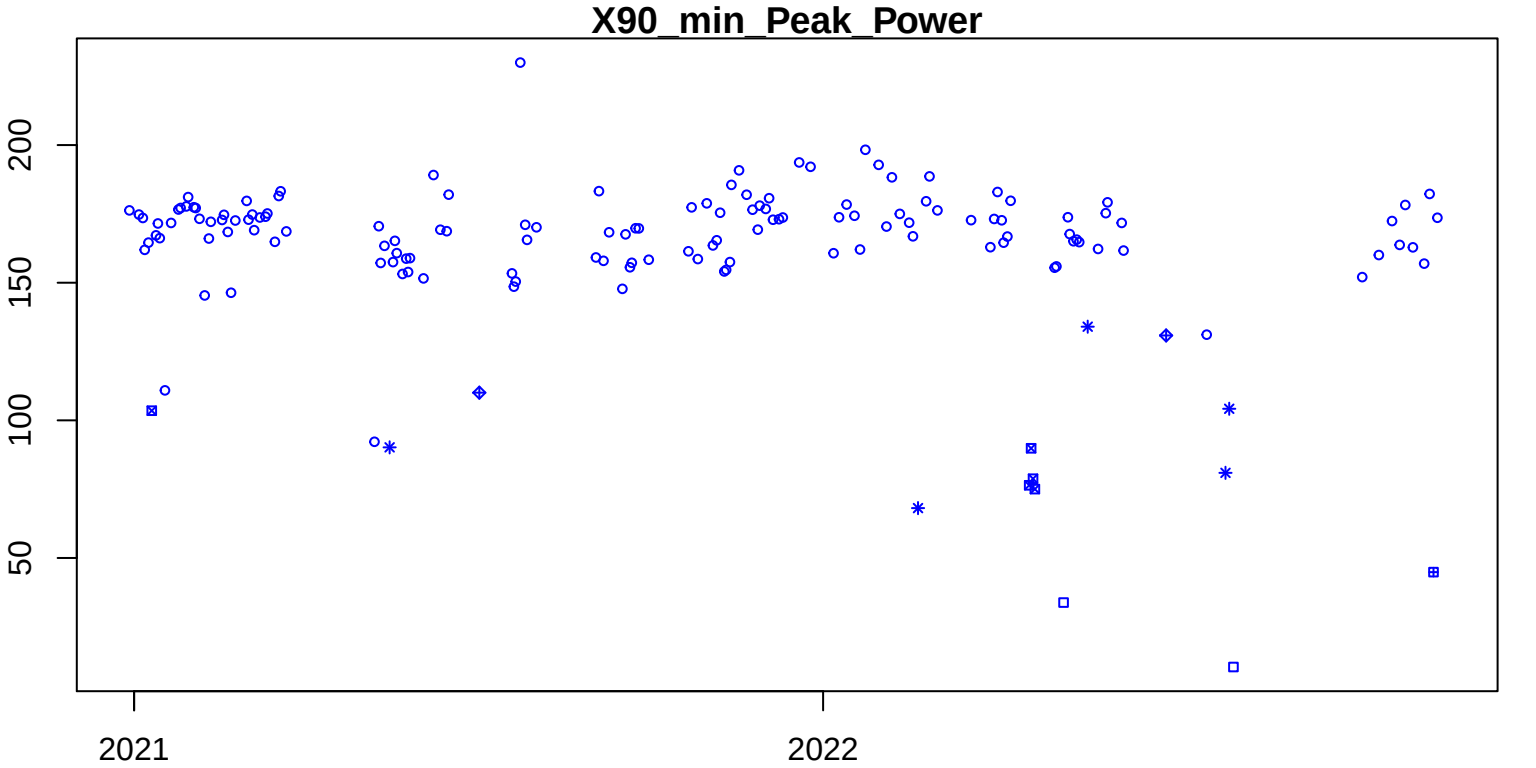

X8_min_Peak_Power
250
200
150
100
50
2021
2022

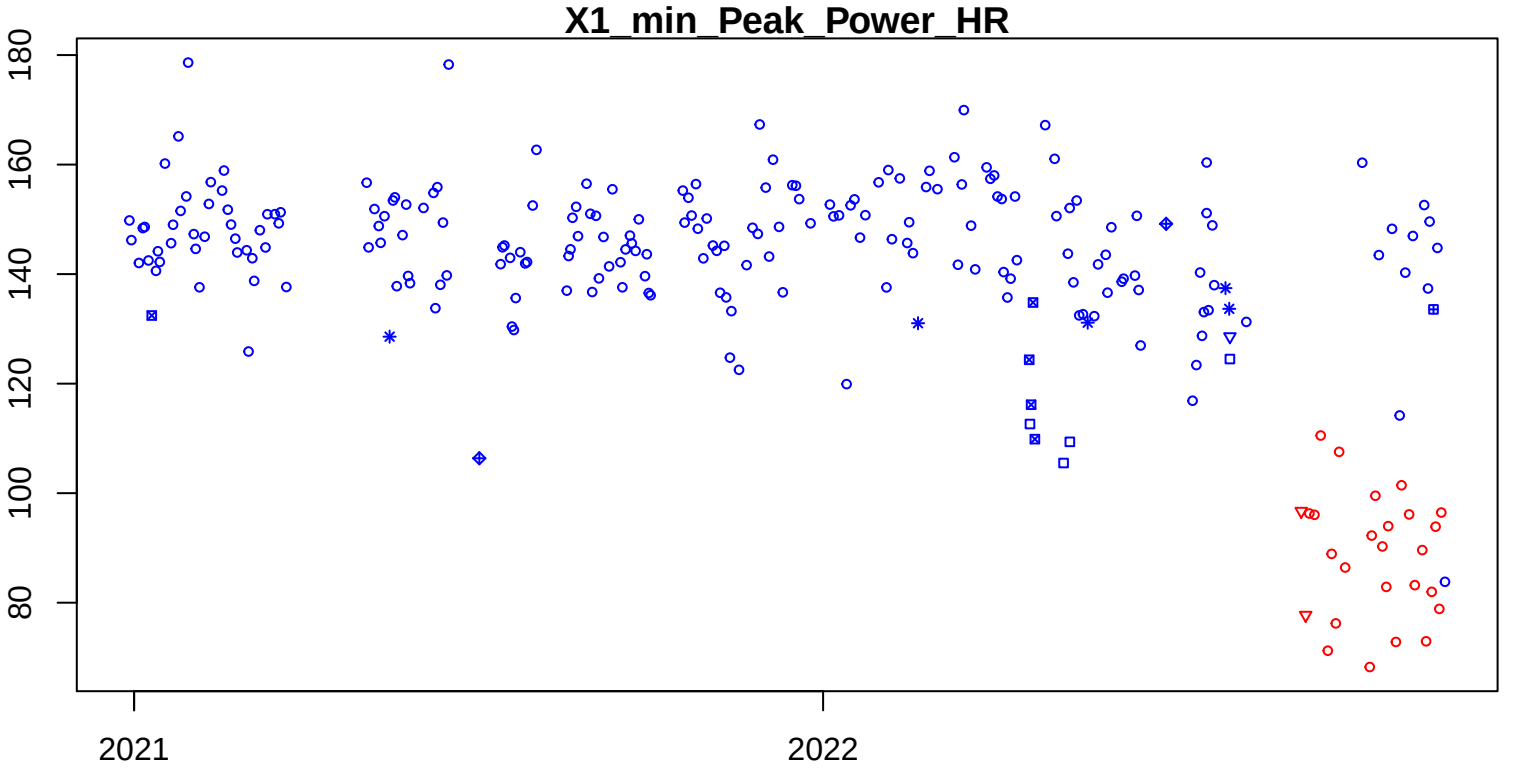

X10_min_Peak_Power
250
200
150
100
50
2021
2022

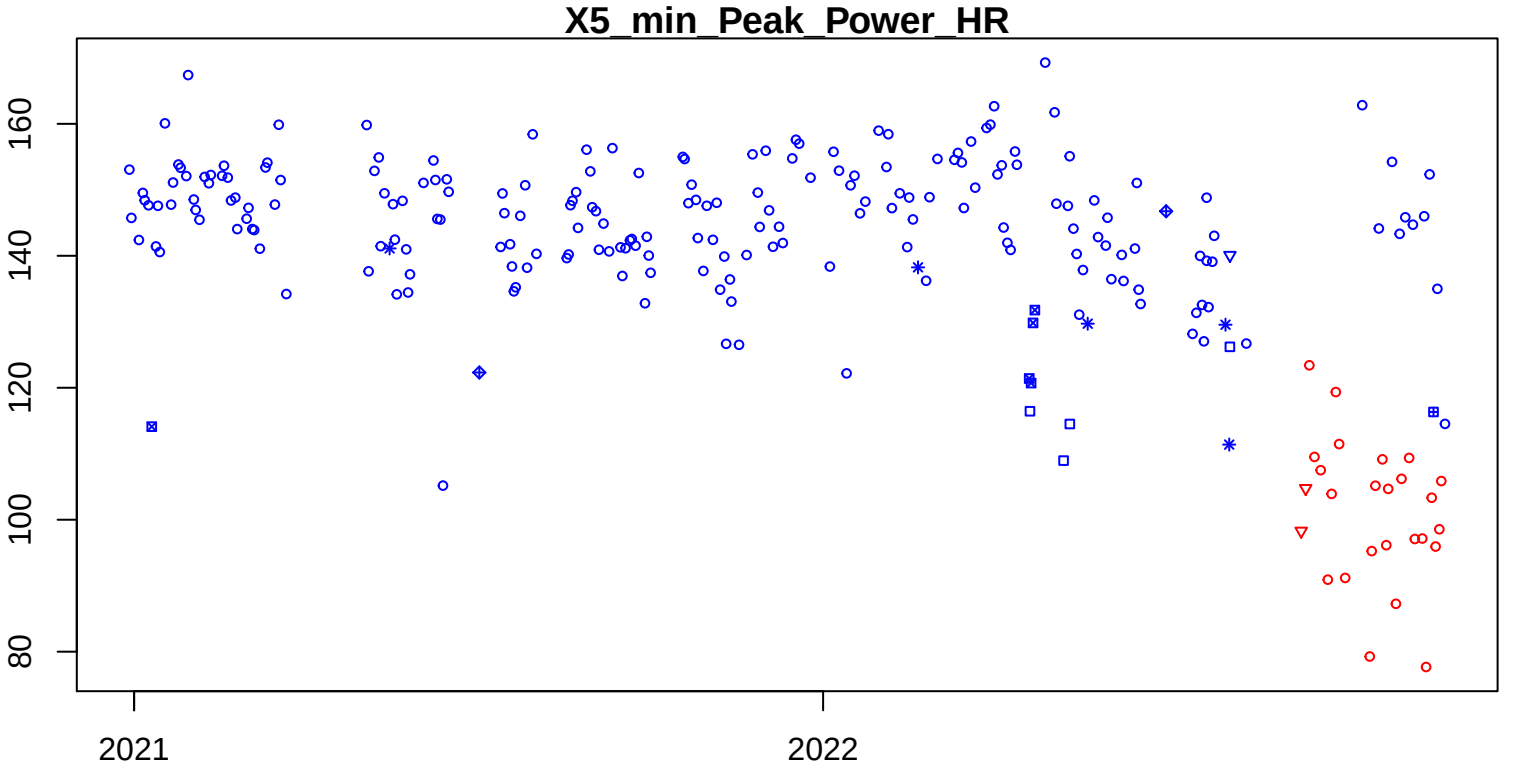

X20_min_Peak_Power
250
200
150
100
50
2021
2022

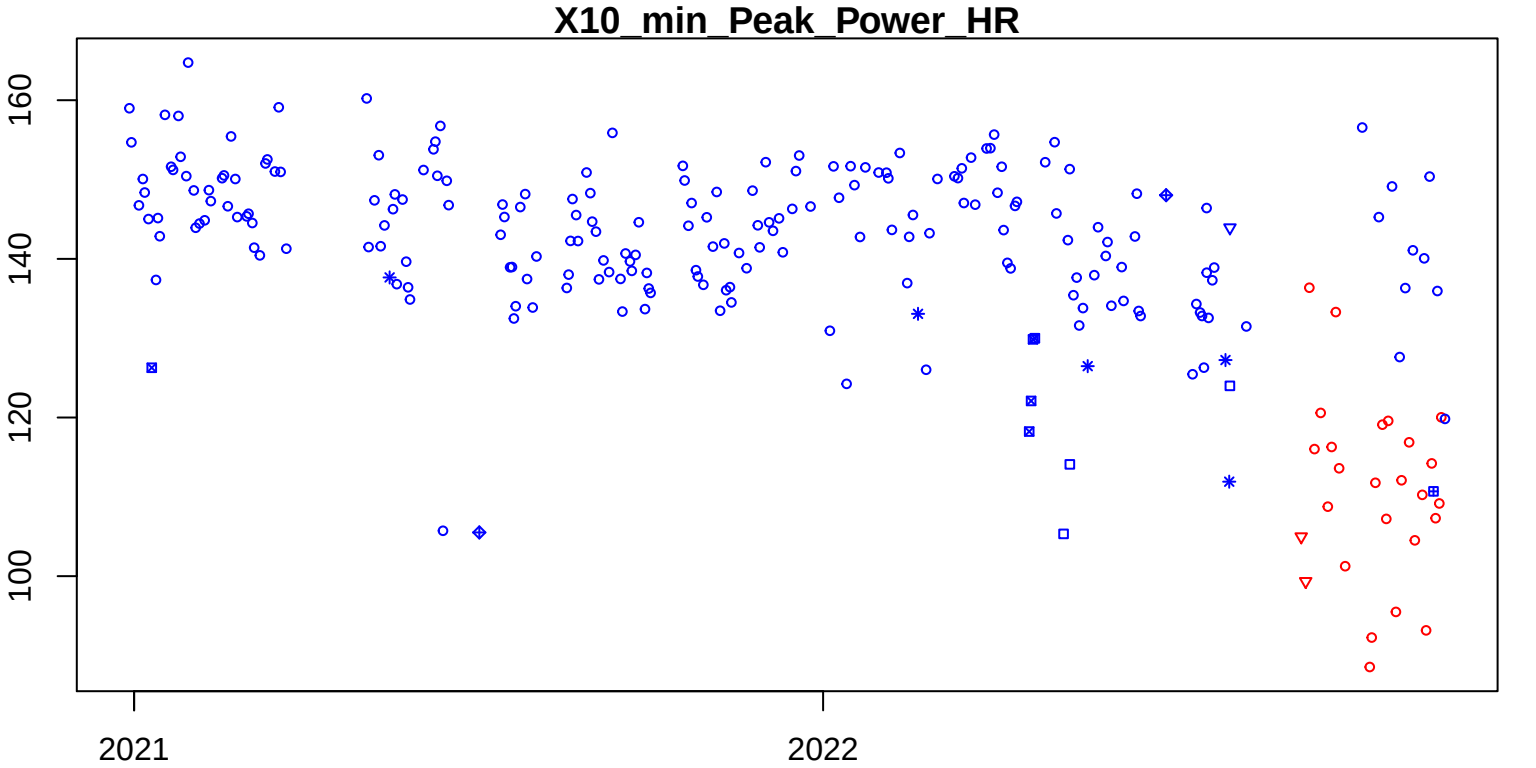

X30_min_Peak_Power
250
200
150
100
50
2021
2022

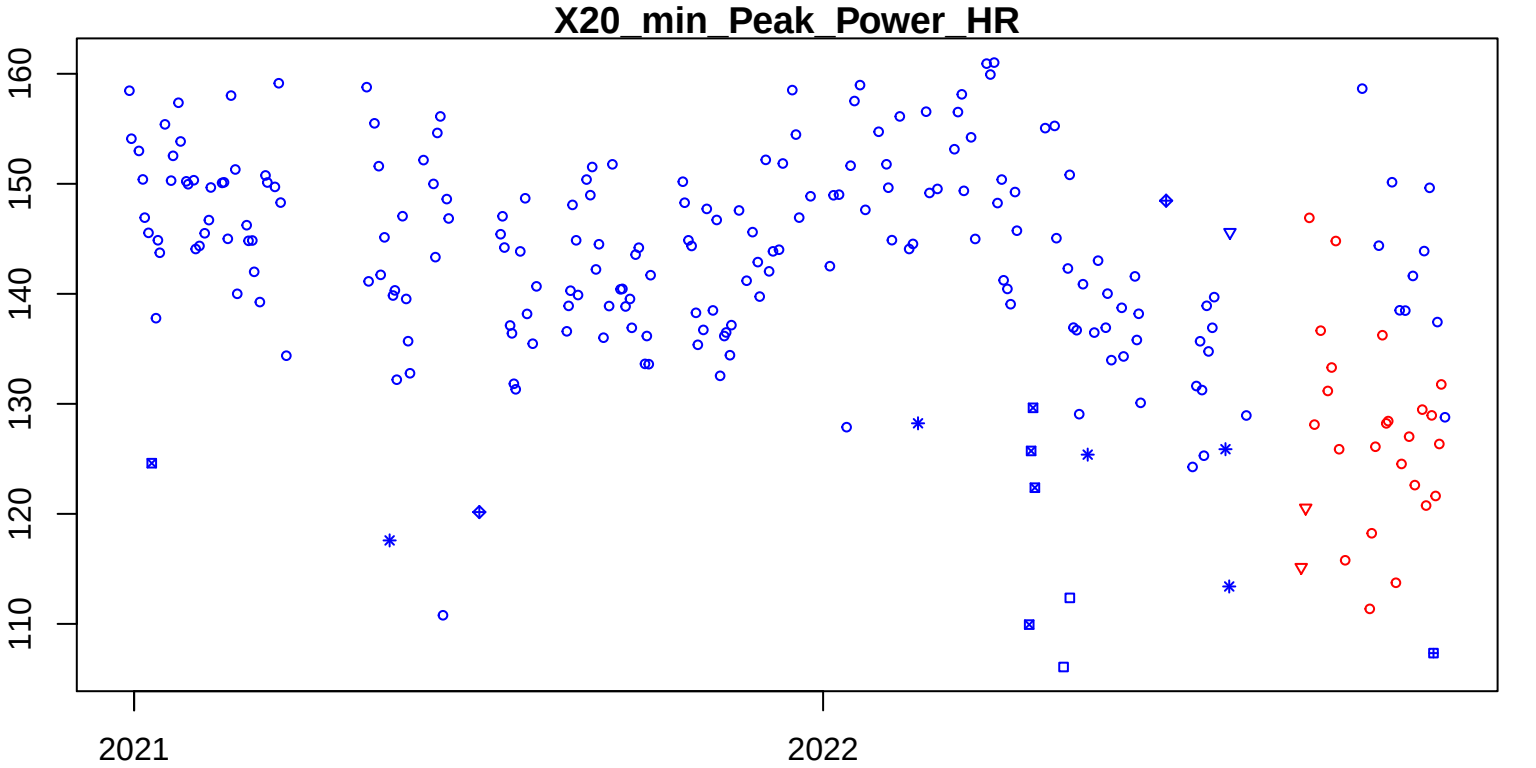

X60_min_Peak_Power
250
200
150
100
50
2021
2022

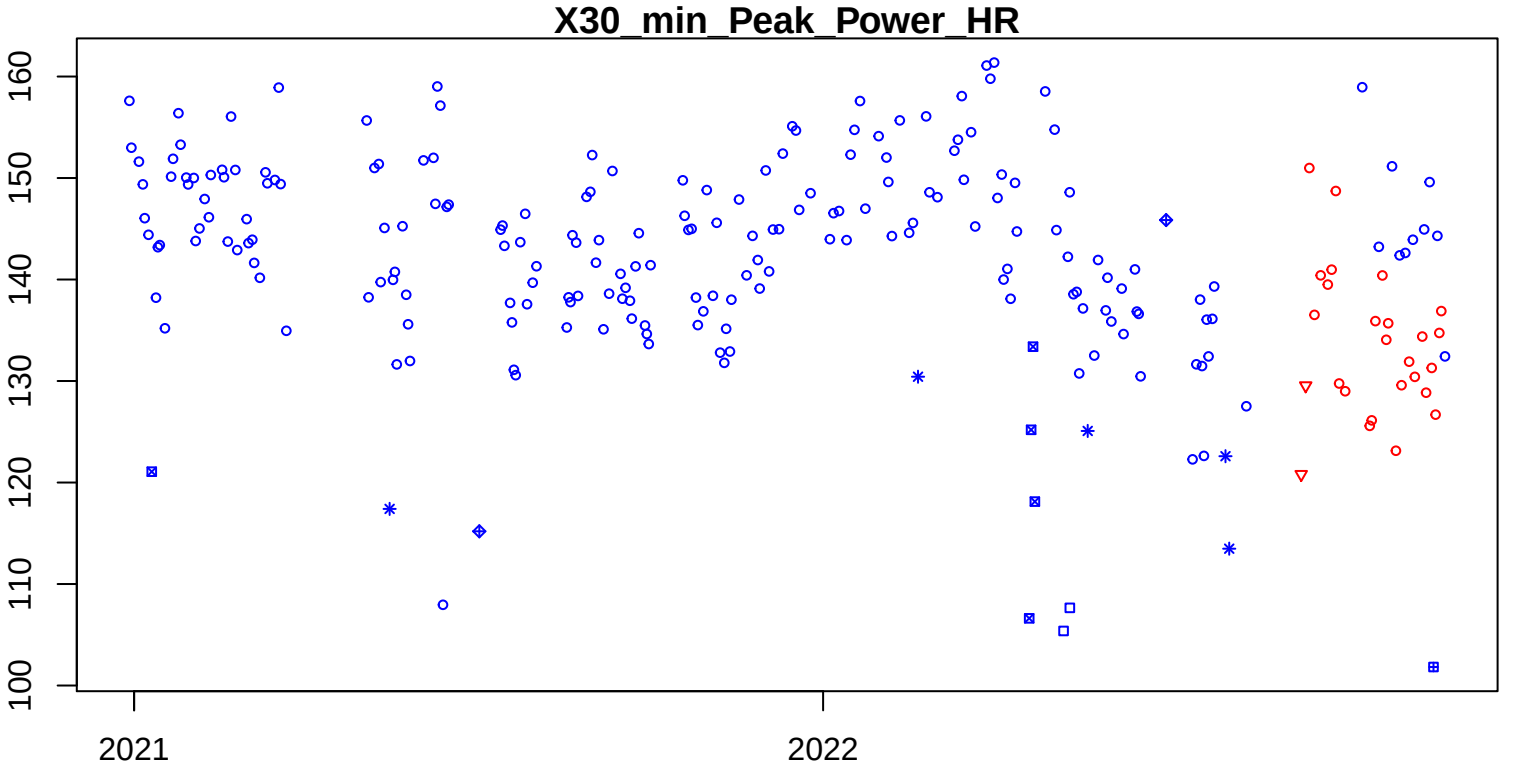

X90_min_Peak_Power
200
150
100
50
2021
2022

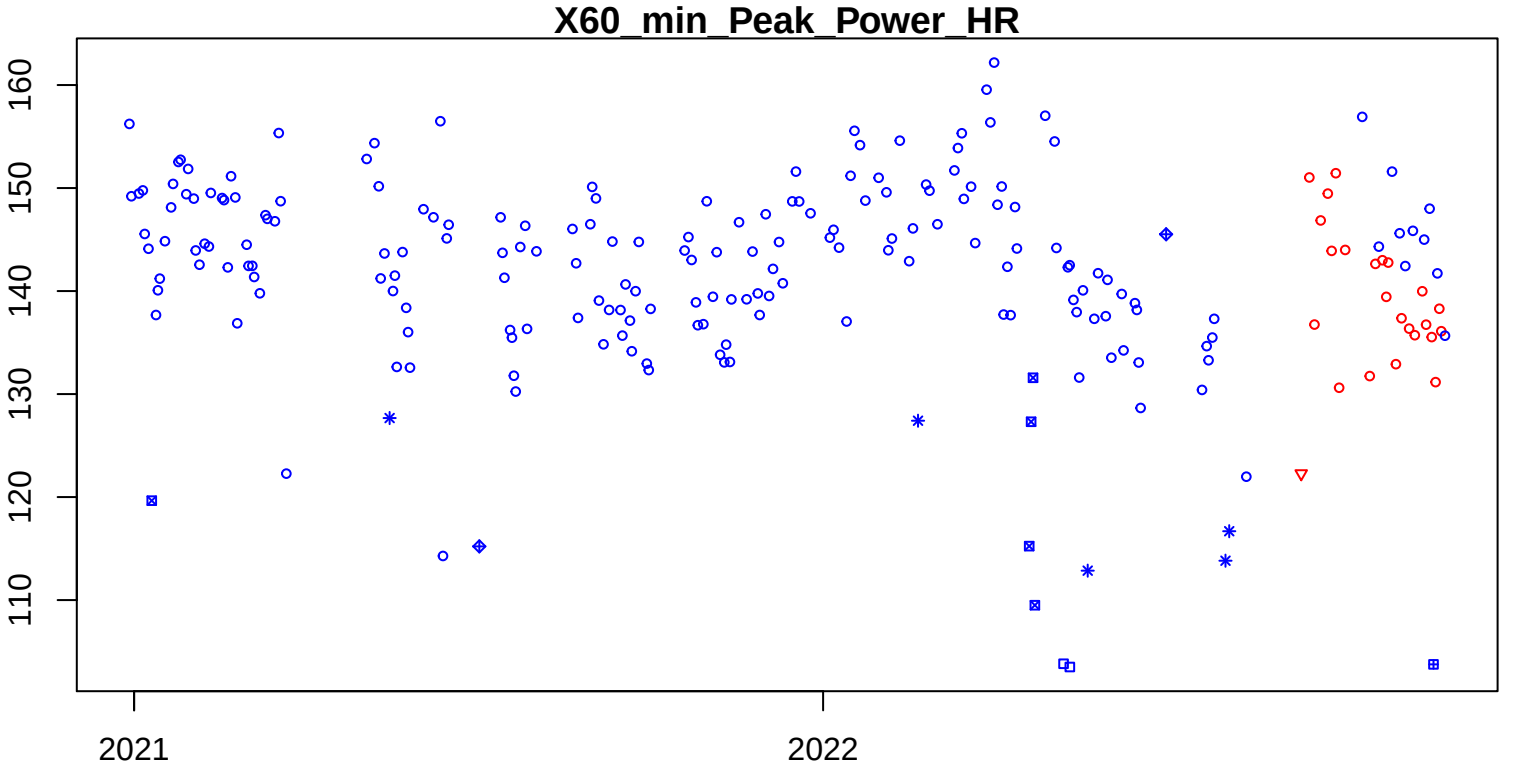

X1_min_Peak_Power_HR
180
160
140
120
100
80
2021
2022

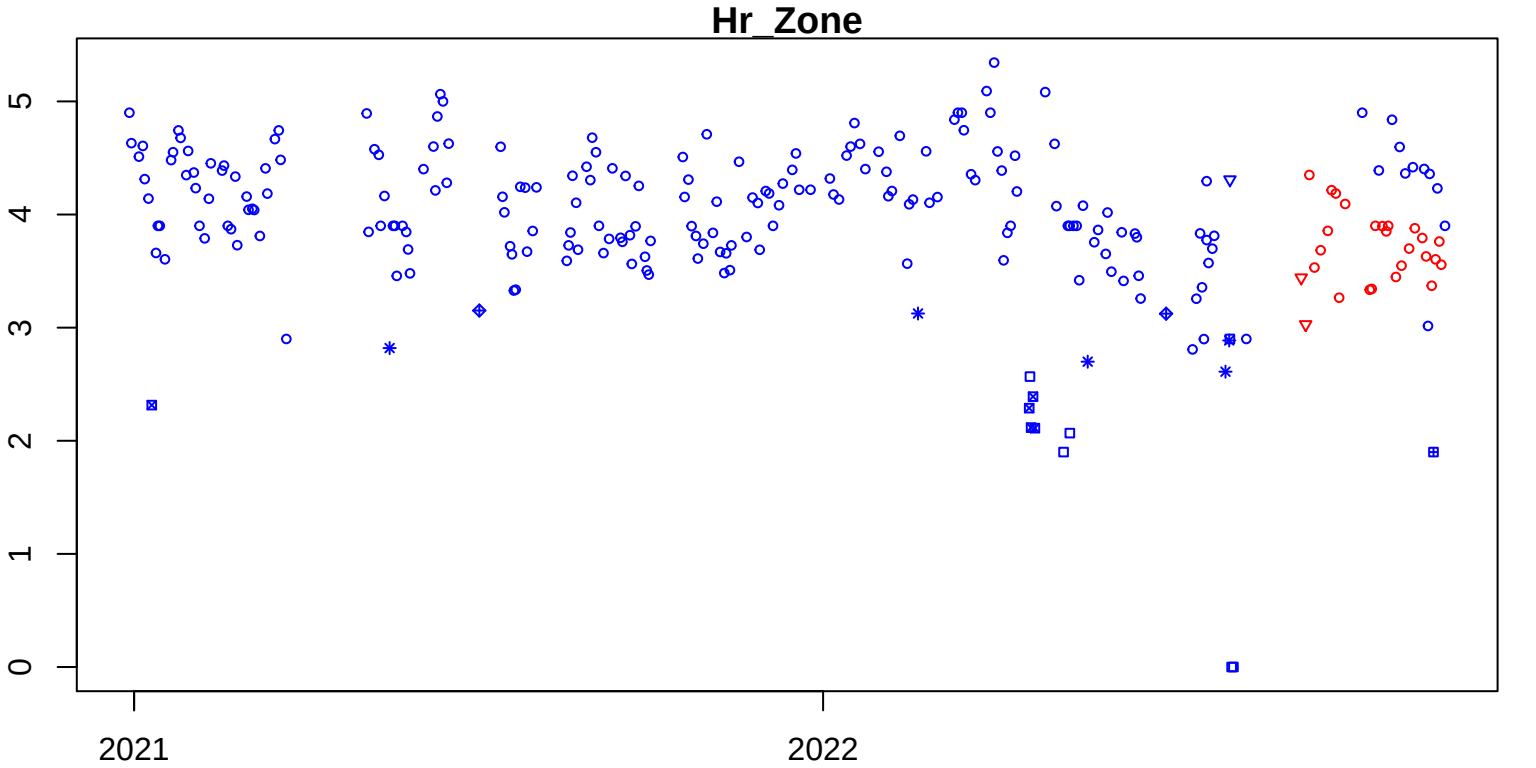

X5_min_Peak_Power_HR
160
140
120
100
80
2021
2022

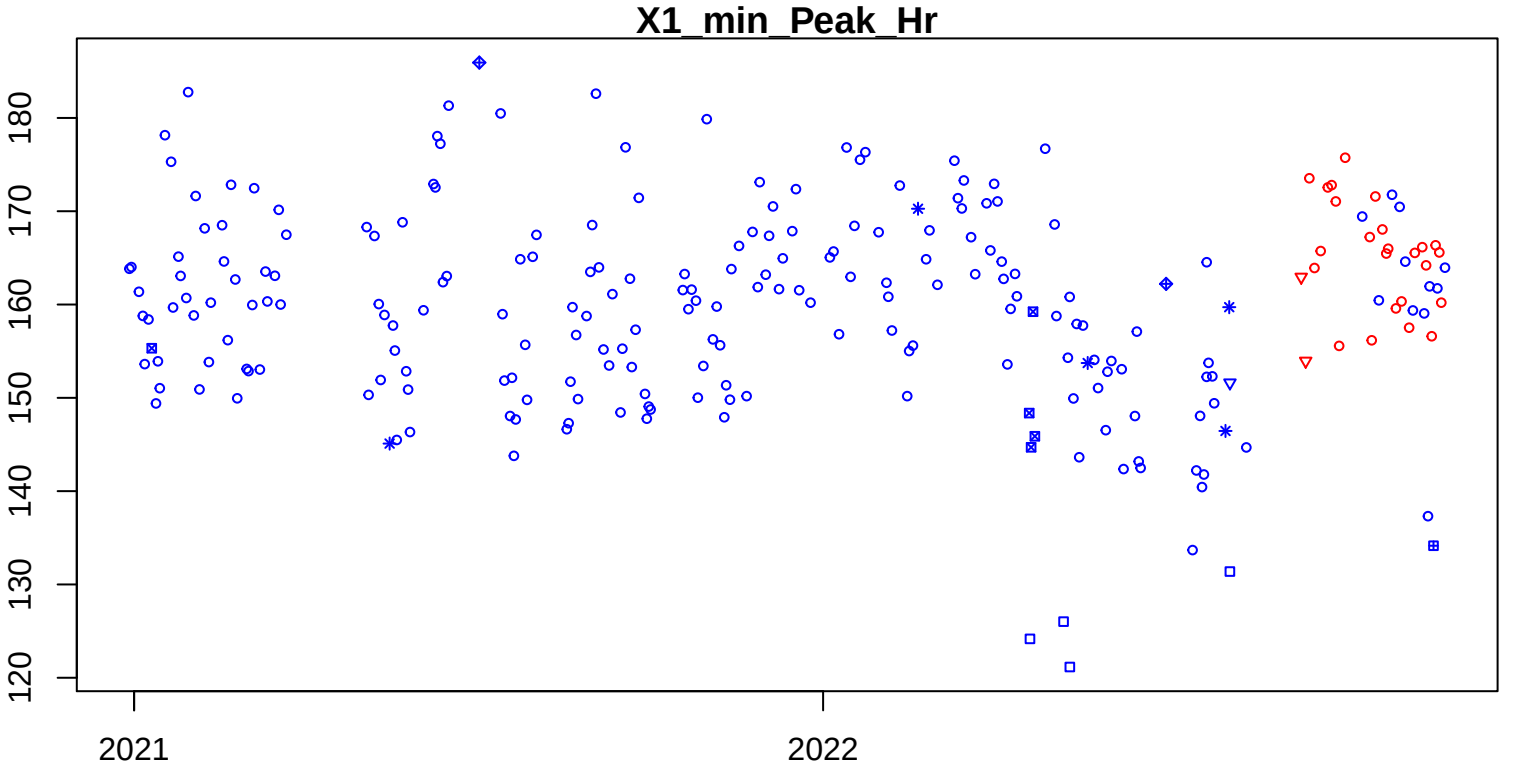

X10_min_Peak_Power_HR
160
140
120
100
2021
2022

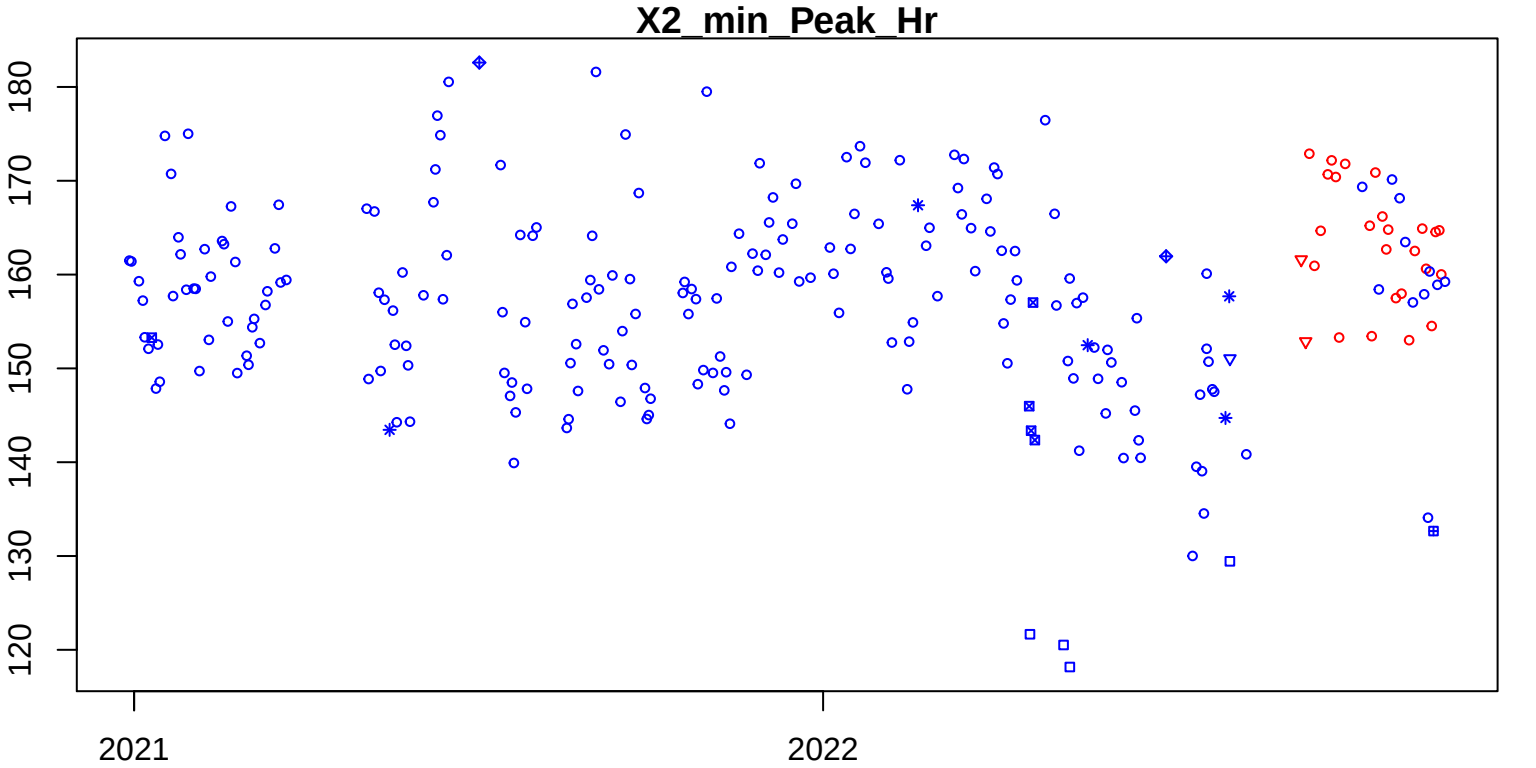

X20_min_Peak_Power_HR
160
150
140
130
120
110
2021
2022

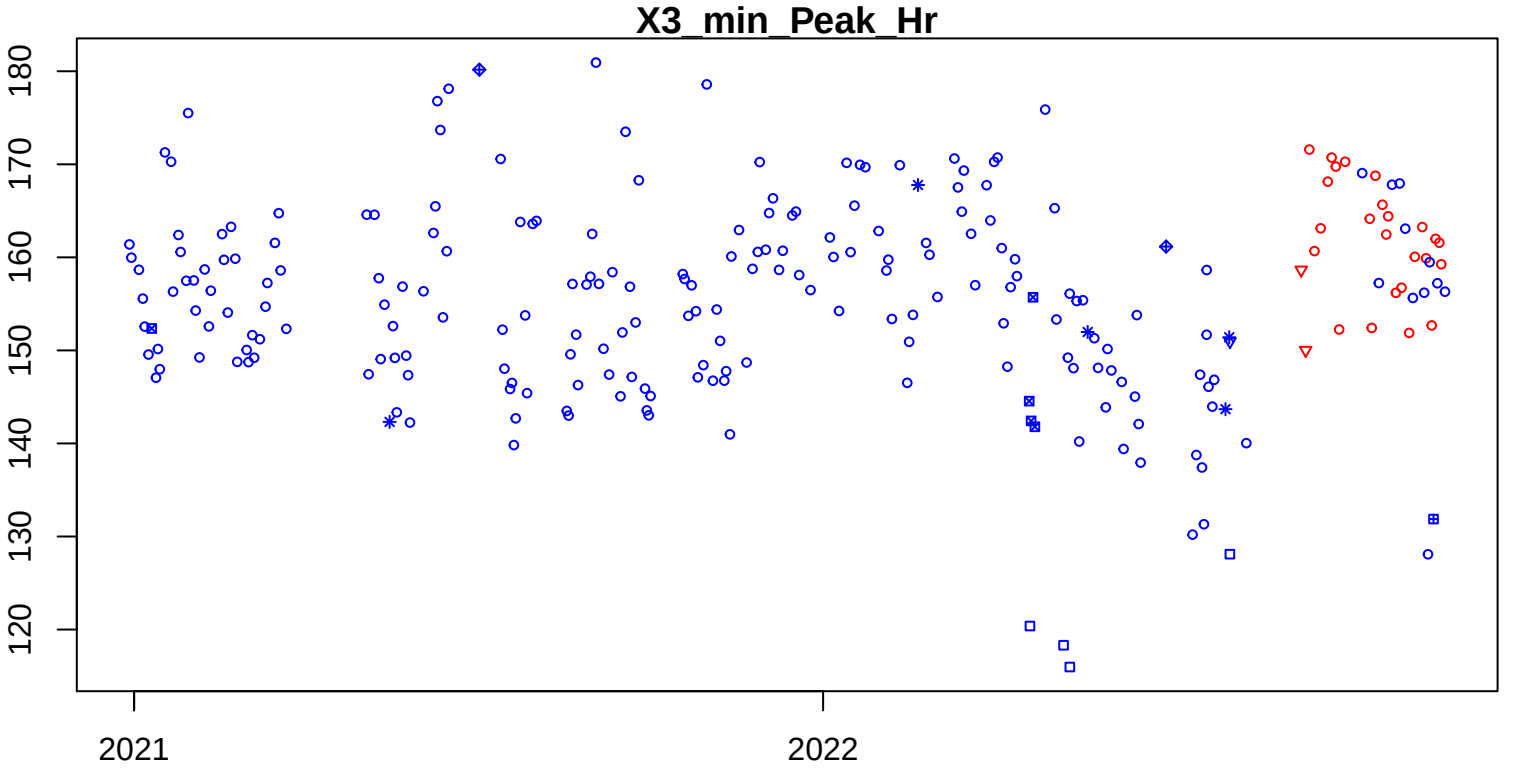

X30_min_Peak_Power_HR
160
150
140
130
120
110
100
2021
2022

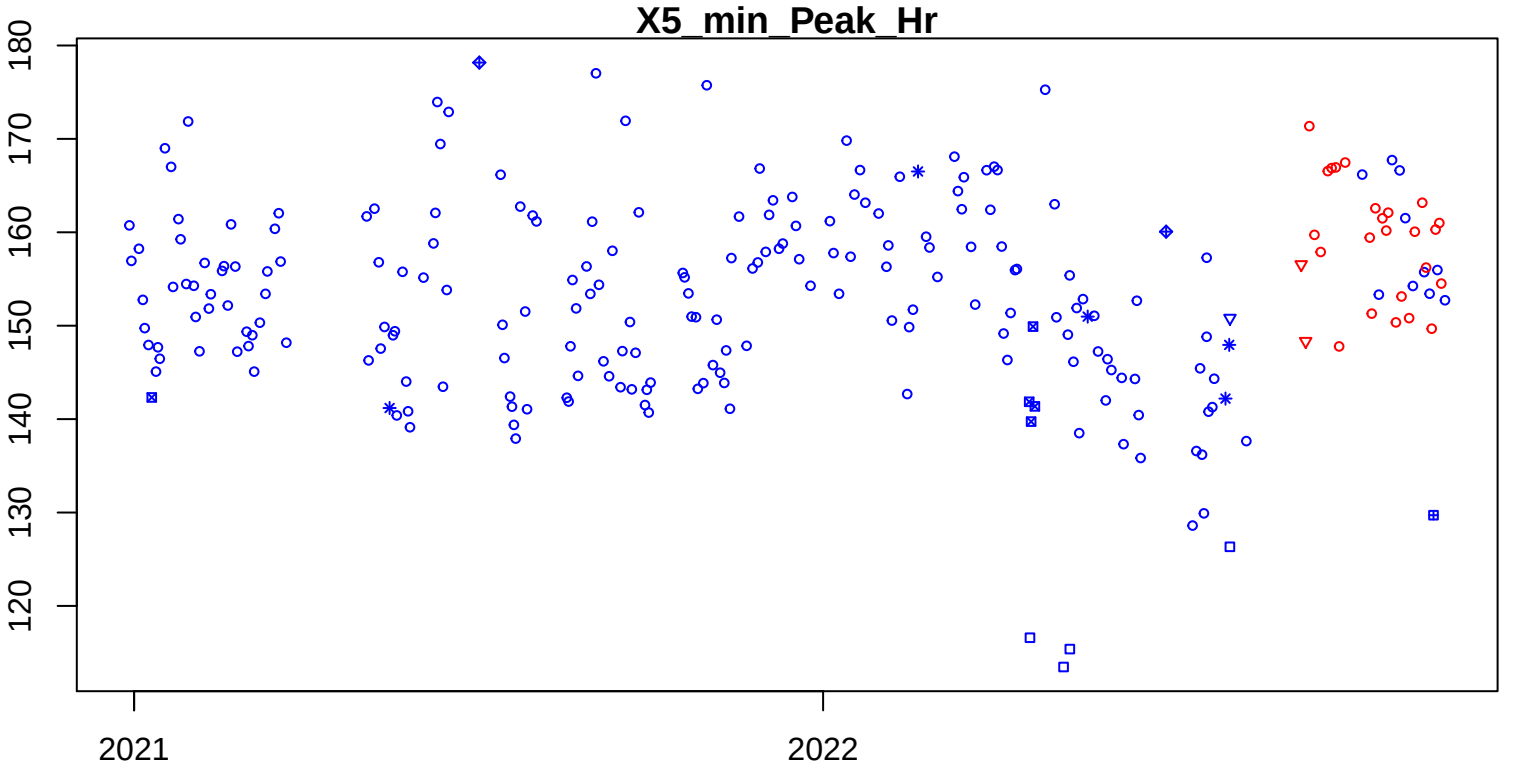

X60_min_Peak_Power_HR
160
150
140
130
120
110
2021
2022

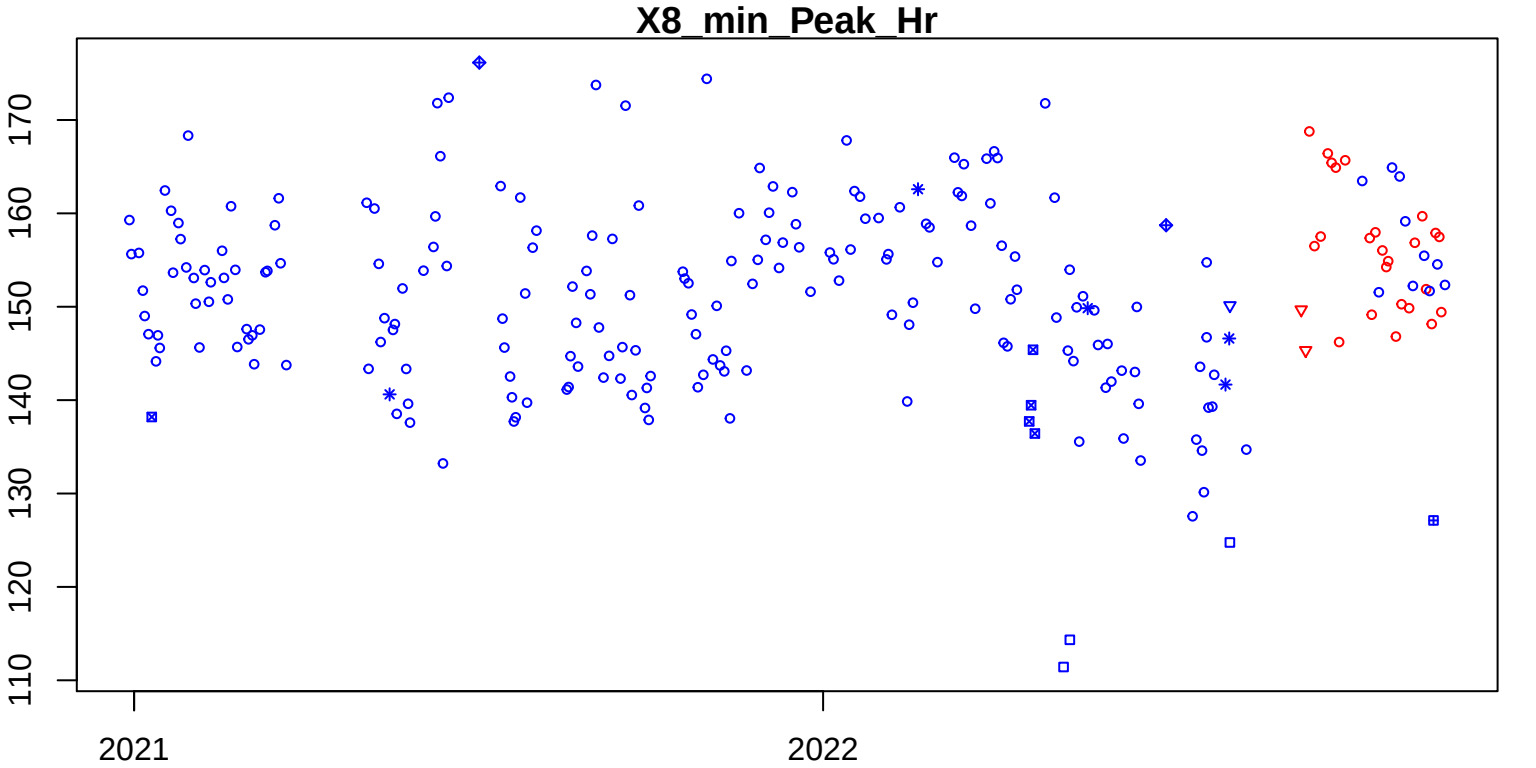

Hr_Zone
0
1
2
3
4
5
2021
2022

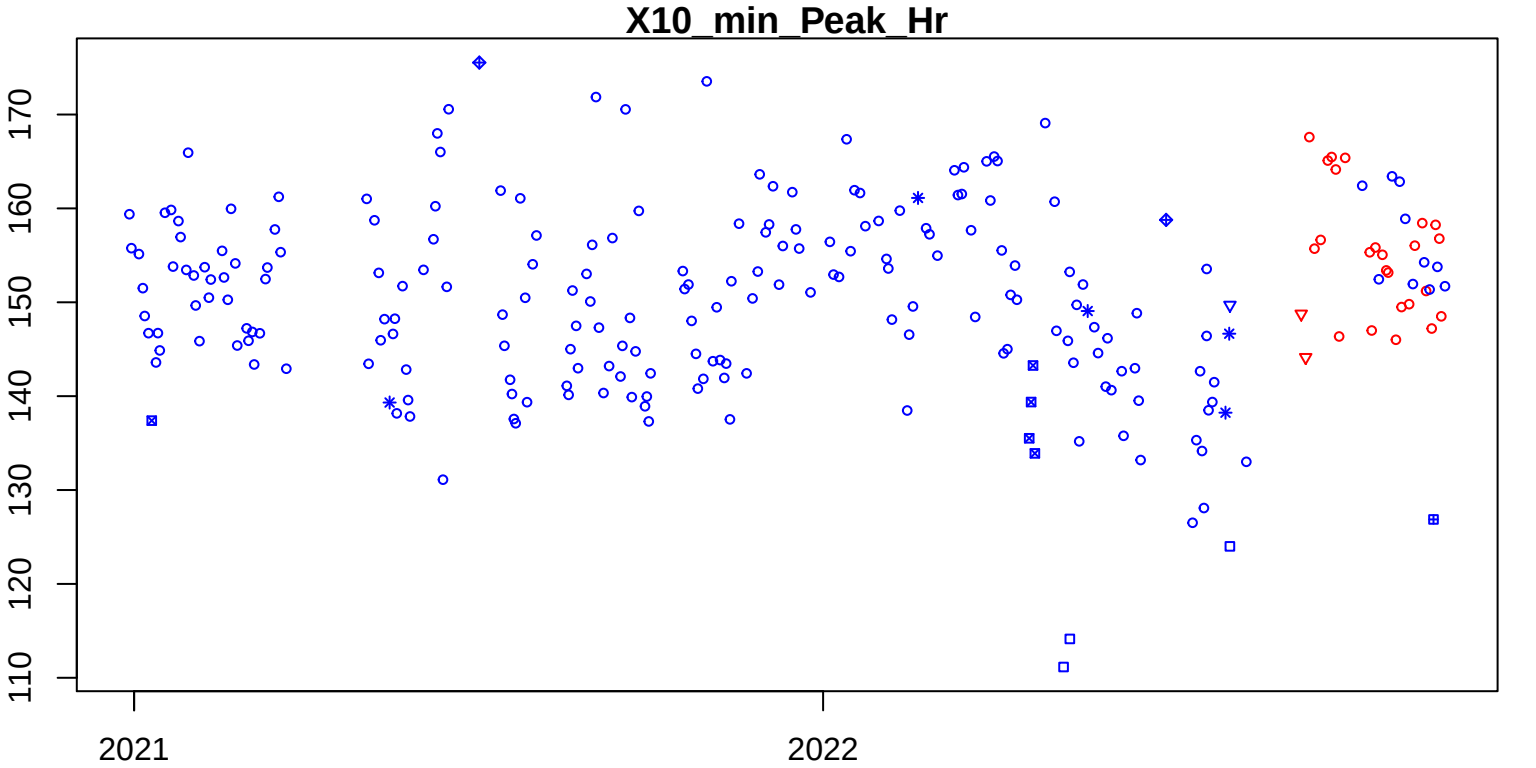

X1_min_Peak_Hr
180
170
160
150
140
130
120
2021
2022

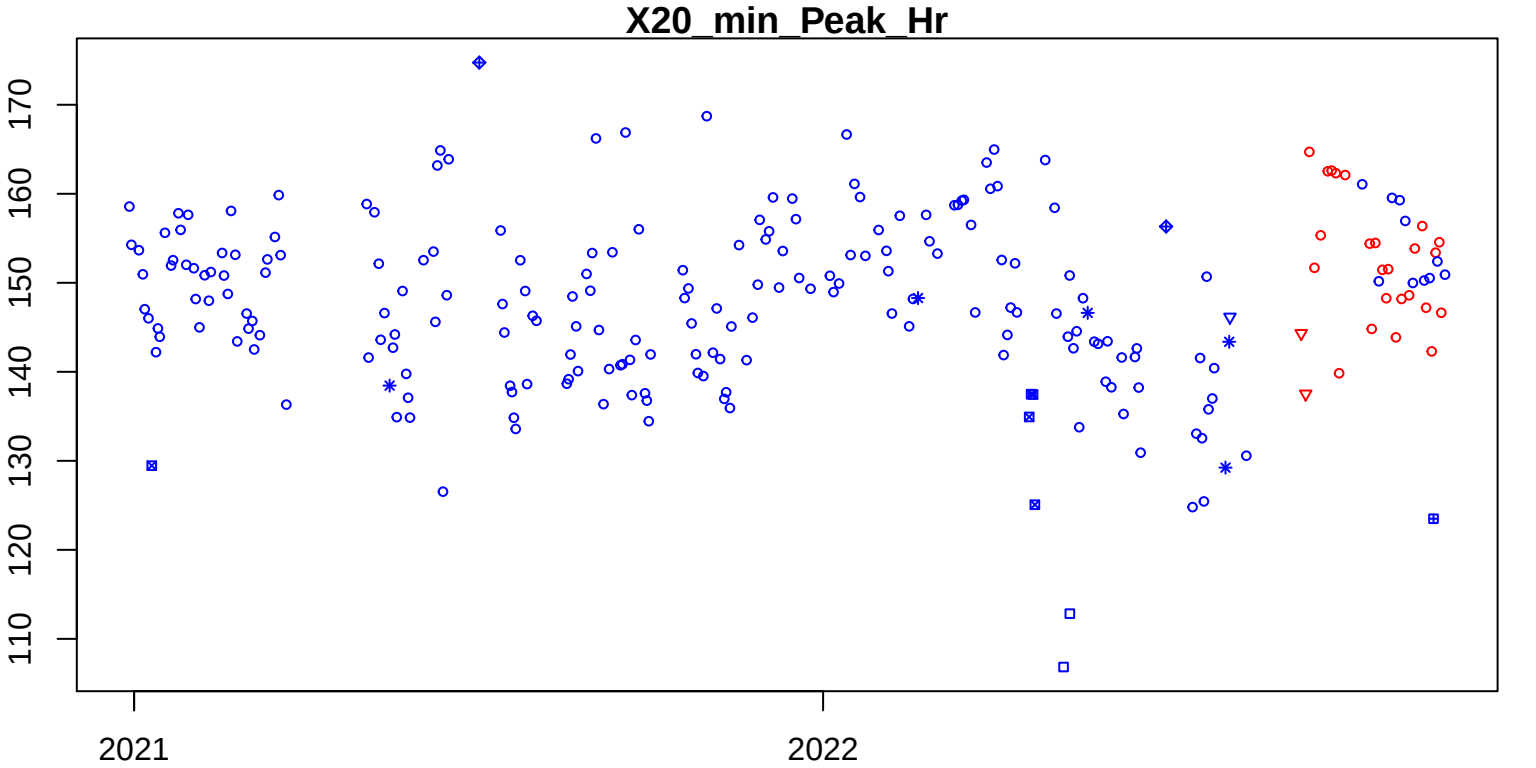

X2_min_Peak_Hr
180
170
160
150
140
130
120
2021
2022

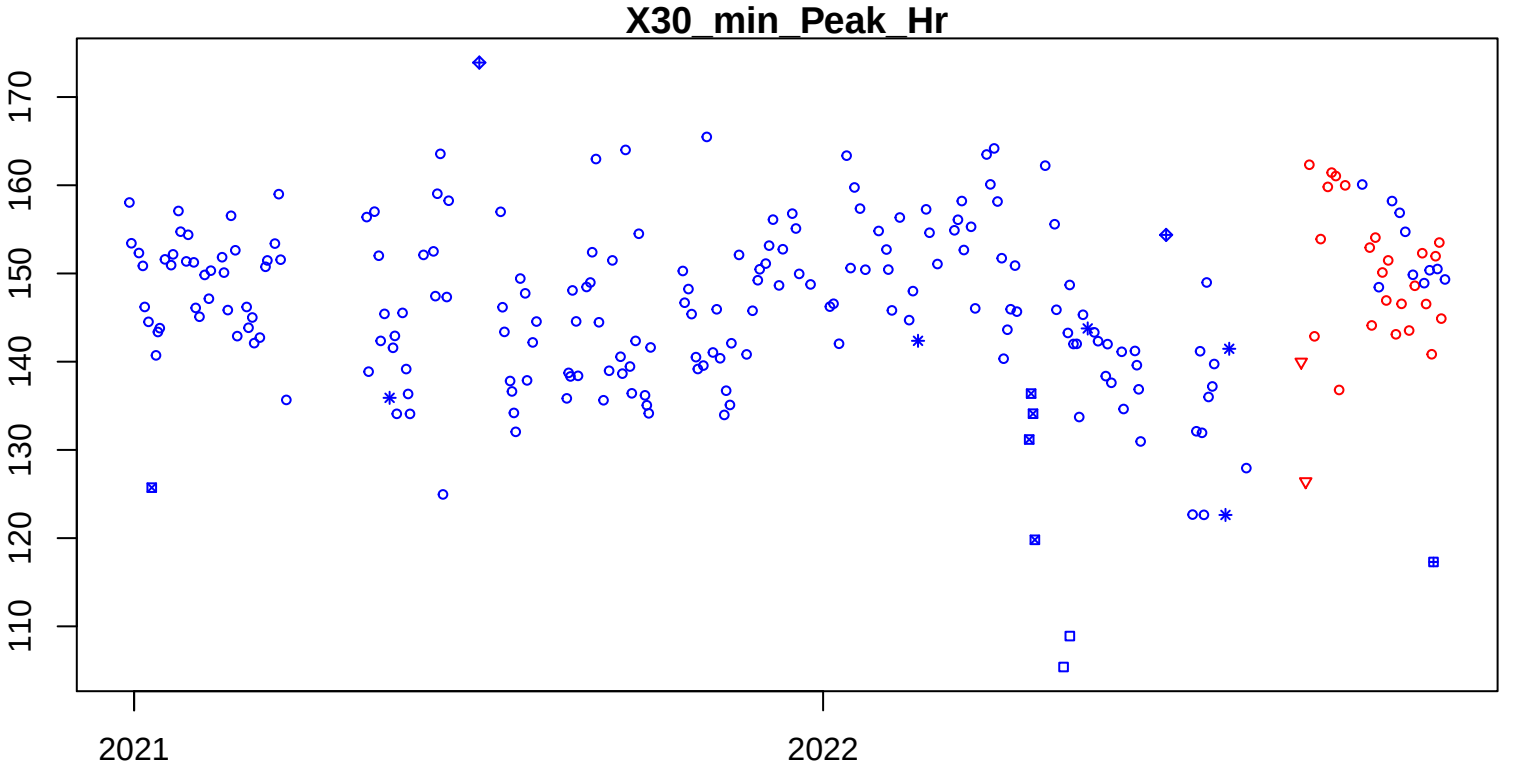

X3_min_Peak_Hr
180
170
160
150
140
130
120
2021
2022

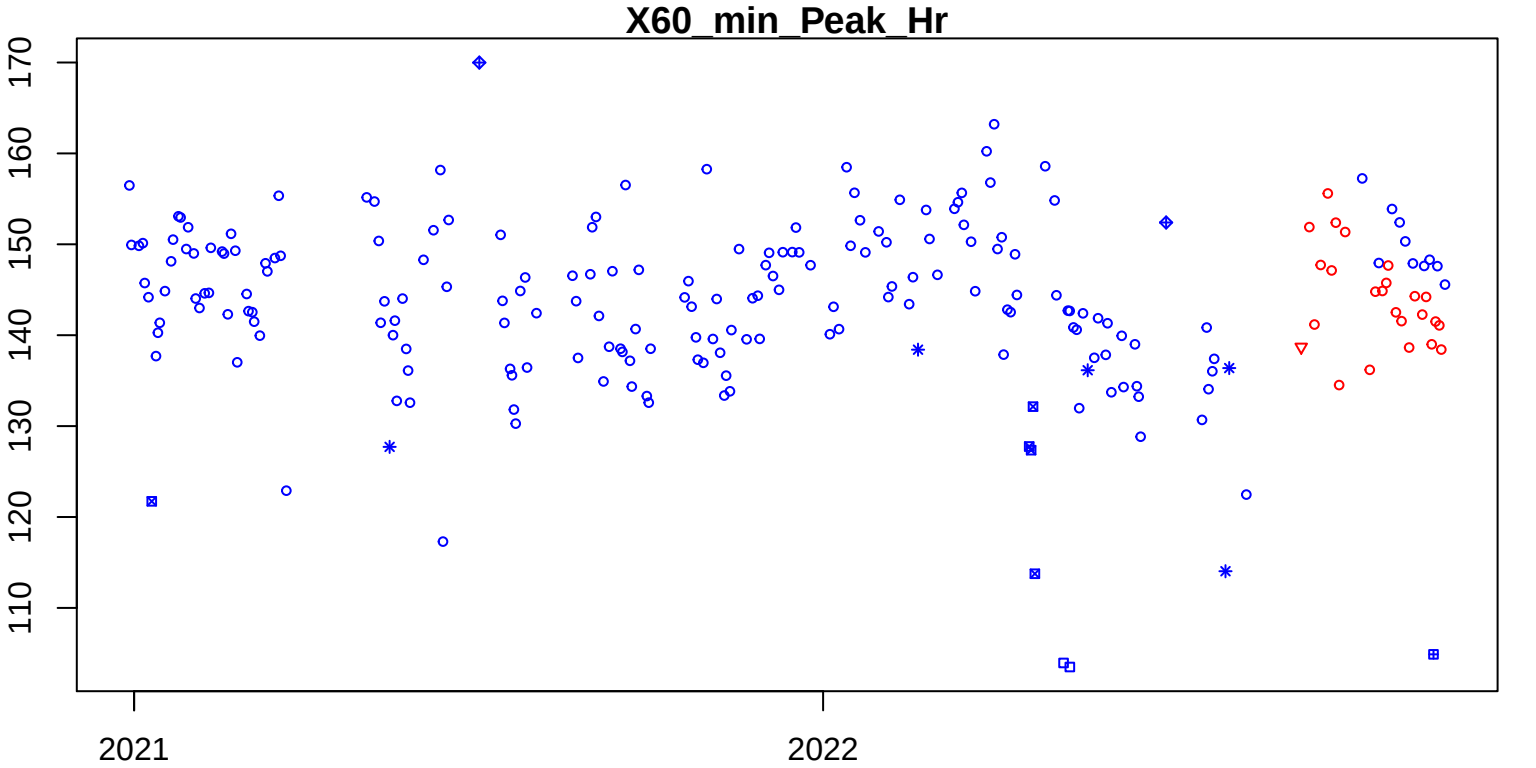

X5_min_Peak_Hr
180
170
160
150
140
130
120
2021
2022

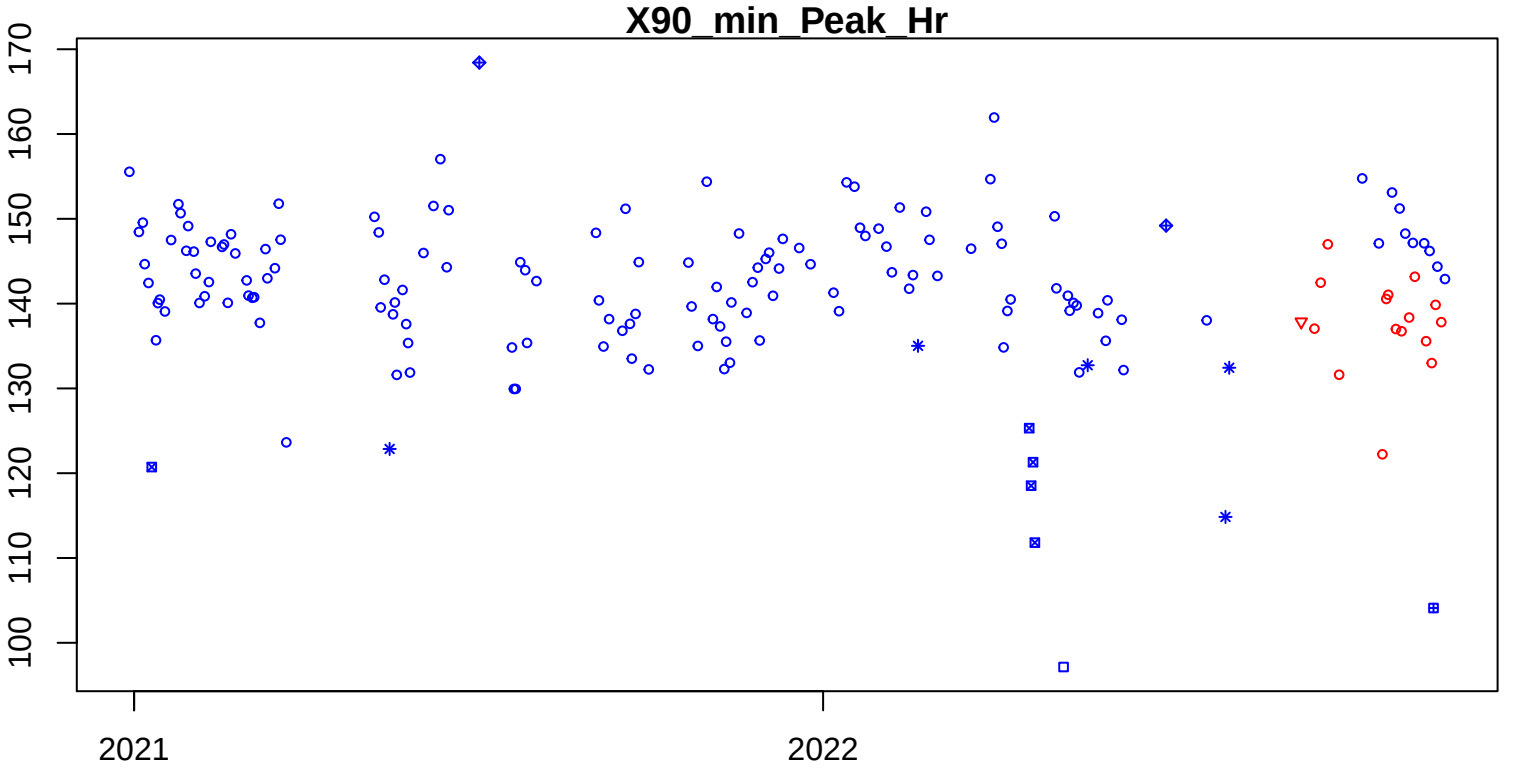

X8_min_Peak_Hr
110
120
130
140
150
160
170
2021
2022

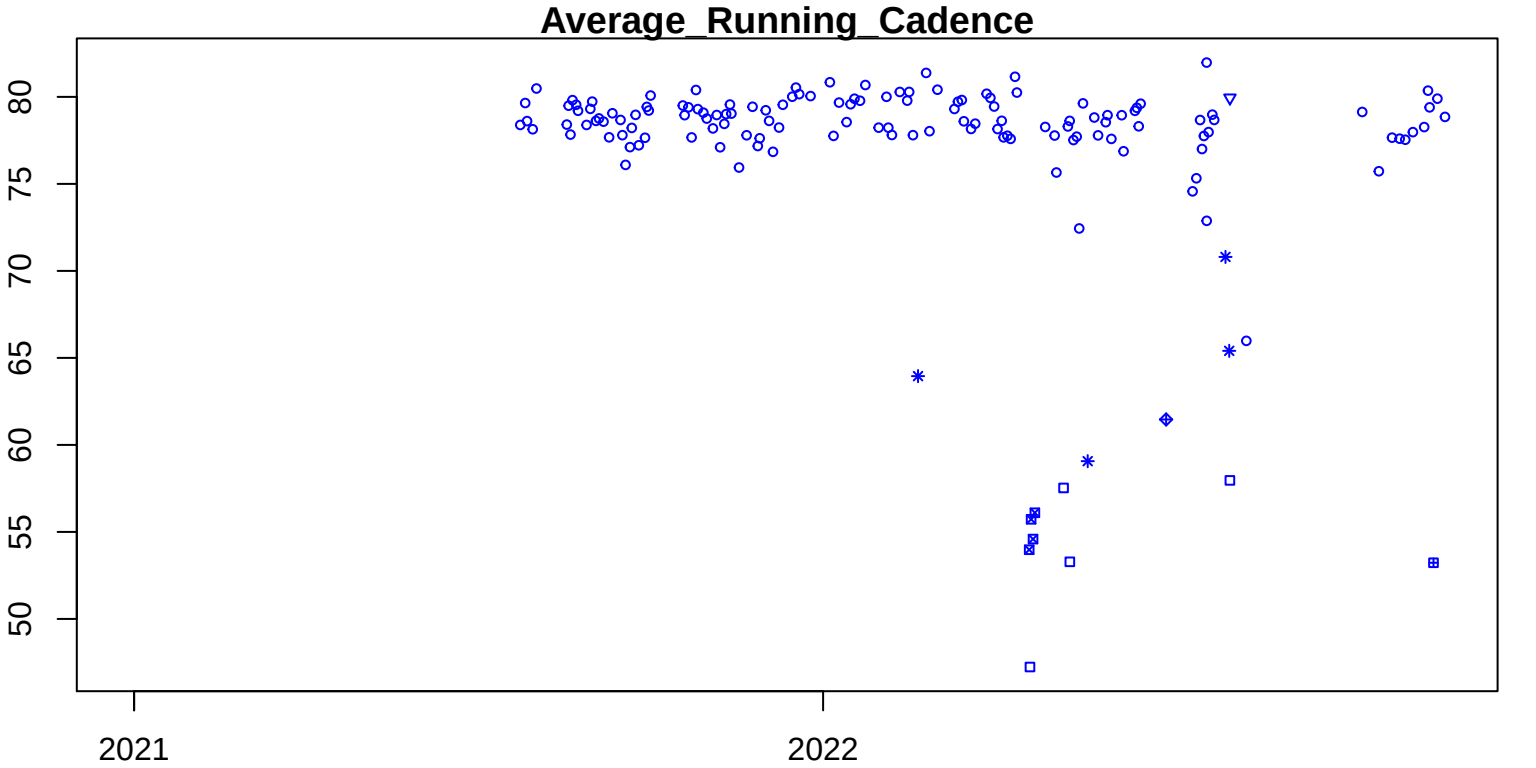

X10_min_Peak_Hr
110
120
130
140
150
160
170
2021
2022

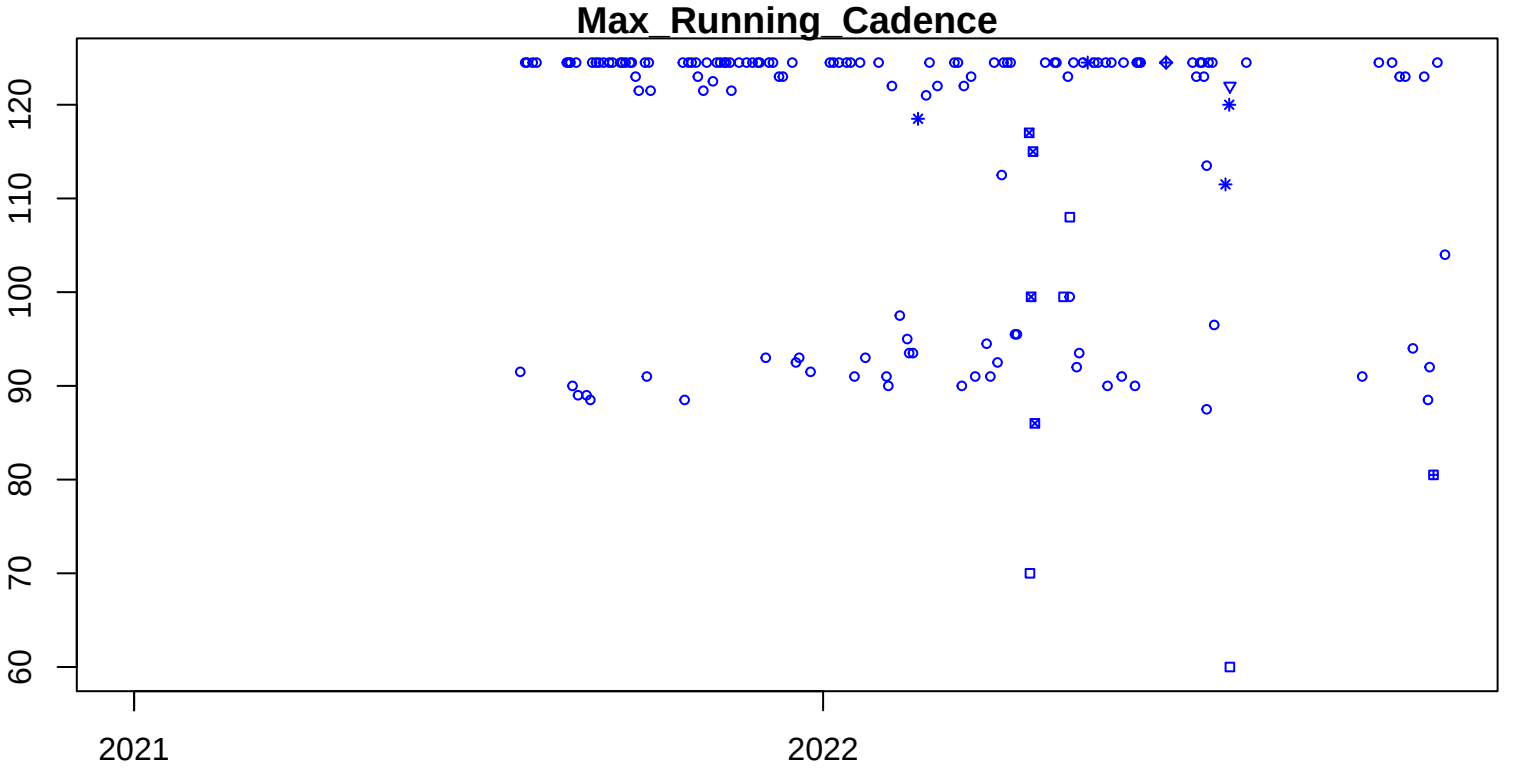

X20_min_Peak_Hr
110
120
130
140
150
160
170
2021
2022

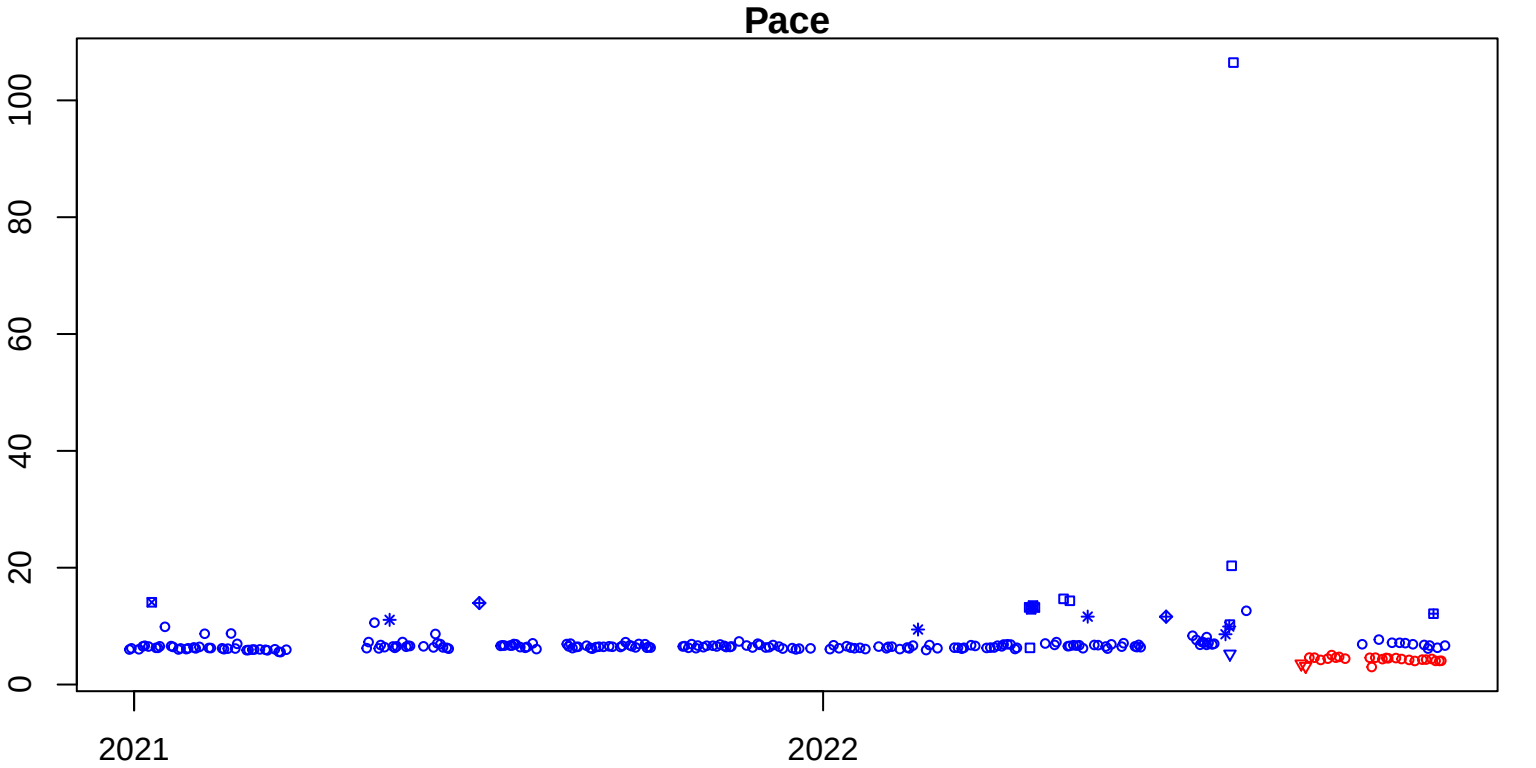

X30_min_Peak_Hr
170
160
150
140
130
120
110
2021
2022

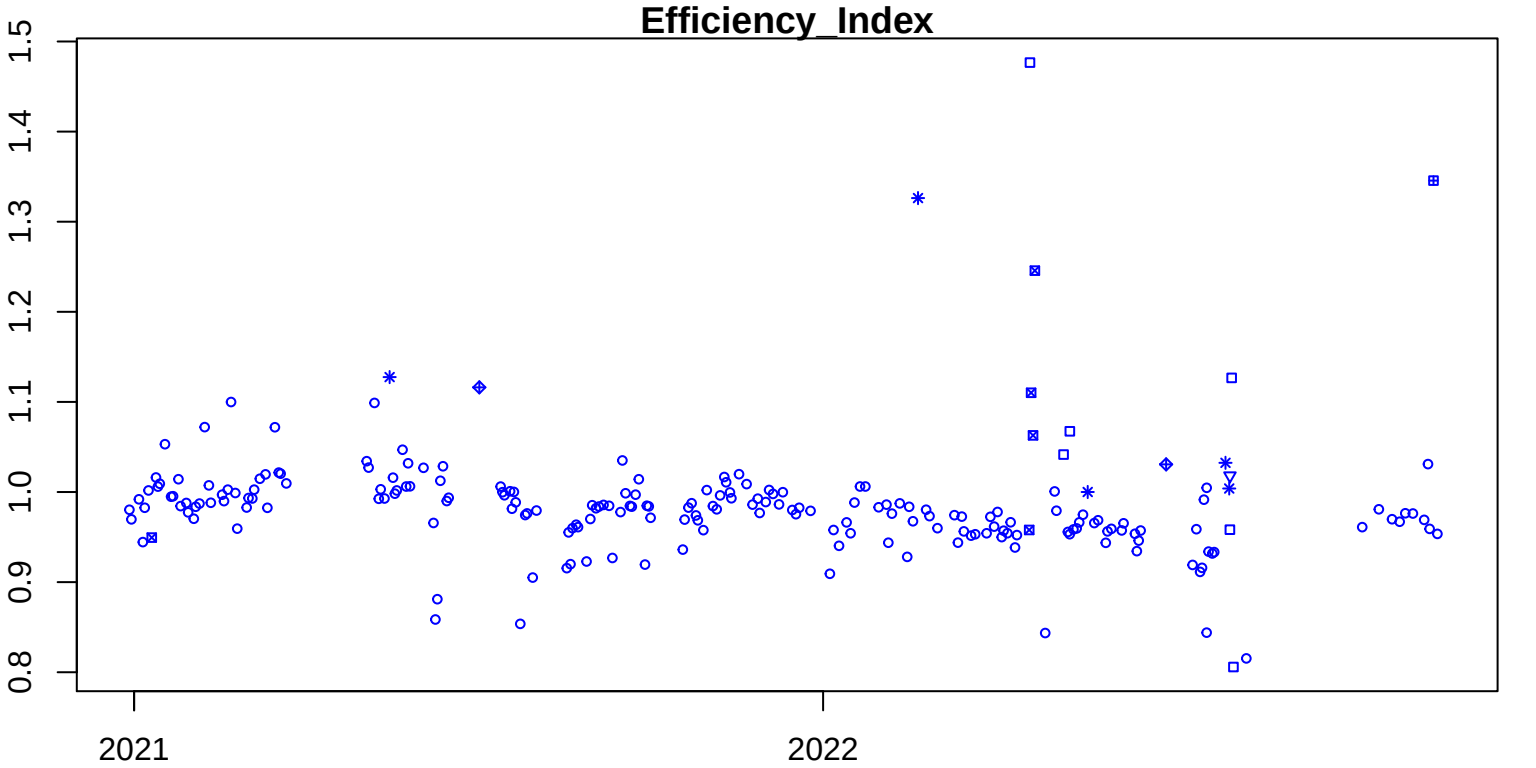

X60_min_Peak_Hr
170
160
150
140
130
120
110
2021
2022

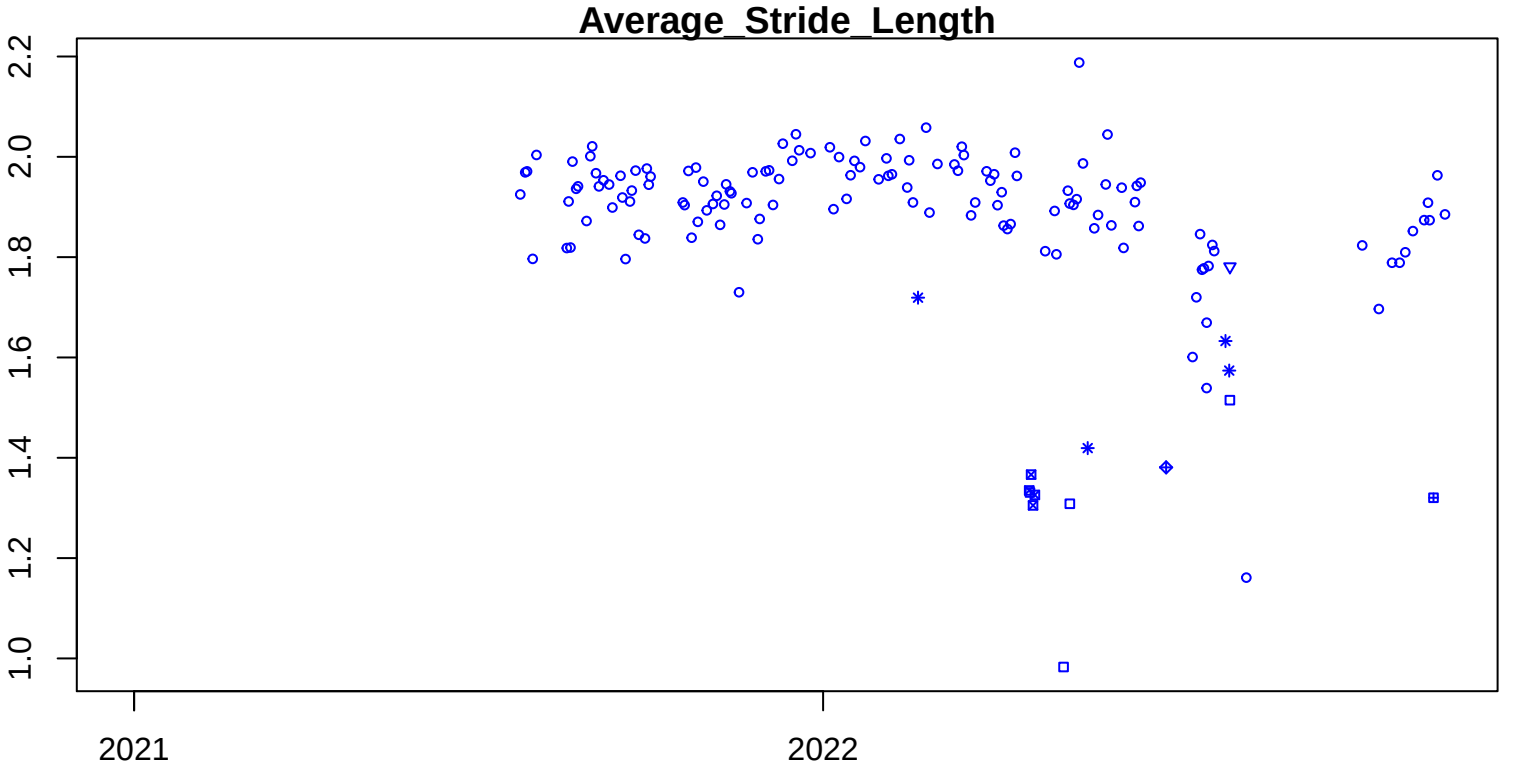

X90_min_Peak_Hr
170
160
150
140
130
120
110
100
2021
2022

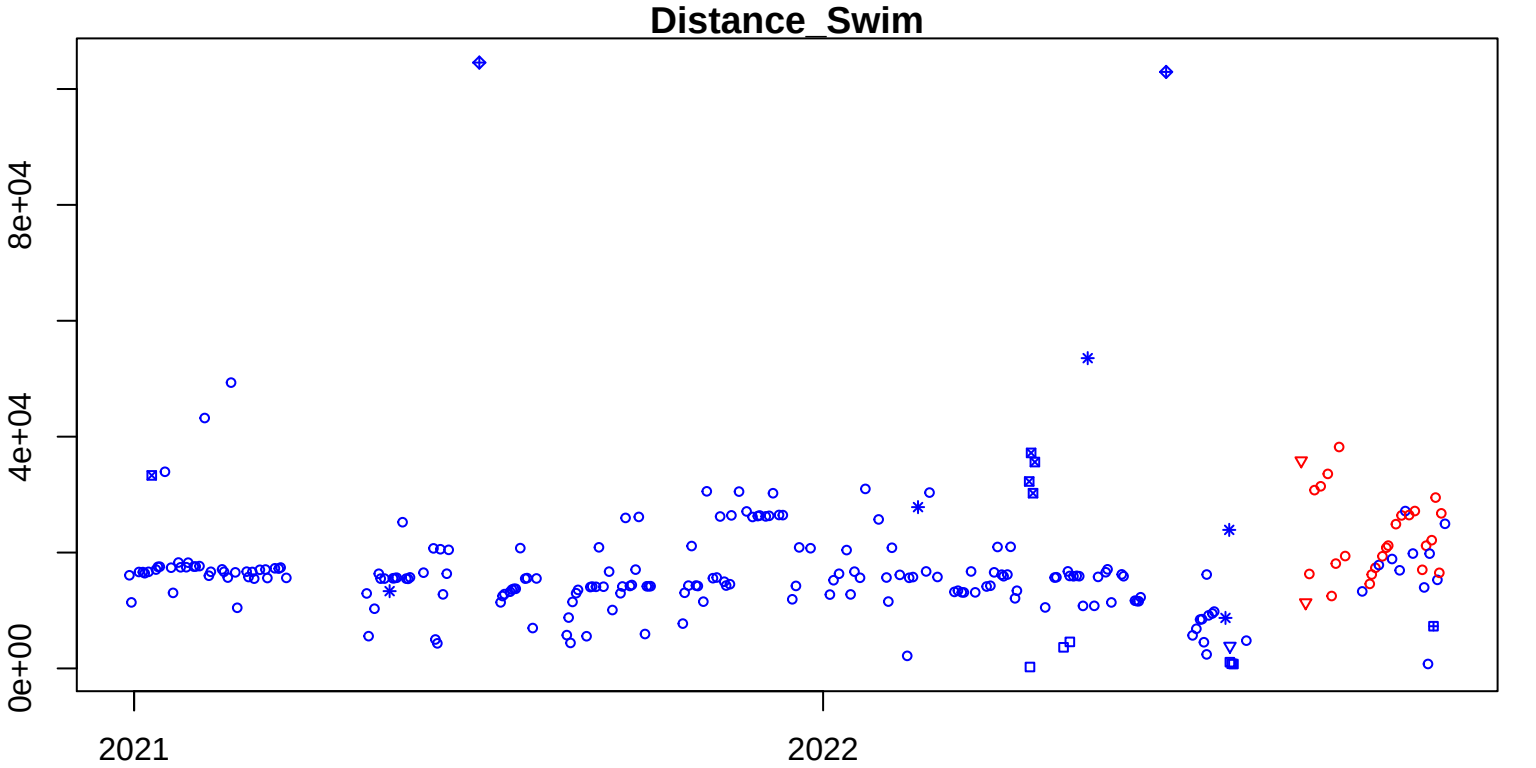

Average_Running_Cadence
80
75
70
65
60
55
50
2021
2022

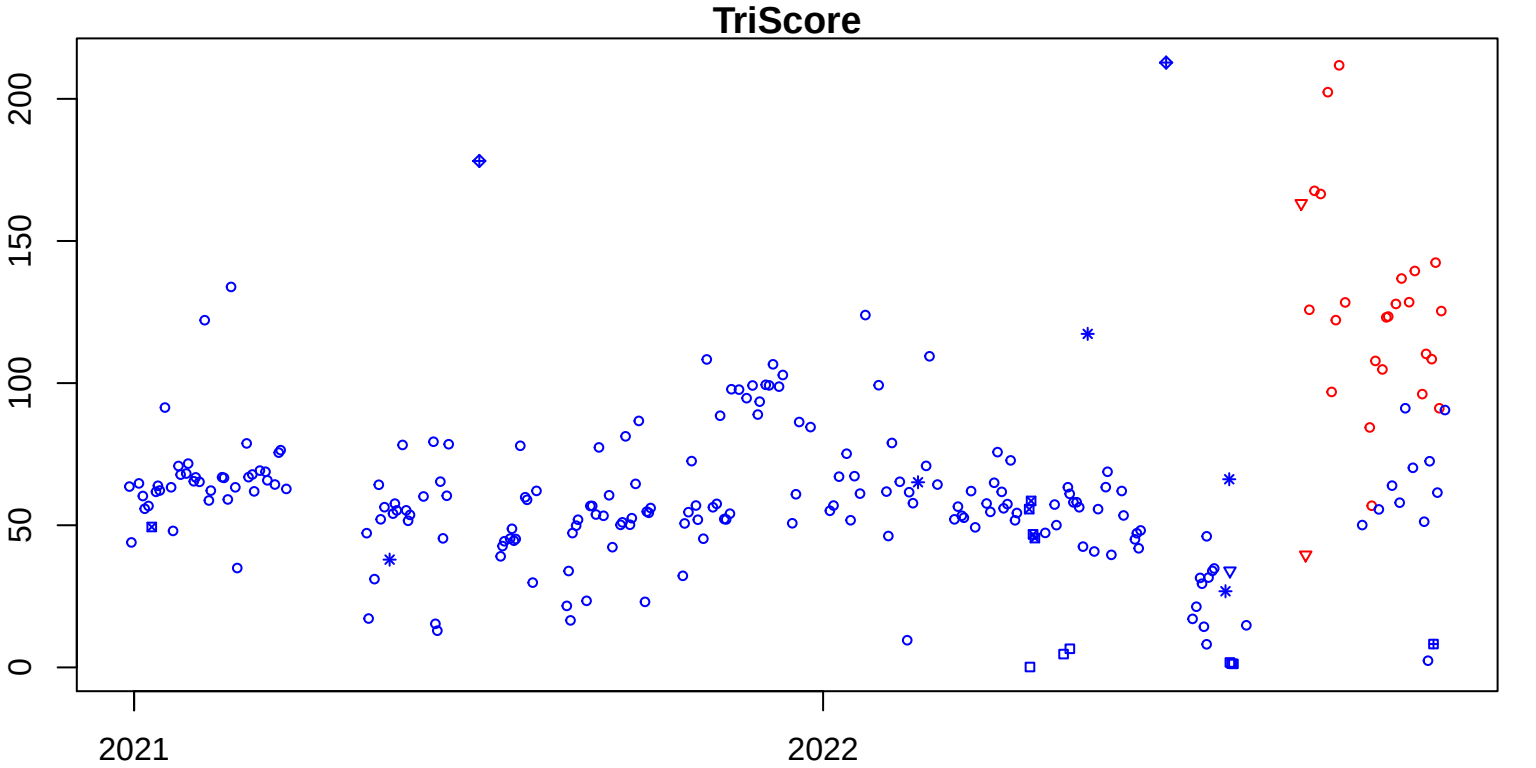

Max_Running_Cadence
120
110
100
90
80
70
60
2021
2022

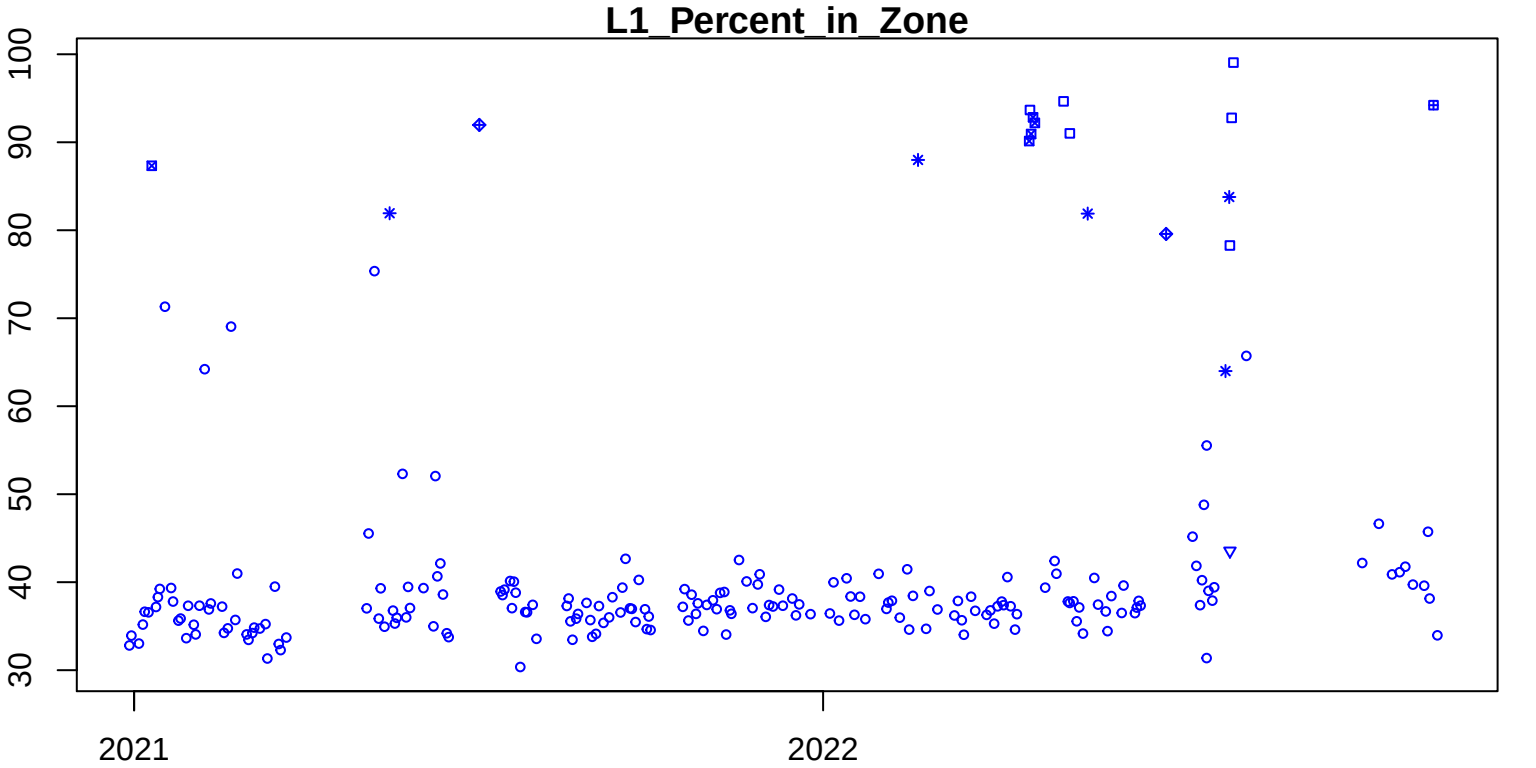

Pace
0
20
40
60
80
100
2021
2022

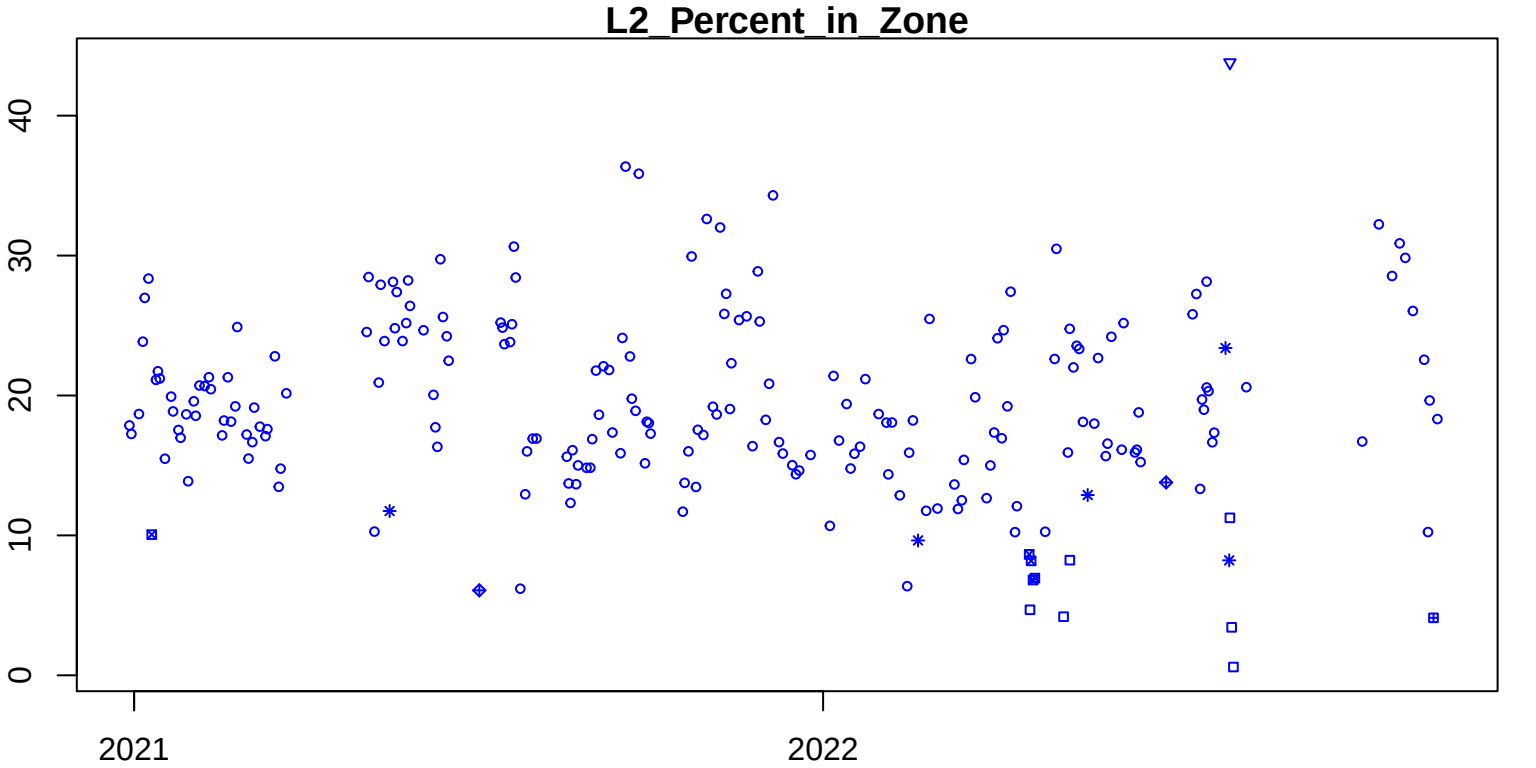

Efficiency_Index
1.5
1.4
1.3
1.2
1.1
1.0
0.9
0.8
2021
2022

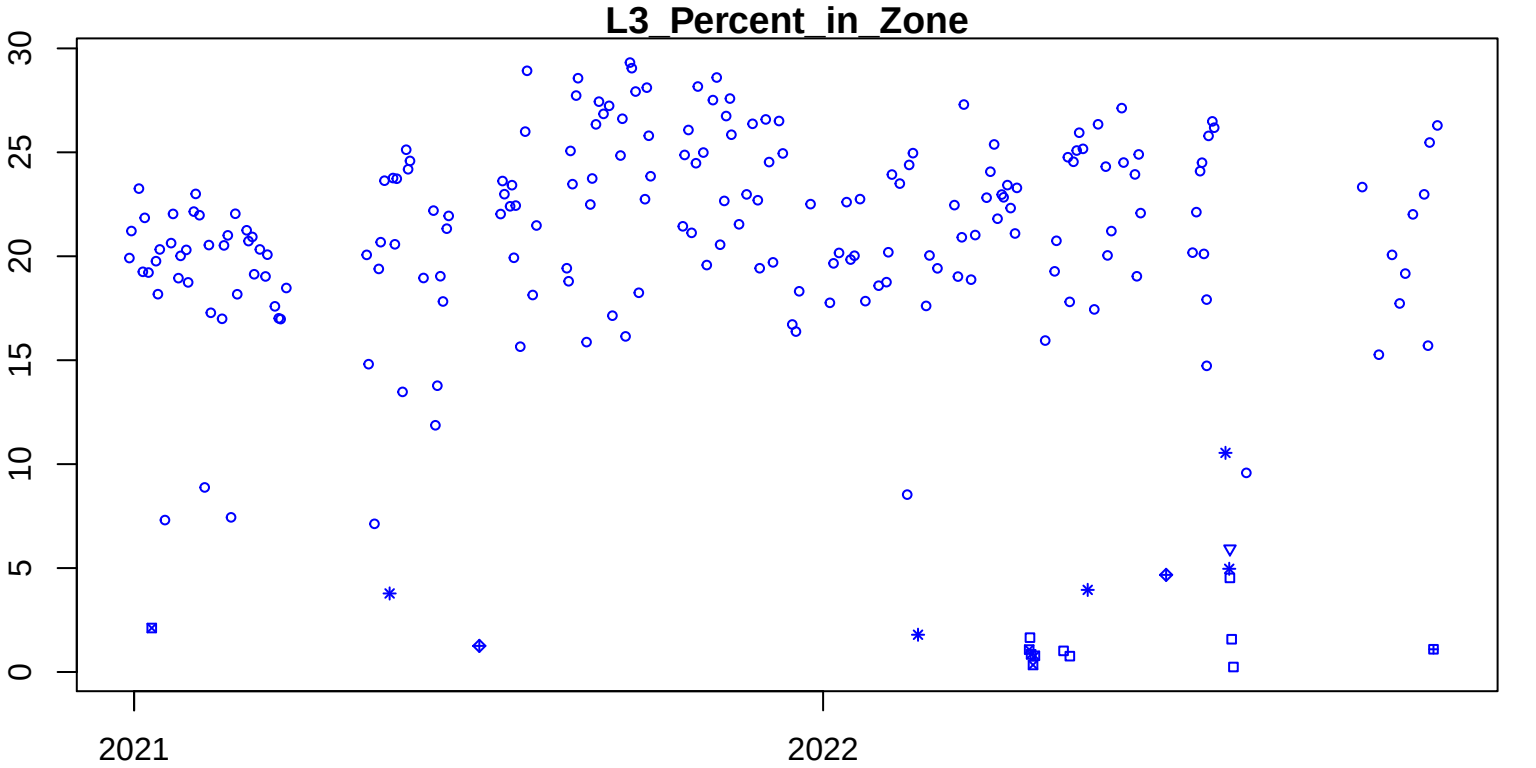

Average_Stride_Length
2.2
2.0
1.8
1.6
1.4
1.2
1.0
2021
2022

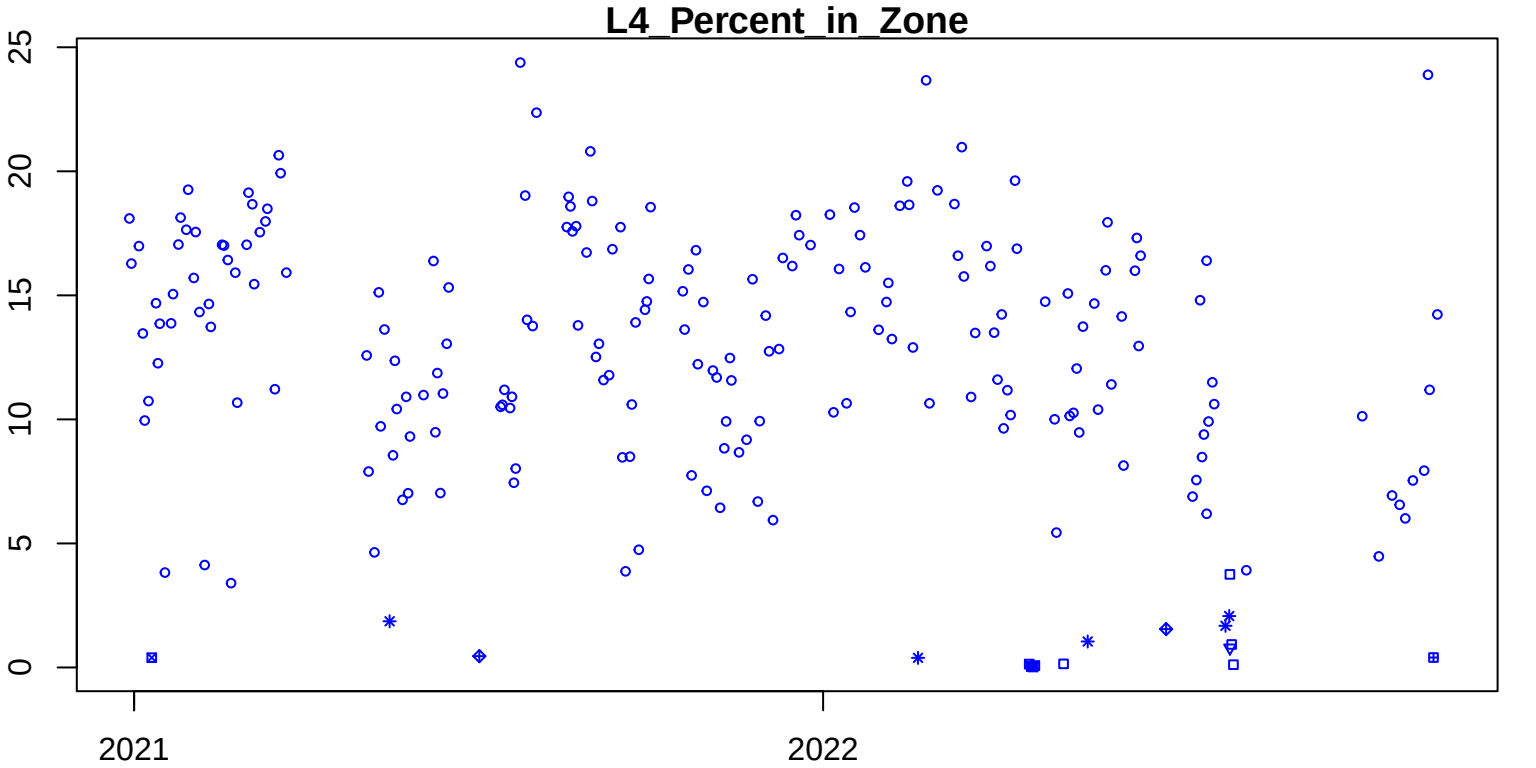

Distance_Swim
0e+00
4e+04
8e+04
2021
2022

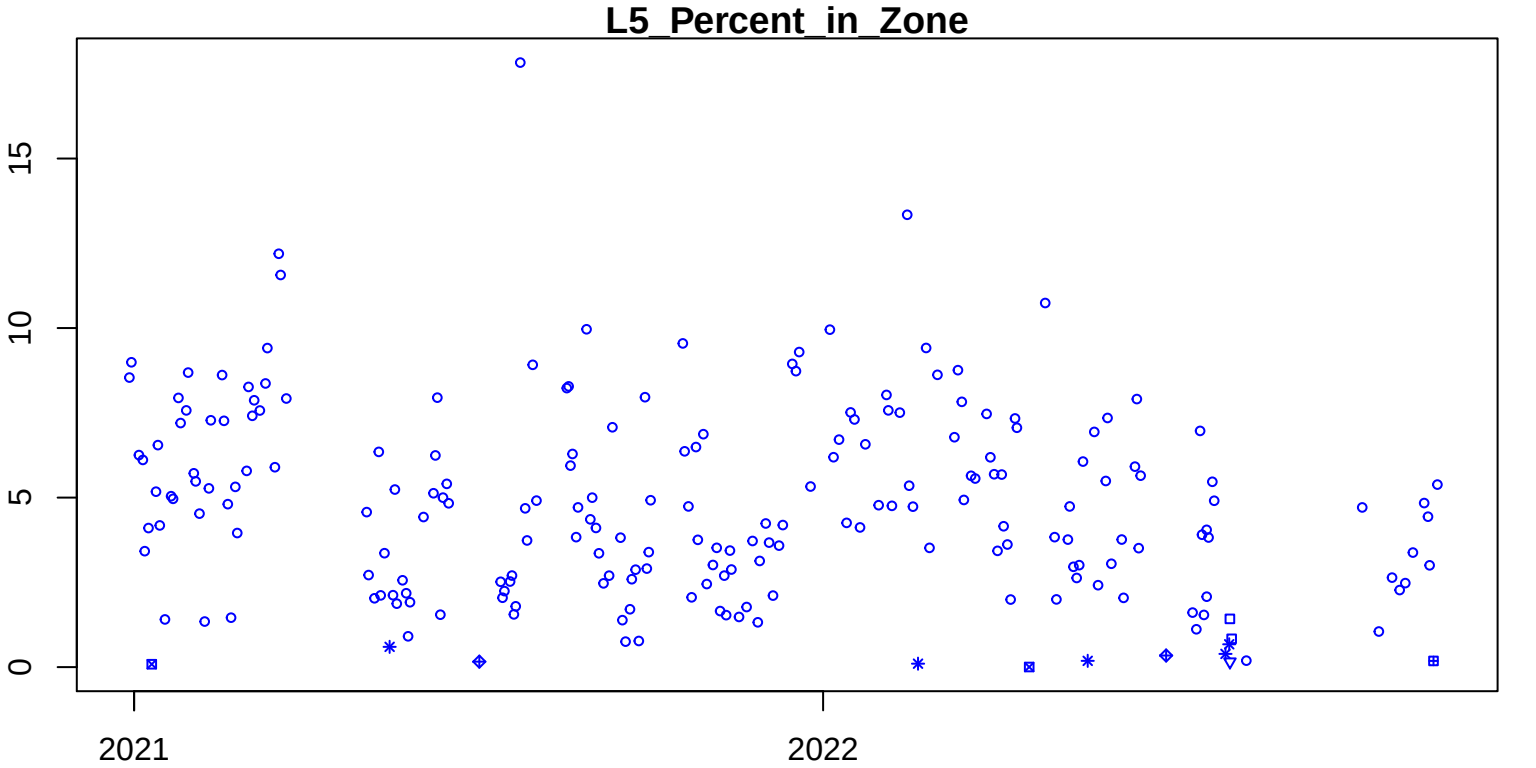

TriScore
0
50
100
150
200
2021
2022

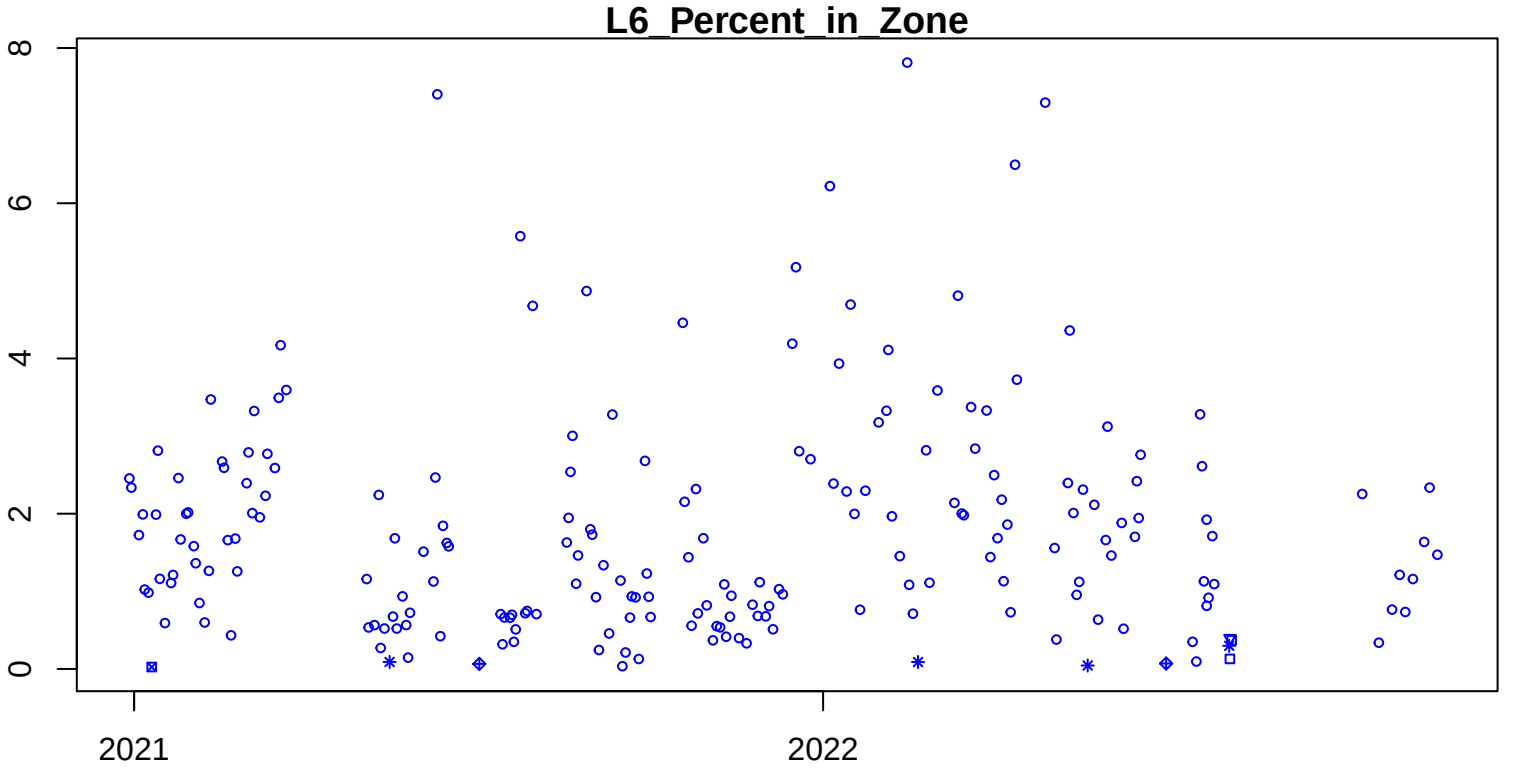

L1_Percent_in_Zone
100
90
80
70
60
50
40
30
2021
2022

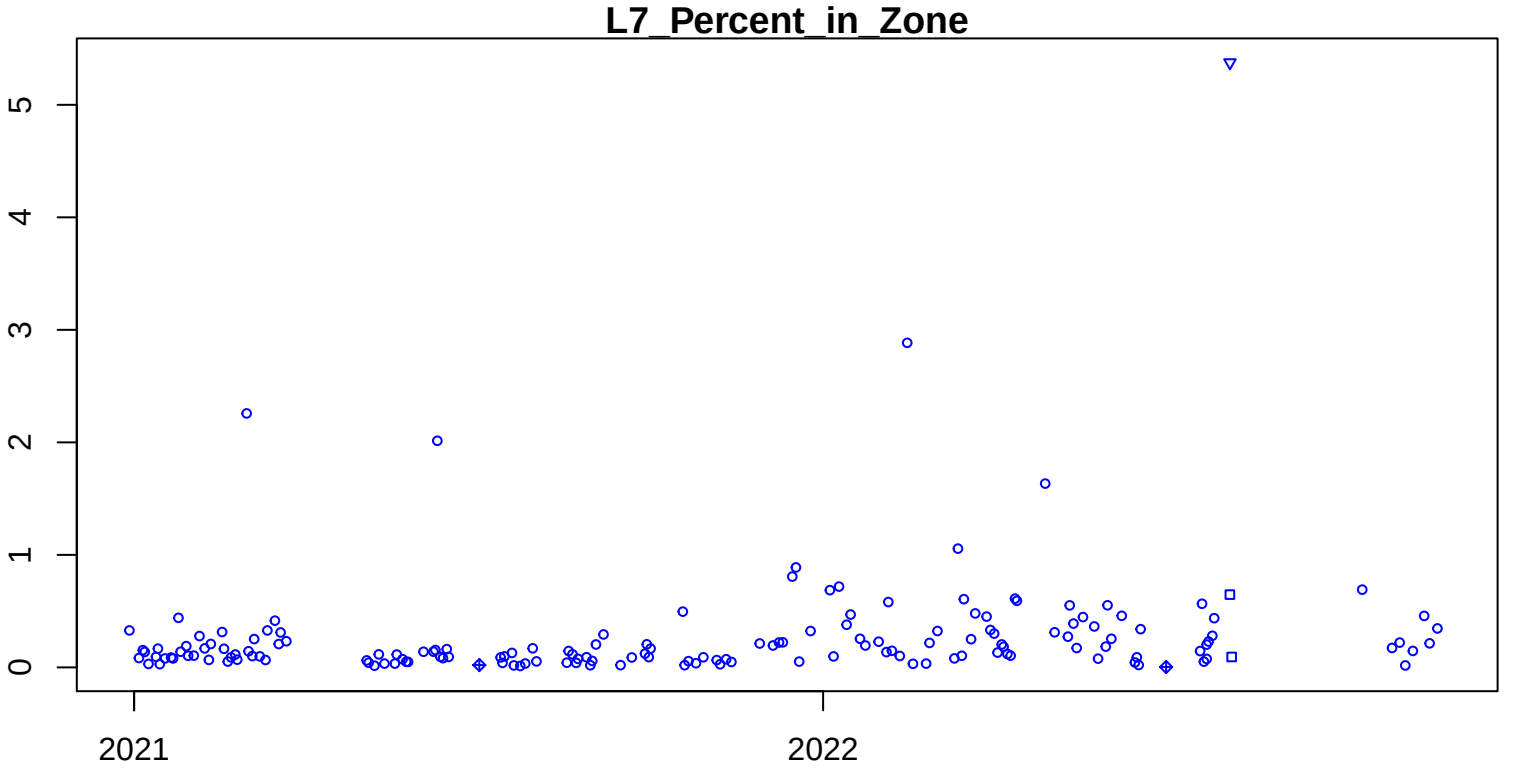

L2_Percent_in_Zone
0
10
20
30
40
2021
2022

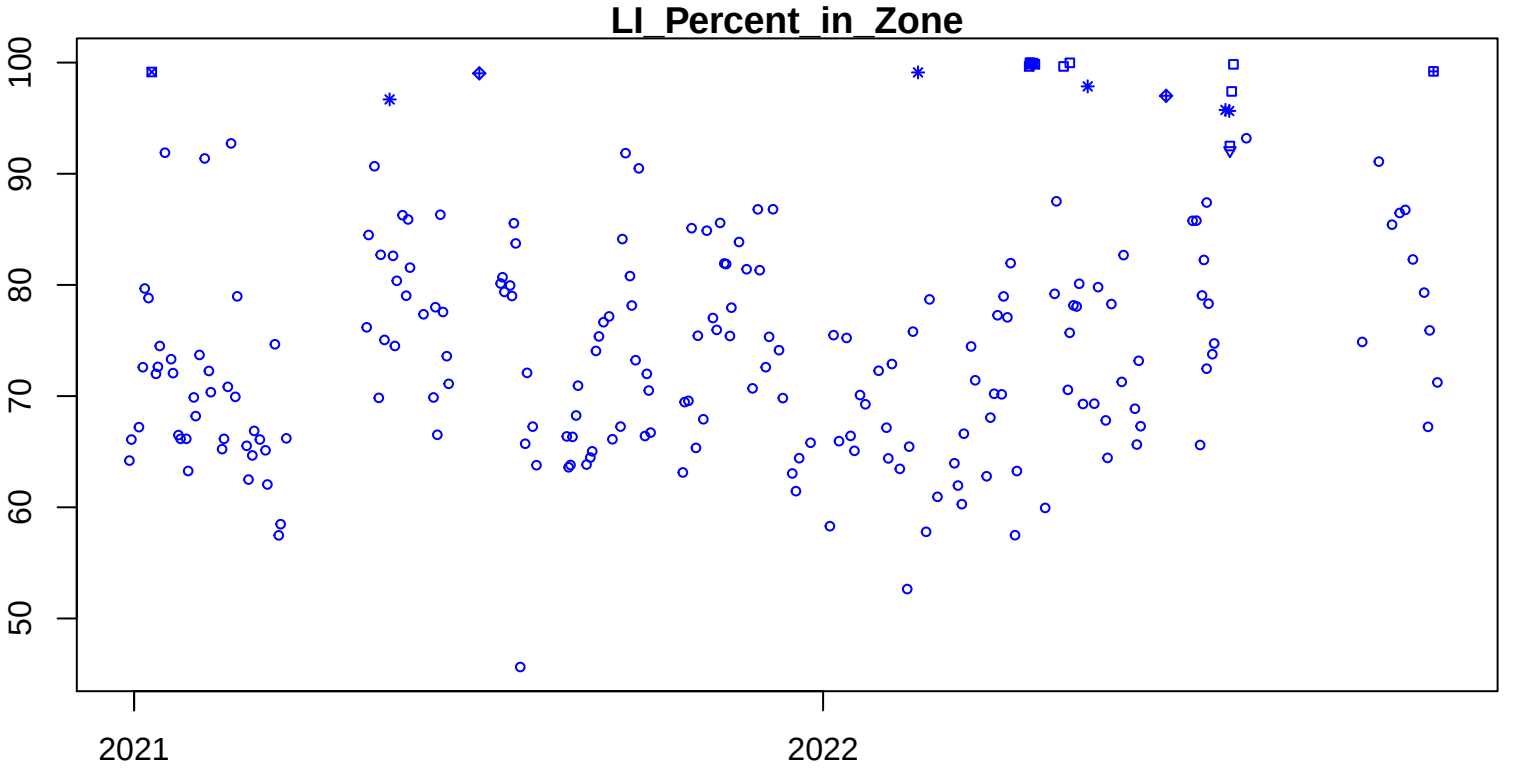

L3_Percent_in_Zone
0
5
10
15
20
25
30
2021
2022

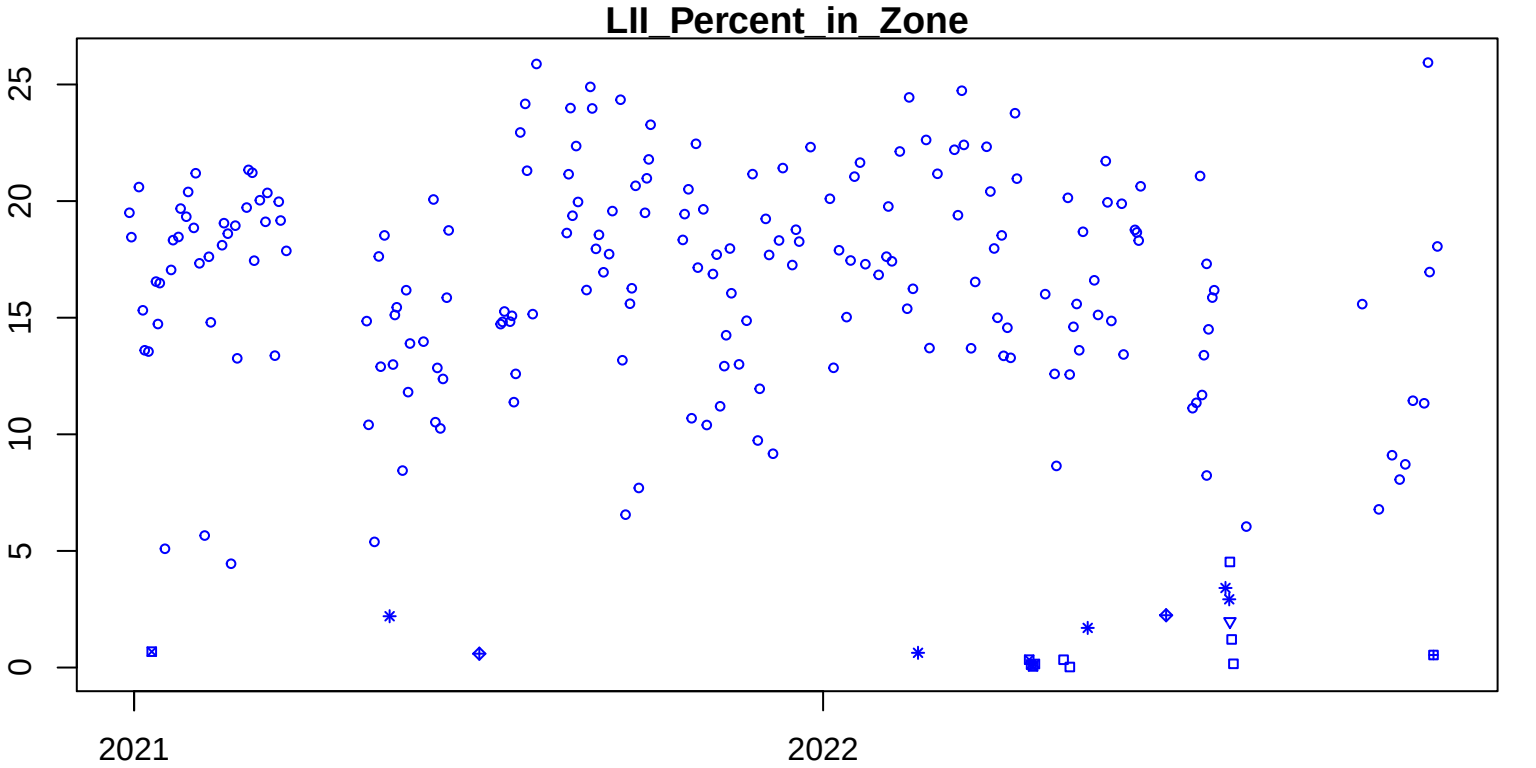

L4_Percent_in_Zone
25
20
15
10
5
0
2021
2022

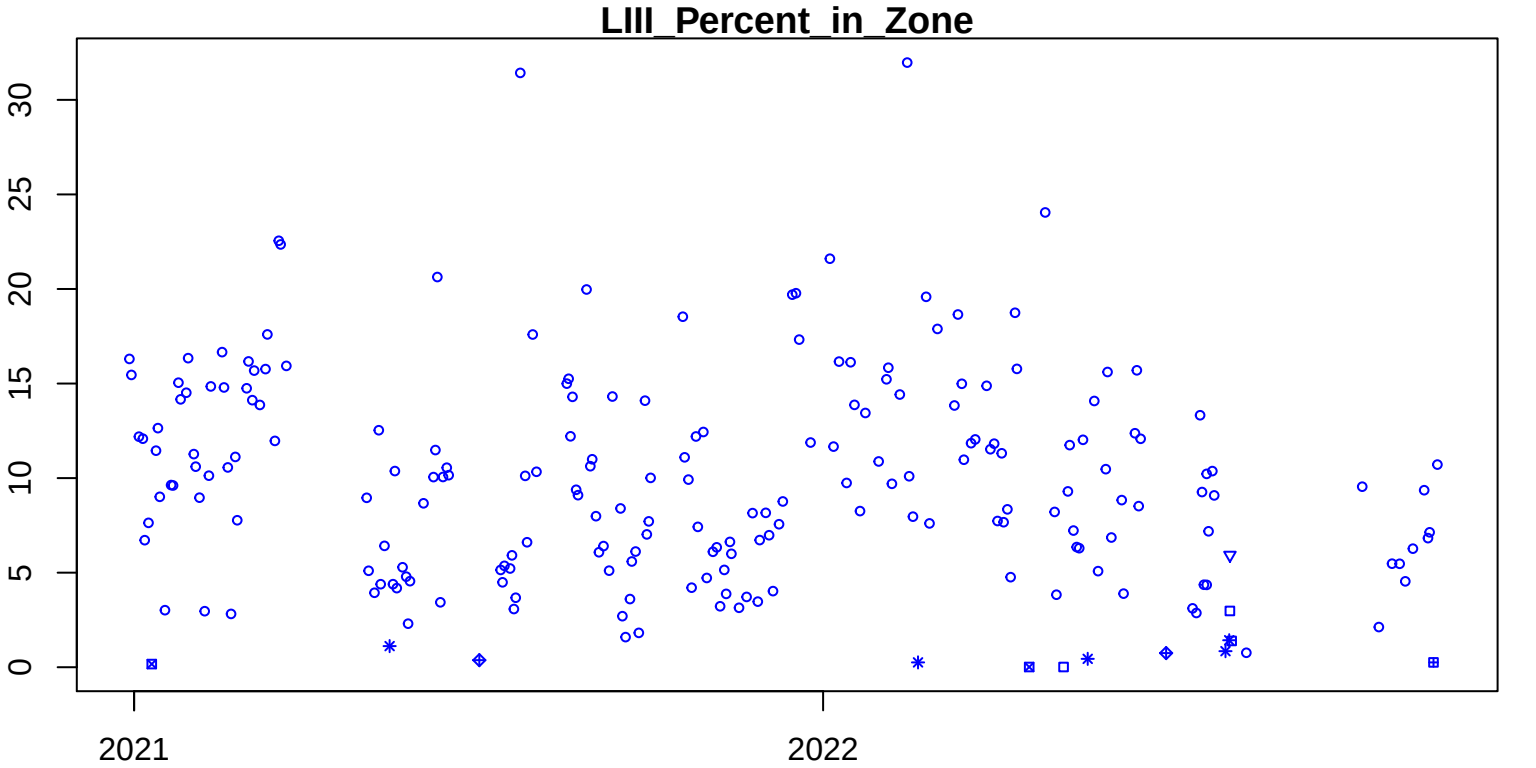

L5_Percent_in_Zone
0
5
10
15
2021
2022

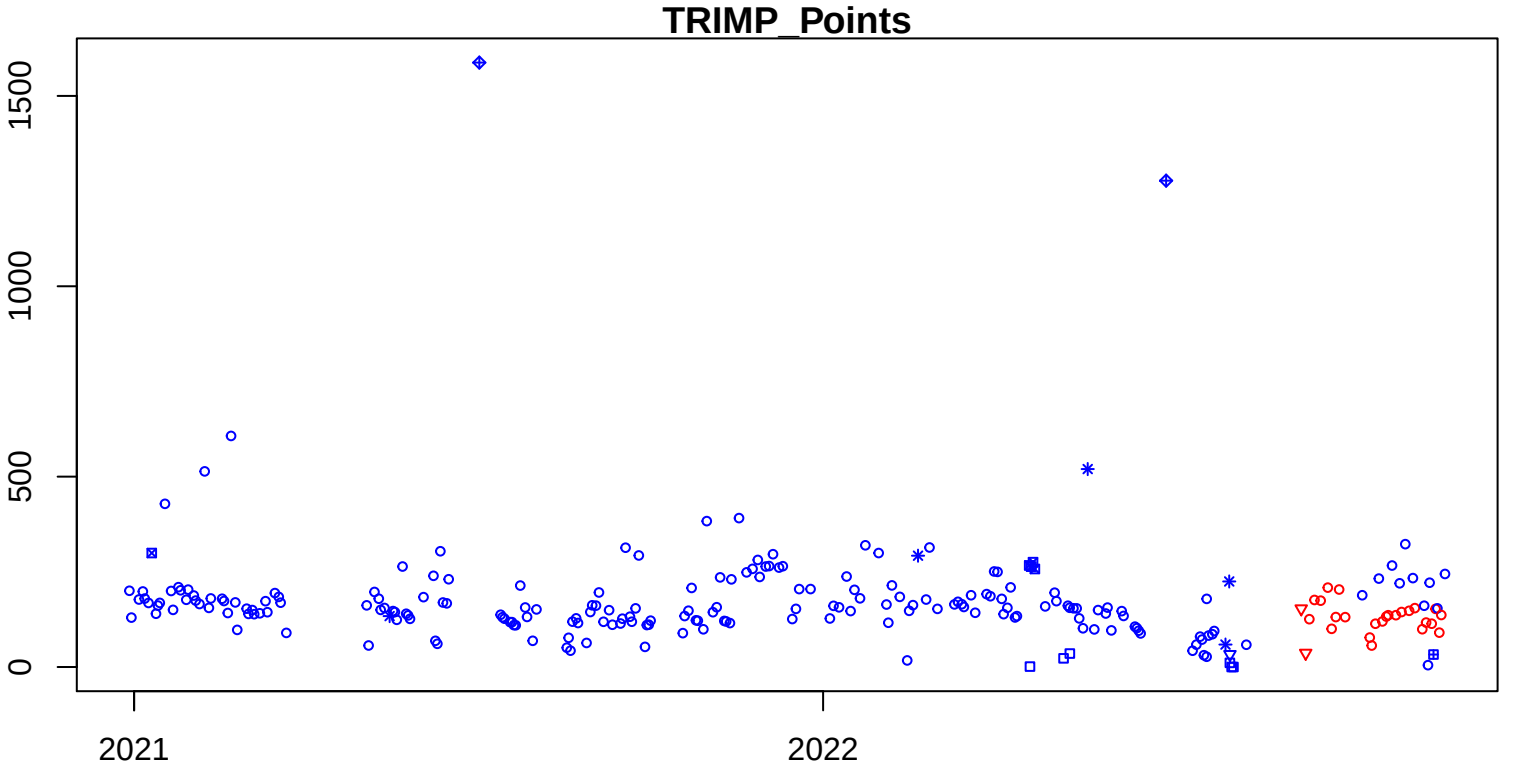

L6_Percent_in_Zone
0
2
4
6
8
2021
2022

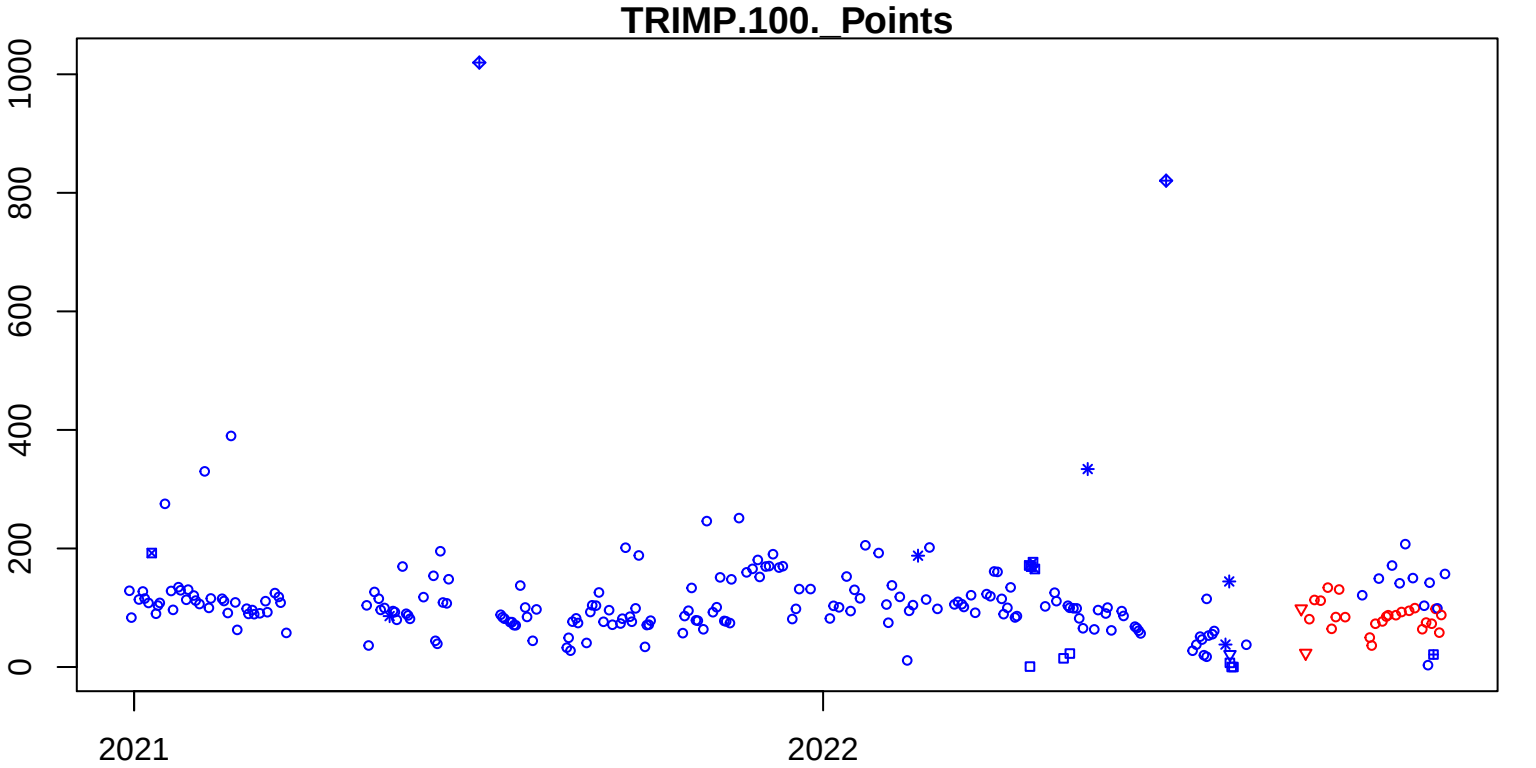

L7_Percent_in_Zone
0
1
2
3
4
5
2021
2022

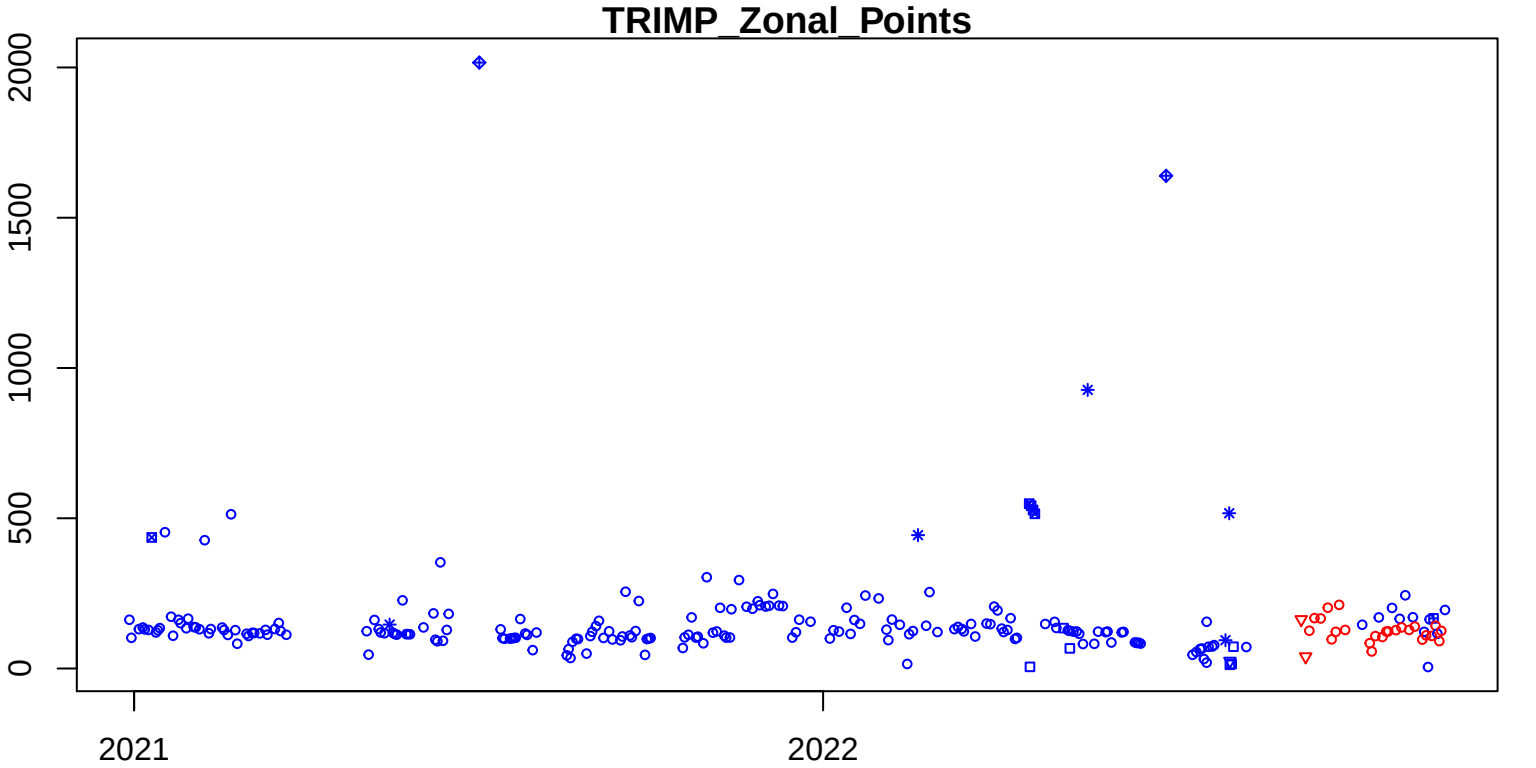

LI_Percent_in_Zone
100
90
80
70
60
50
2021
2022

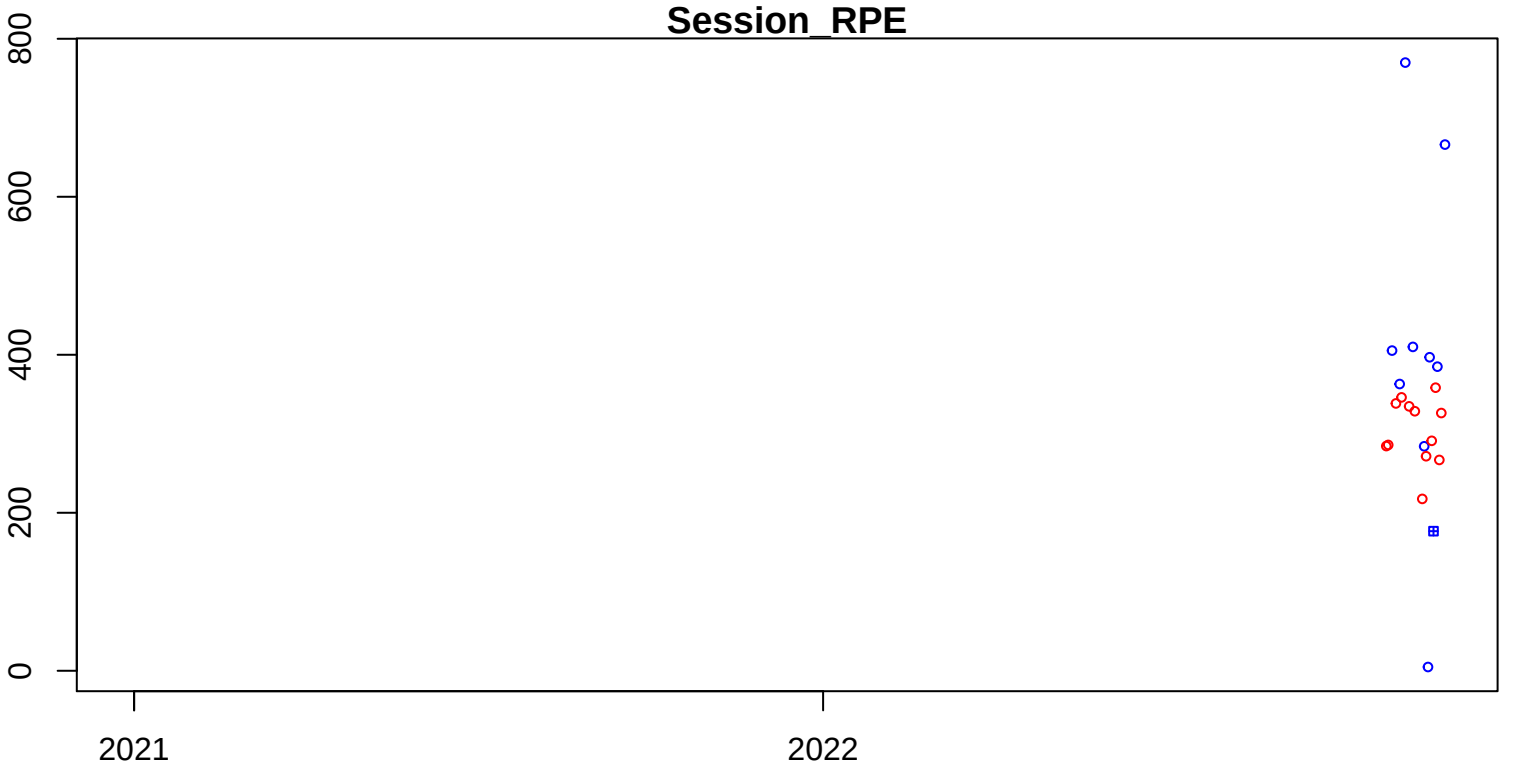

LII_Percent_in_Zone
0
5
10
15
20
25
2021
2022

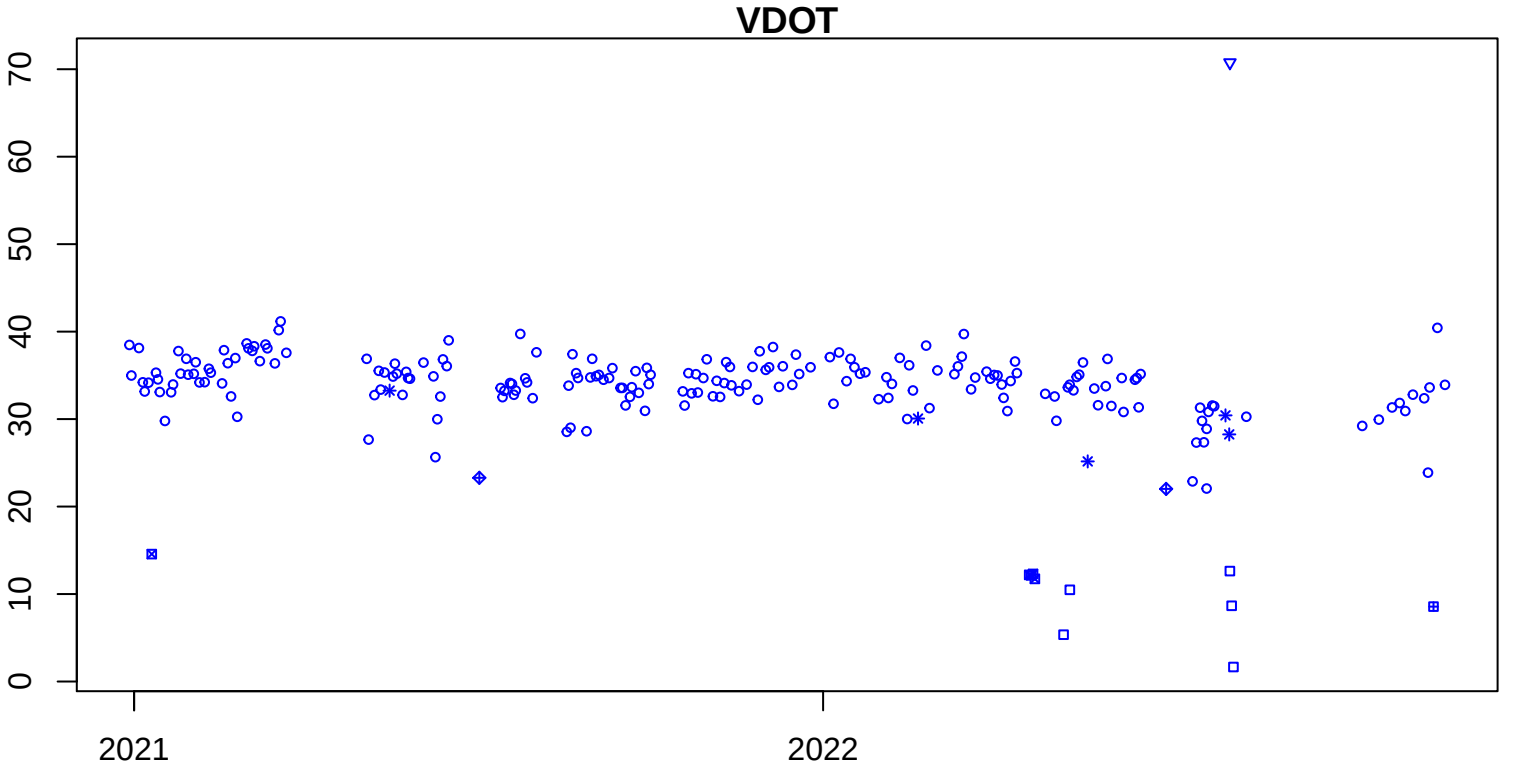

LIII_Percent_in_Zone
0
5
10
15
20
25
30
2021
2022

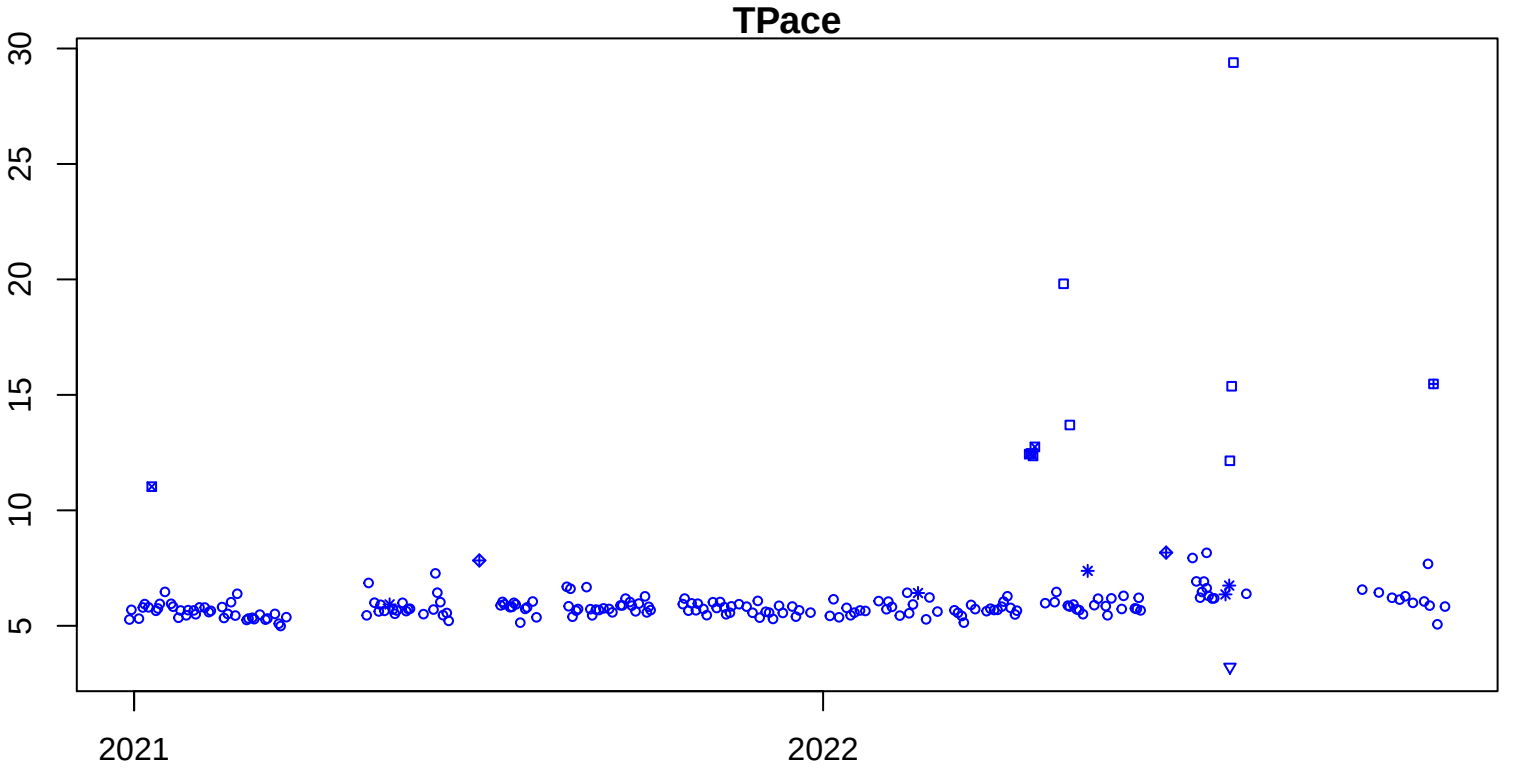

TRIMP_Points
1500
1000
500
0
2021
2022

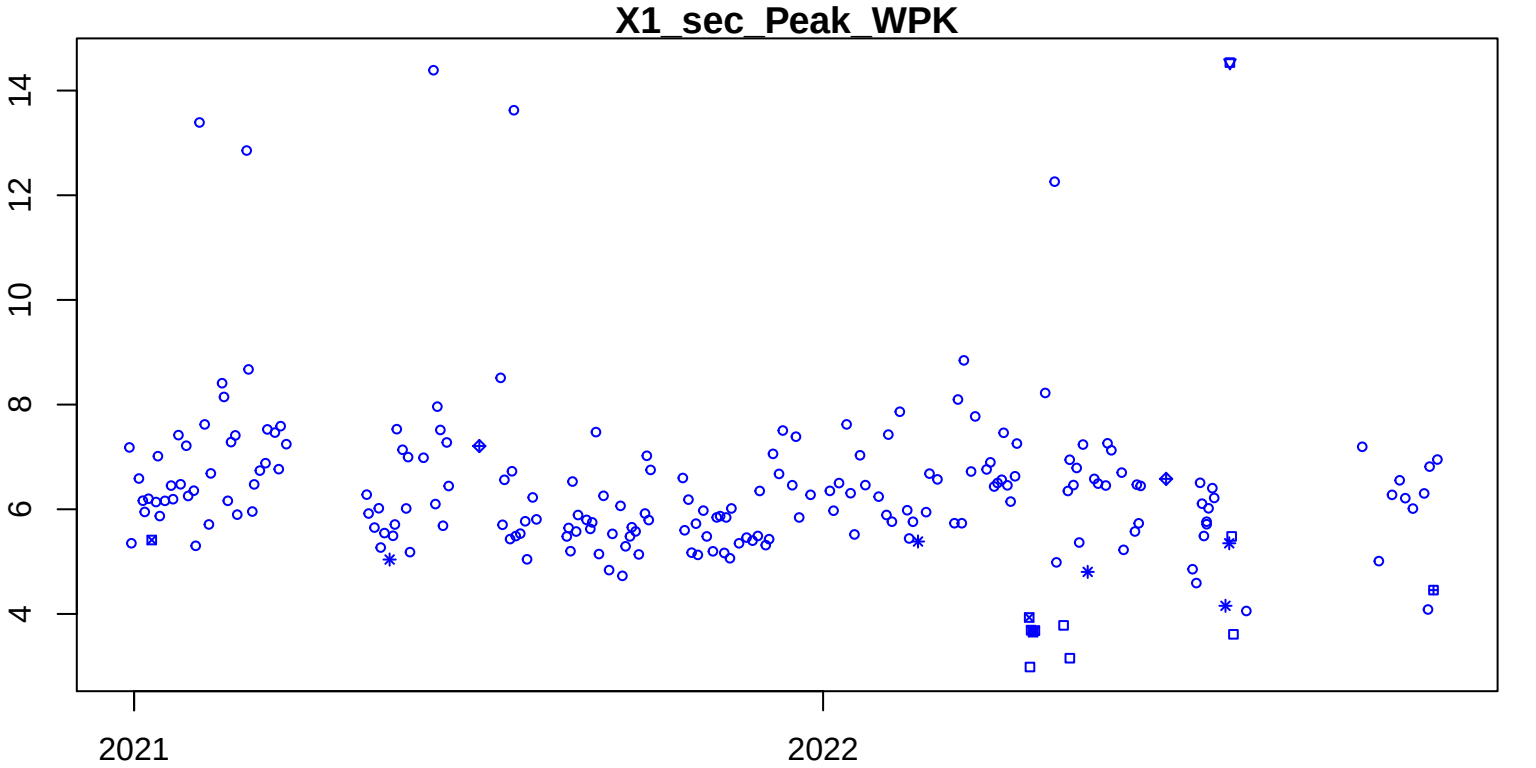

TRIMP.100._Points
0
200
400
600
800
1000
2021
2022

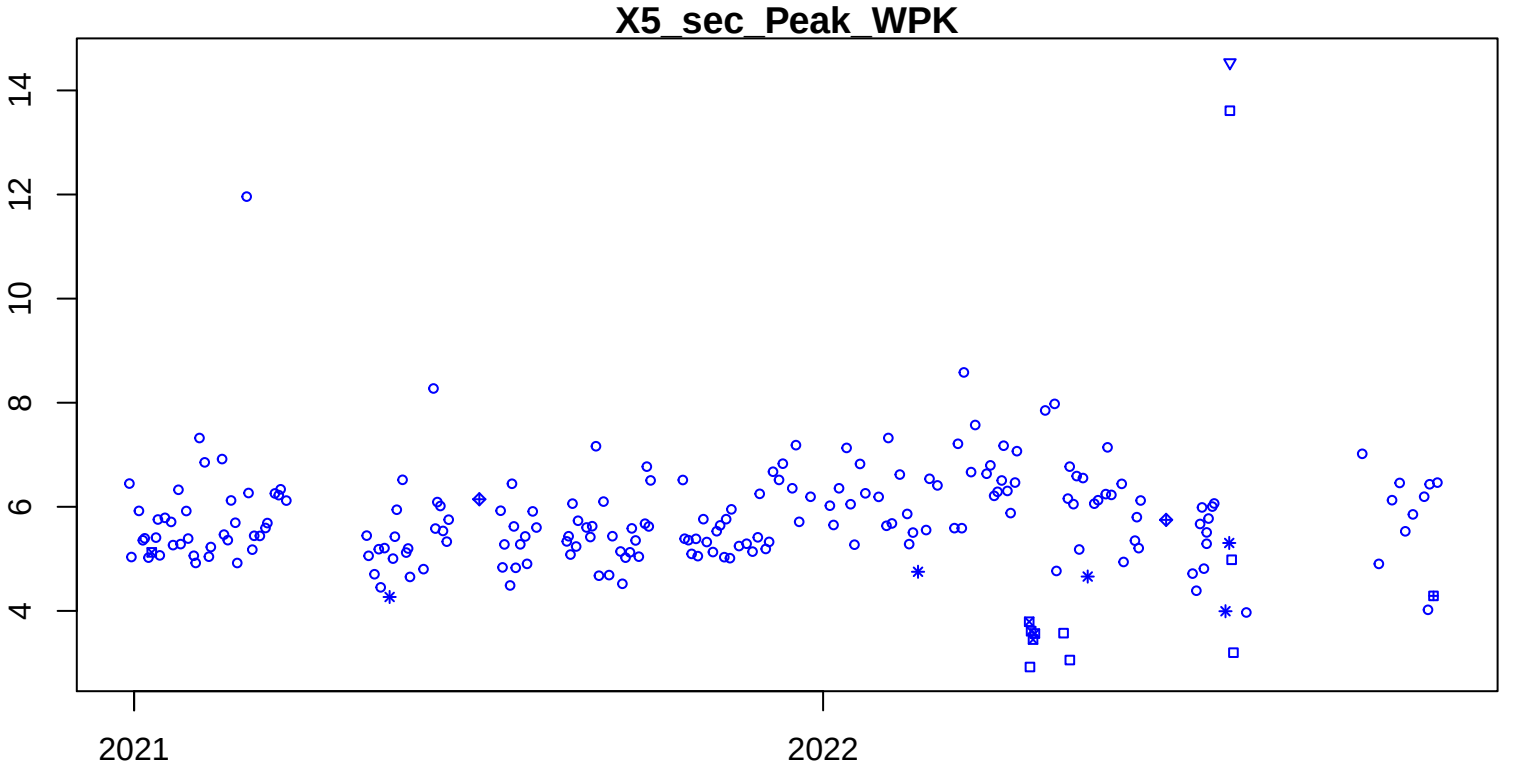

TRIMP_Zonal_Points
0
500
1000
1500
2000
2021
2022

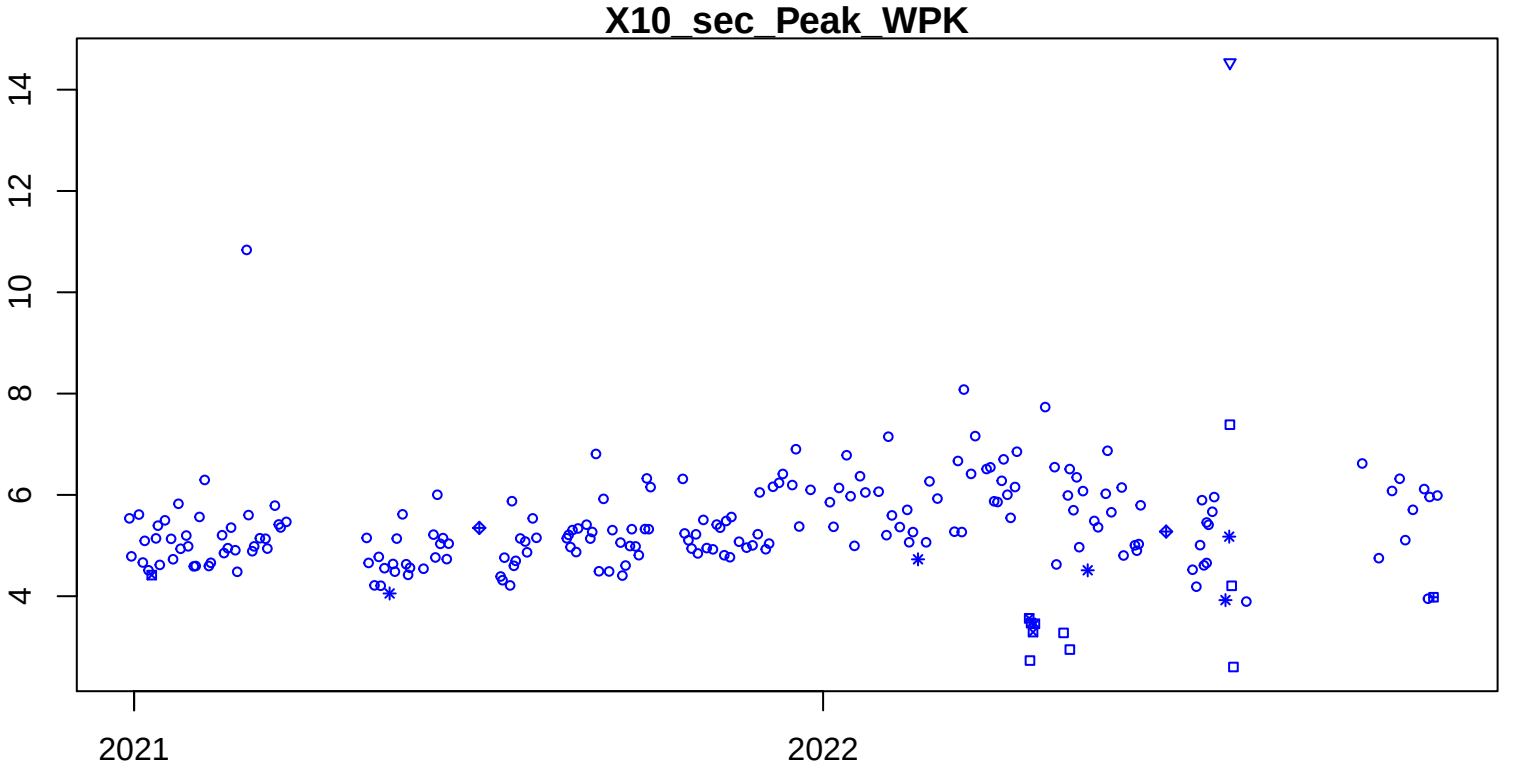

Session_RPE
800
600
400
200
0
2021
2022

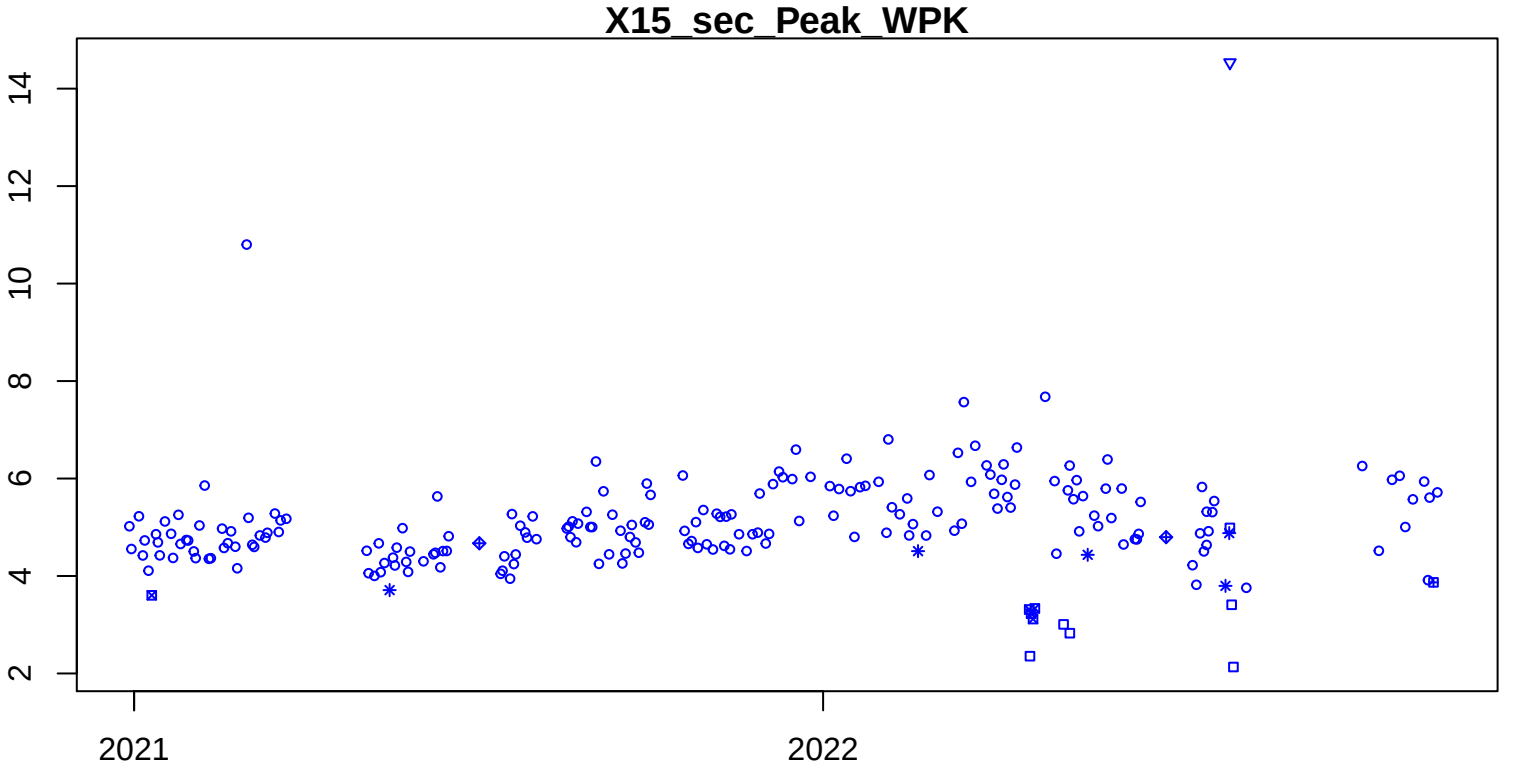

VDOT
0
10
20
30
40
50
60
70
2021
2022

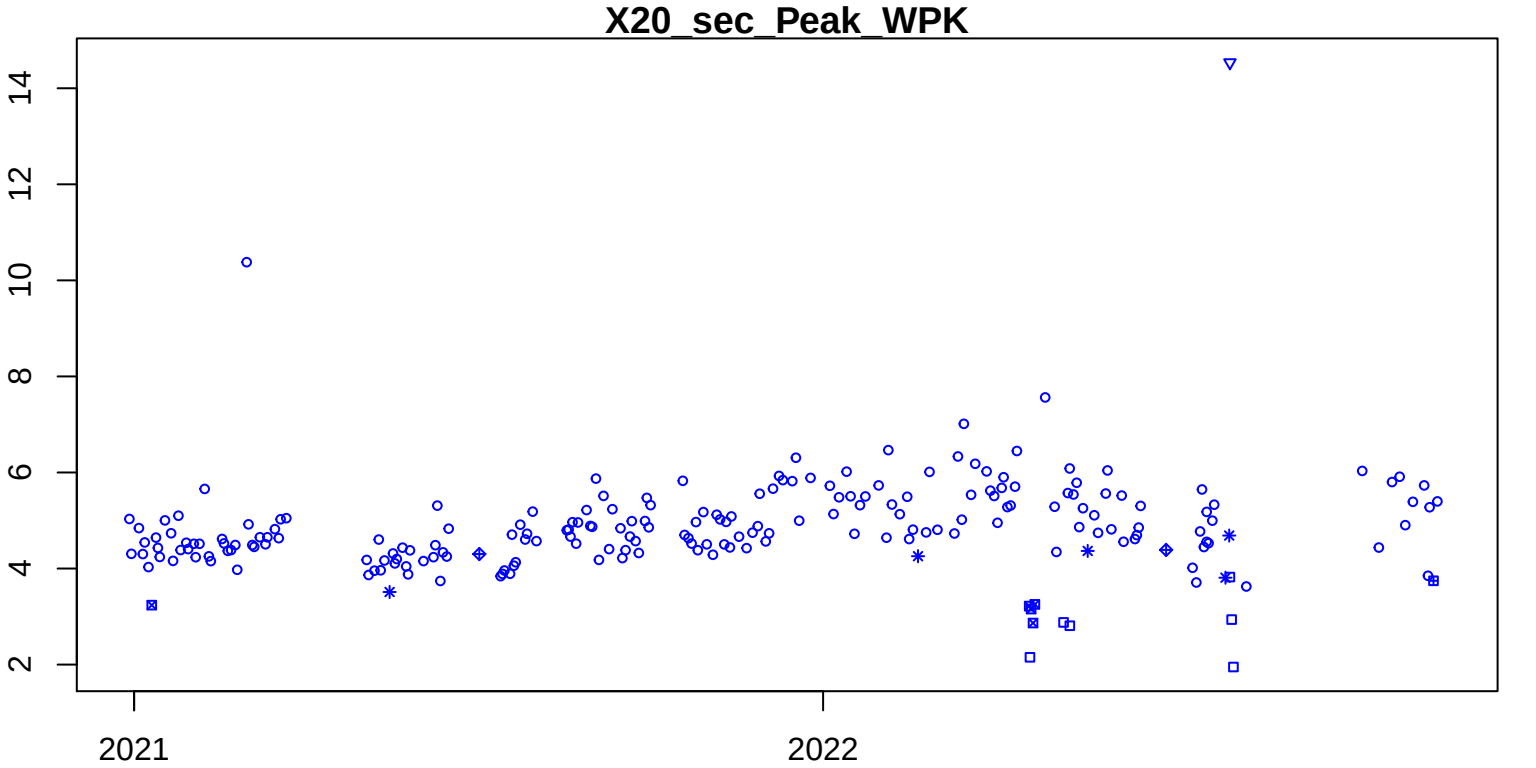

TPace
30
25
20
15
10
5
2021
2022

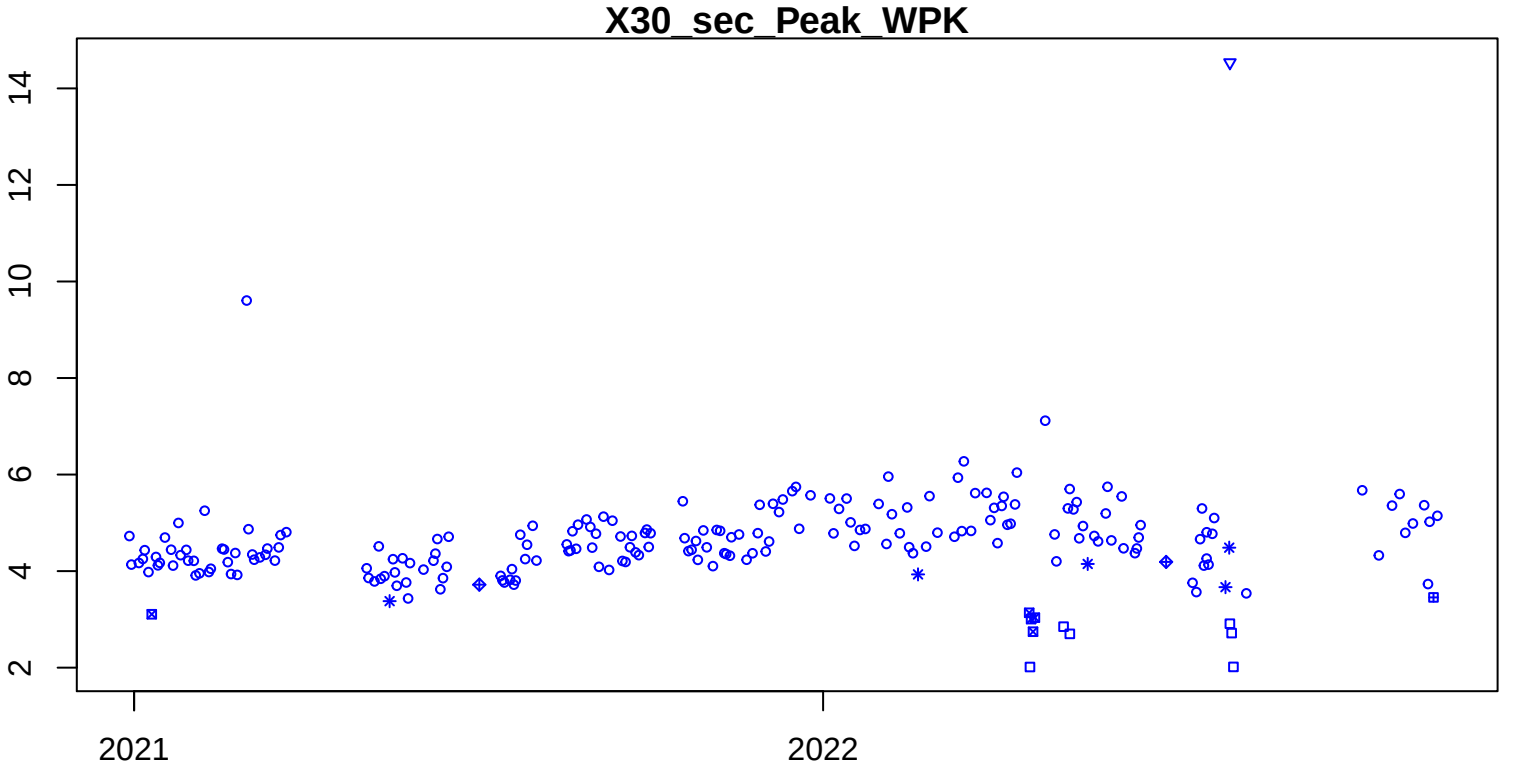

X1_sec_Peak_WPK
14
12
10
8
6
4
2021
2022

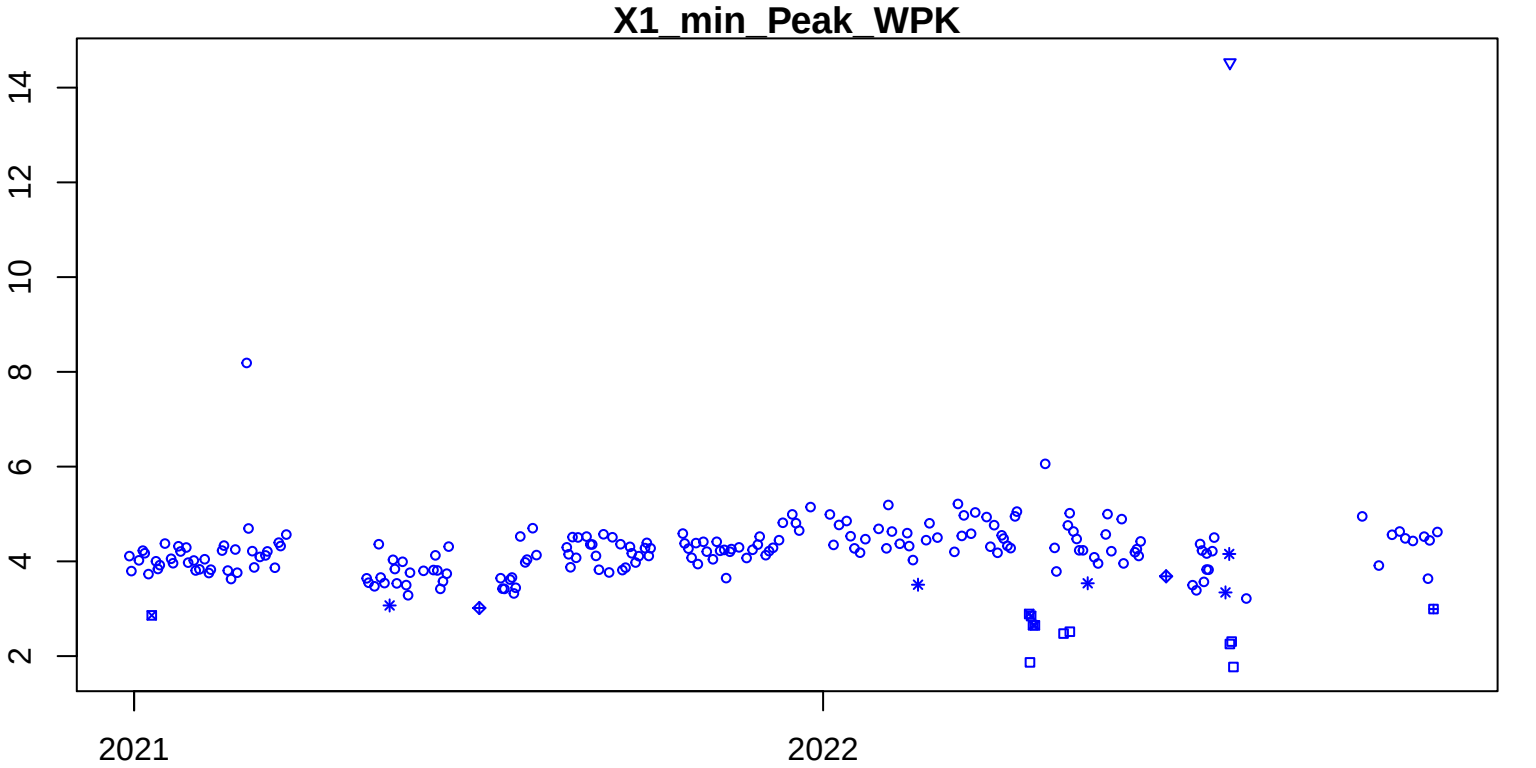

X5_sec_Peak_WPK
14
12
10
8
6
4
2021
2022

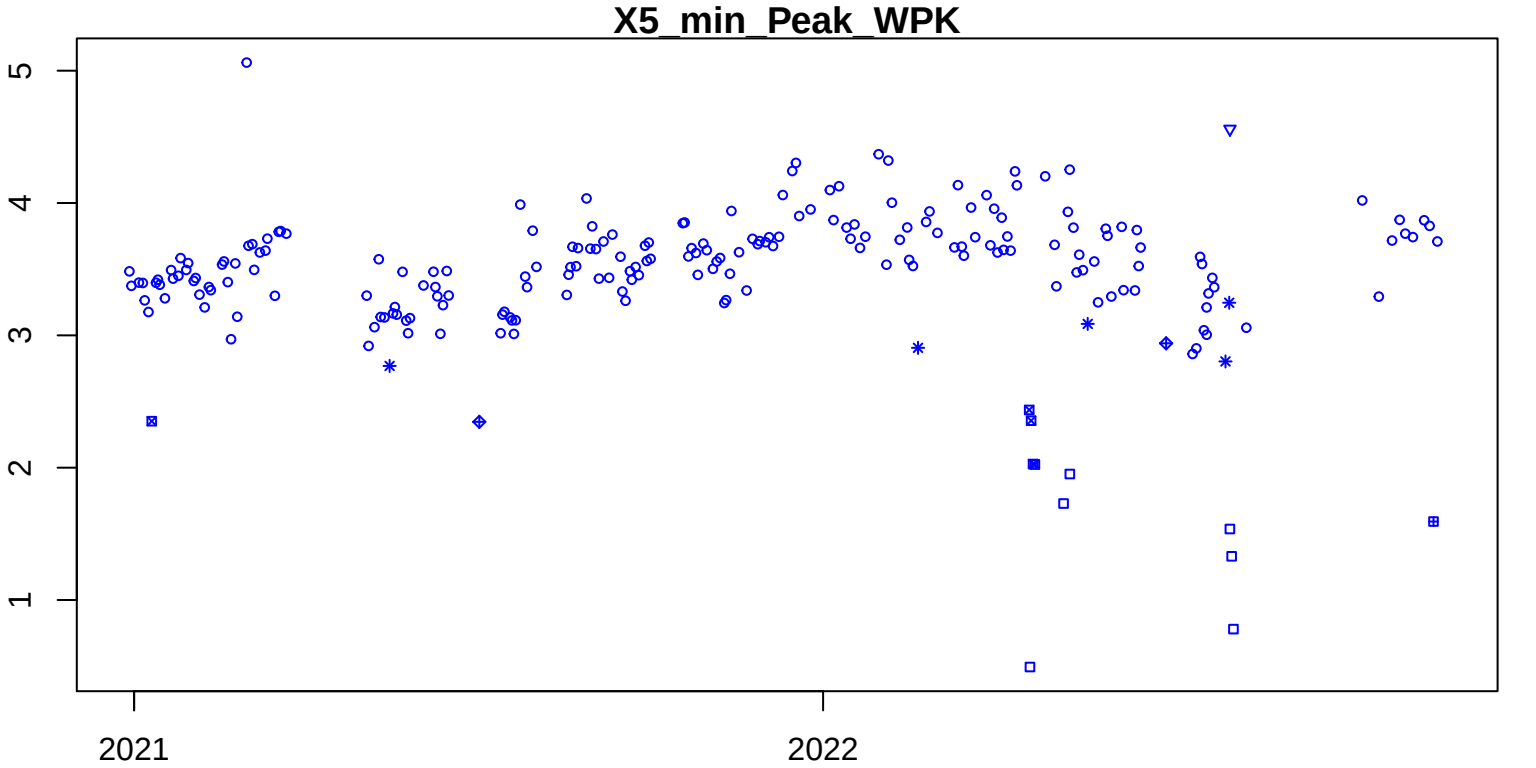

X10_sec_Peak_WPK
14
12
10
8
6
4
2021
2022

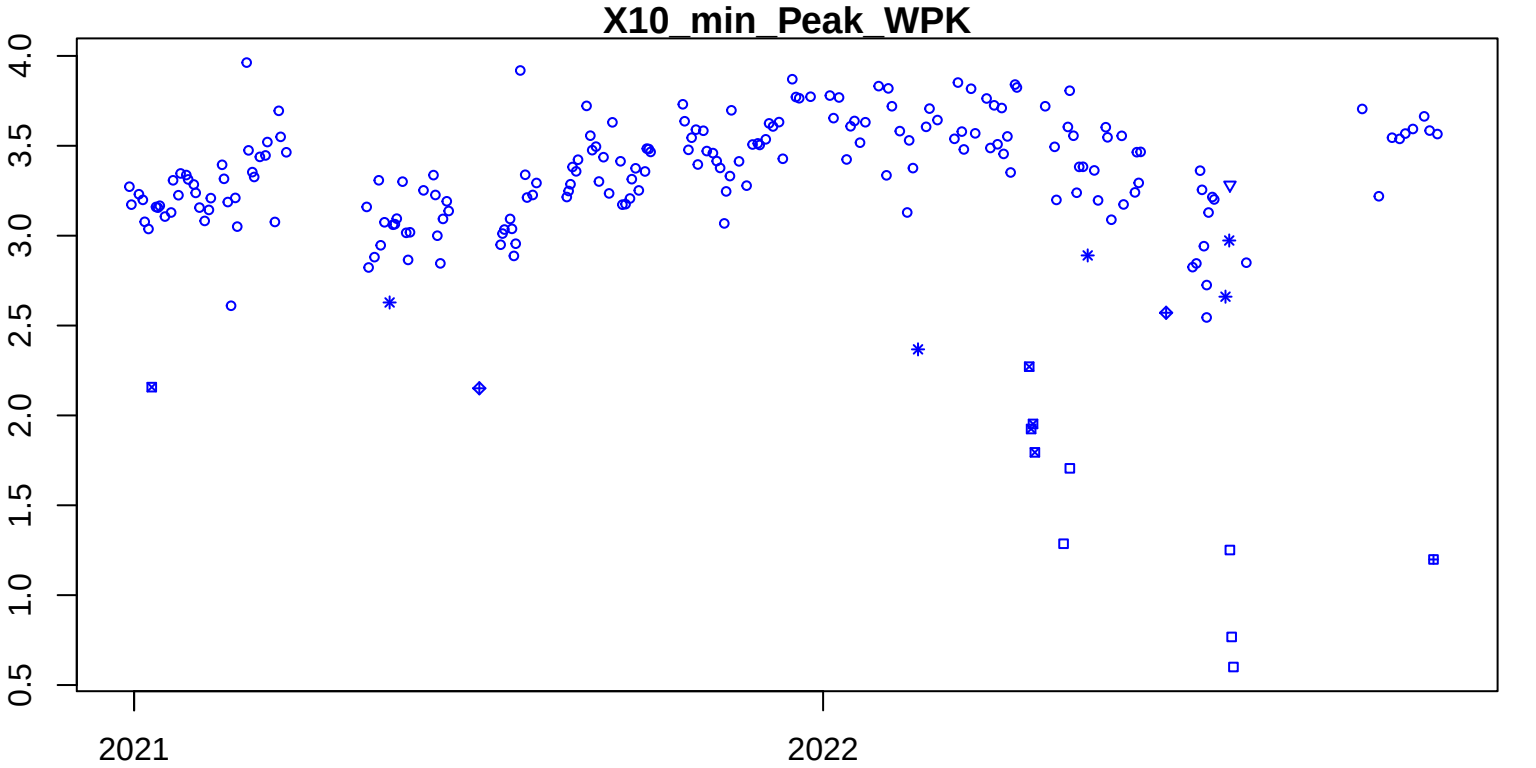

X15_sec_Peak_WPK
2
4
6
8
10
12
14
2021
2022

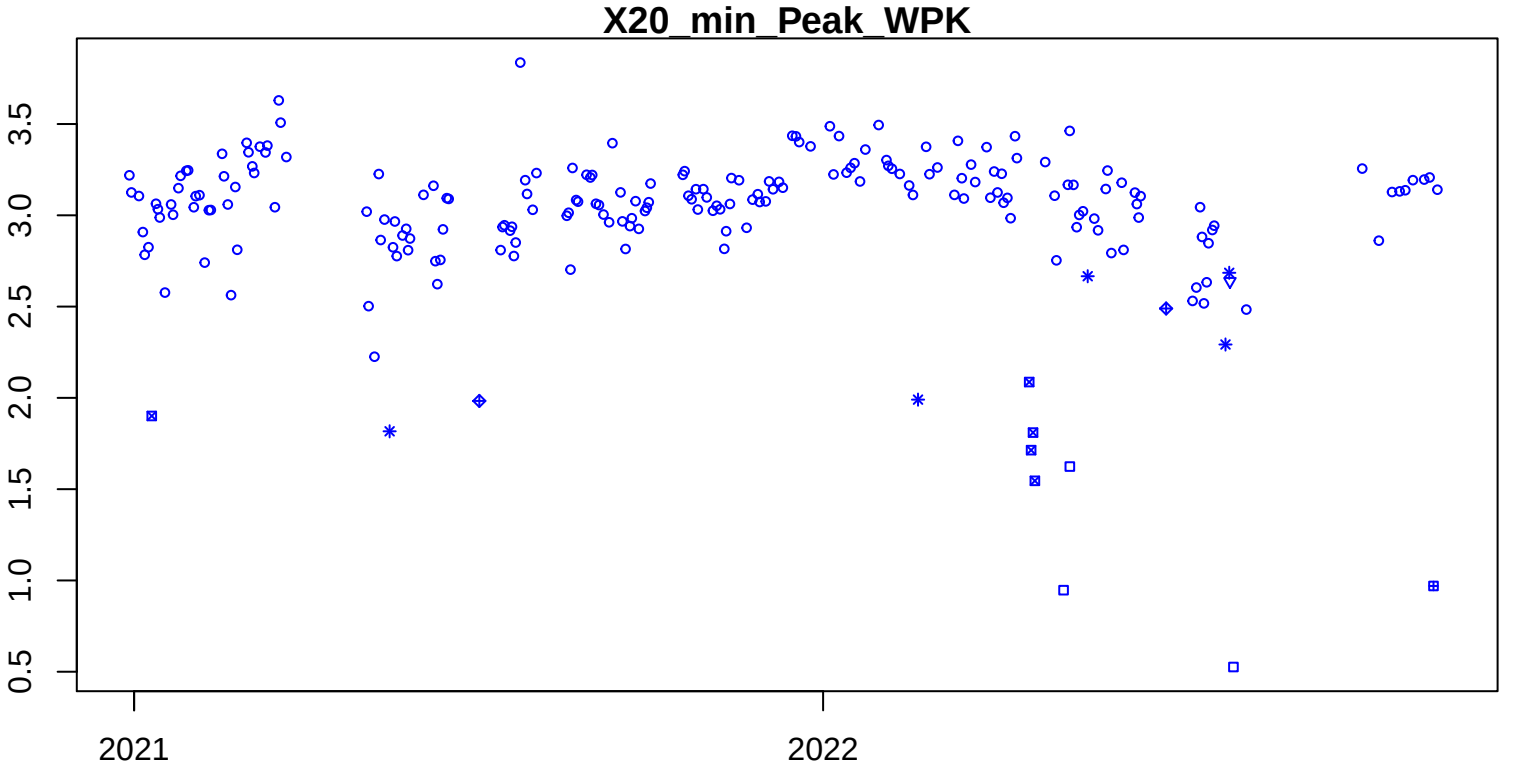

X20_sec_Peak_WPK
2
4
6
8
10
12
14
2021
2022

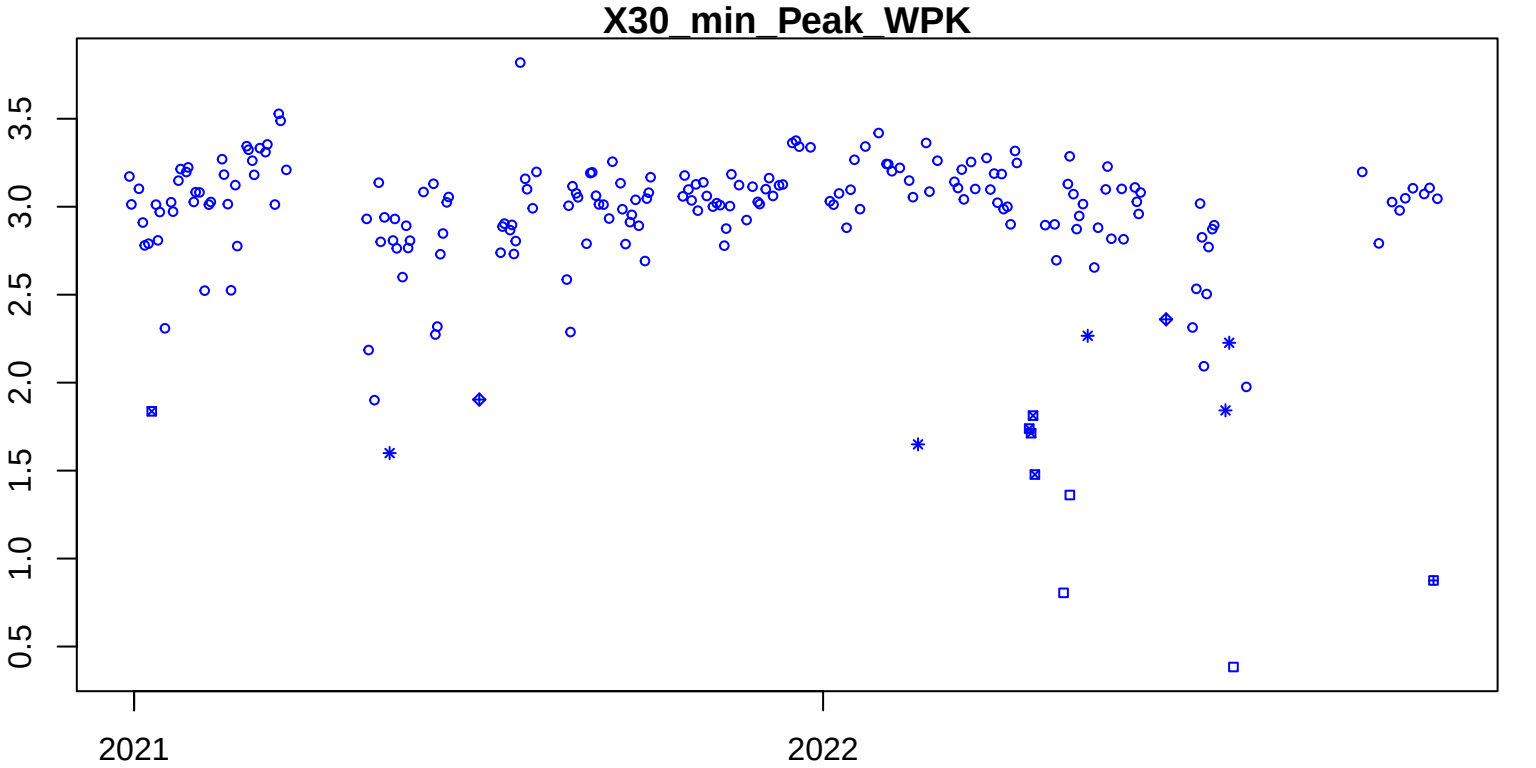

X30_sec_Peak_WPK
14
12
10
8
6
4
2
2021
2022

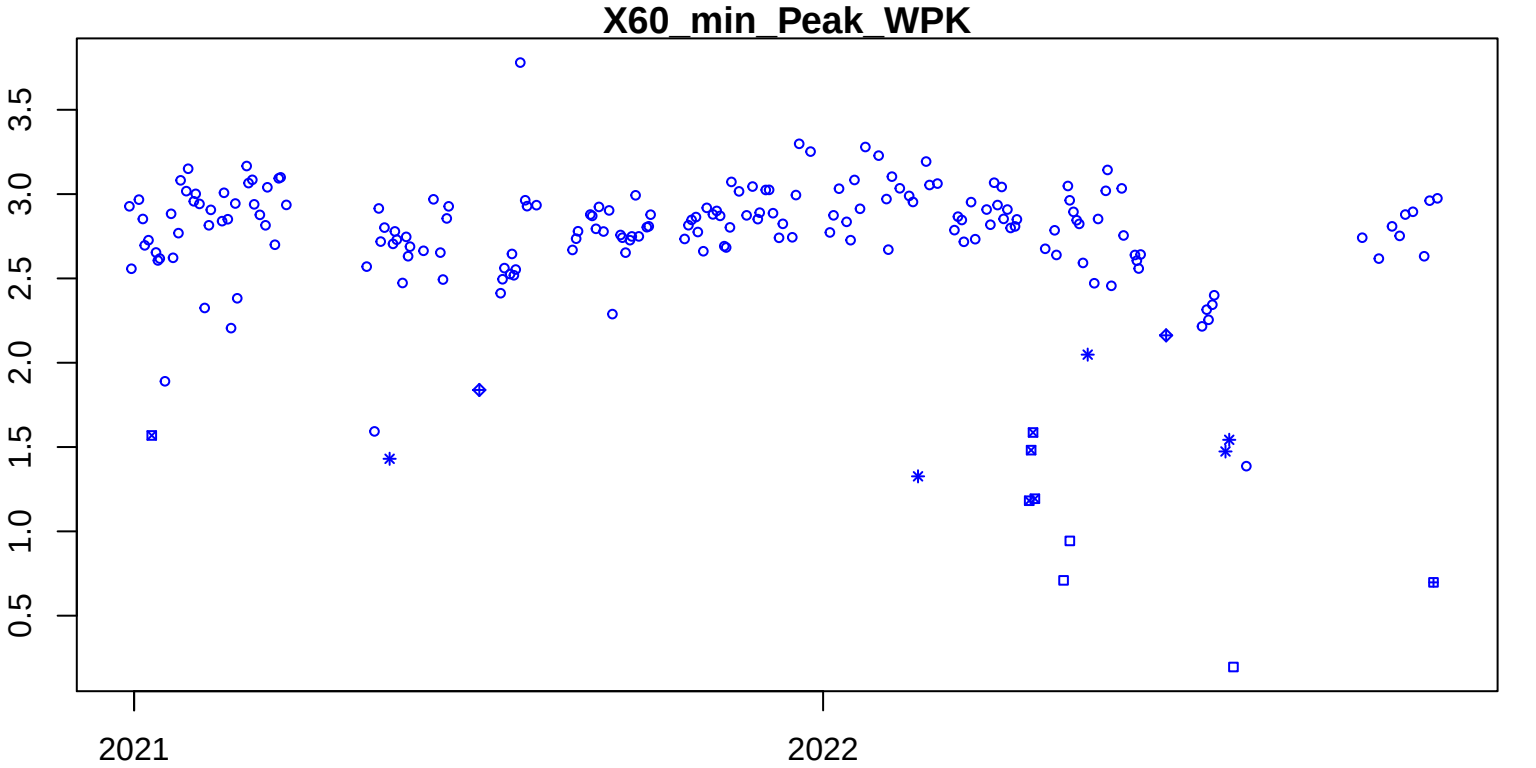

X1_min_Peak_WPK
2
4
6
8
10
12
14
2021
2022

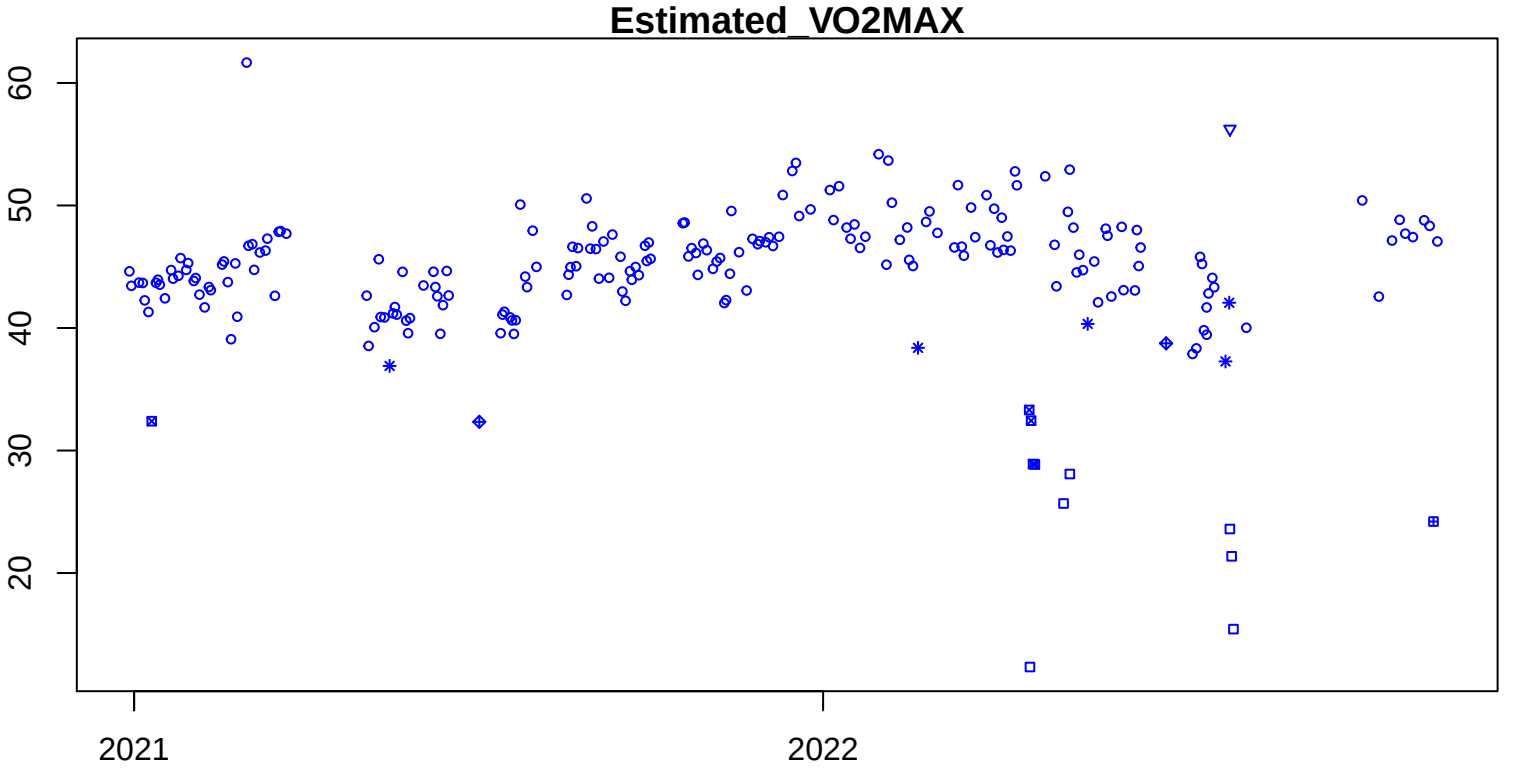

X5_min_Peak_WPK
5
4
3
2
1
2021
2022

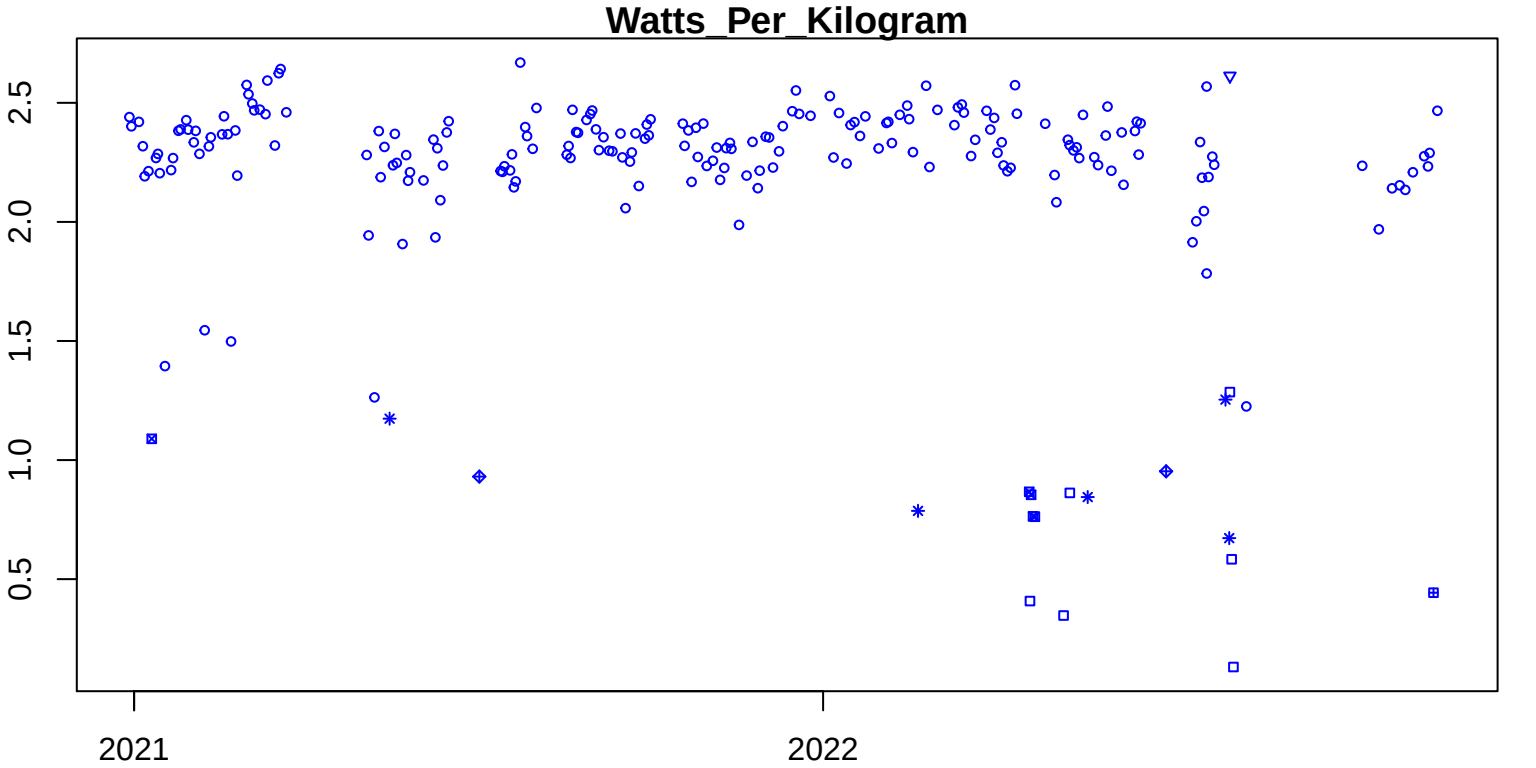

X10_min_Peak_WPK
0.5
1.0
1.5
2.0
2.5
3.0
3.5
4.0
2021
2022

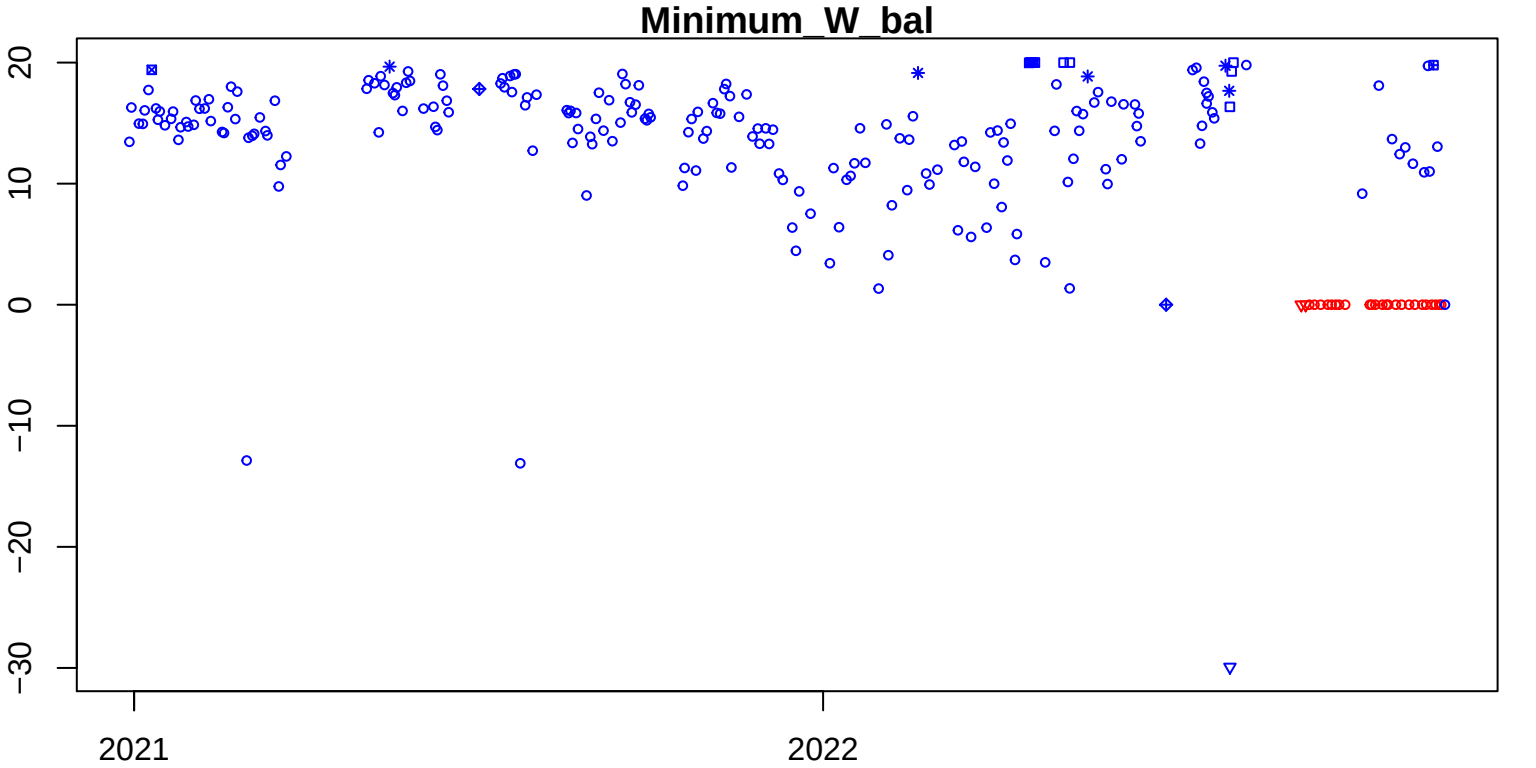

X20_min_Peak_WPK
0.5
1.0
1.5
2.0
2.5
3.0
3.5
2021
2022

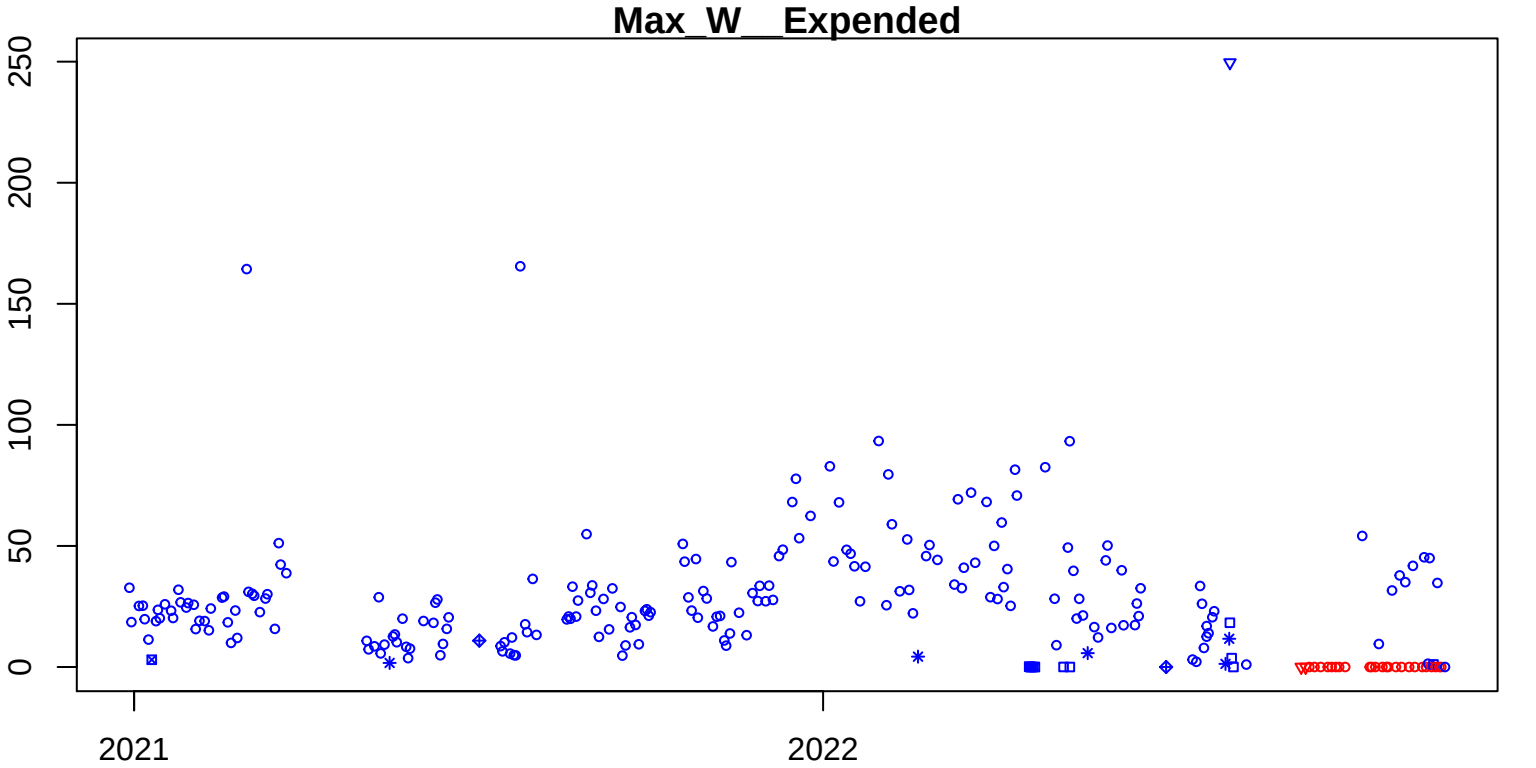

X30_min_Peak_WPK
0.5
1.0
1.5
2.0
2.5
3.0
3.5
2021
2022

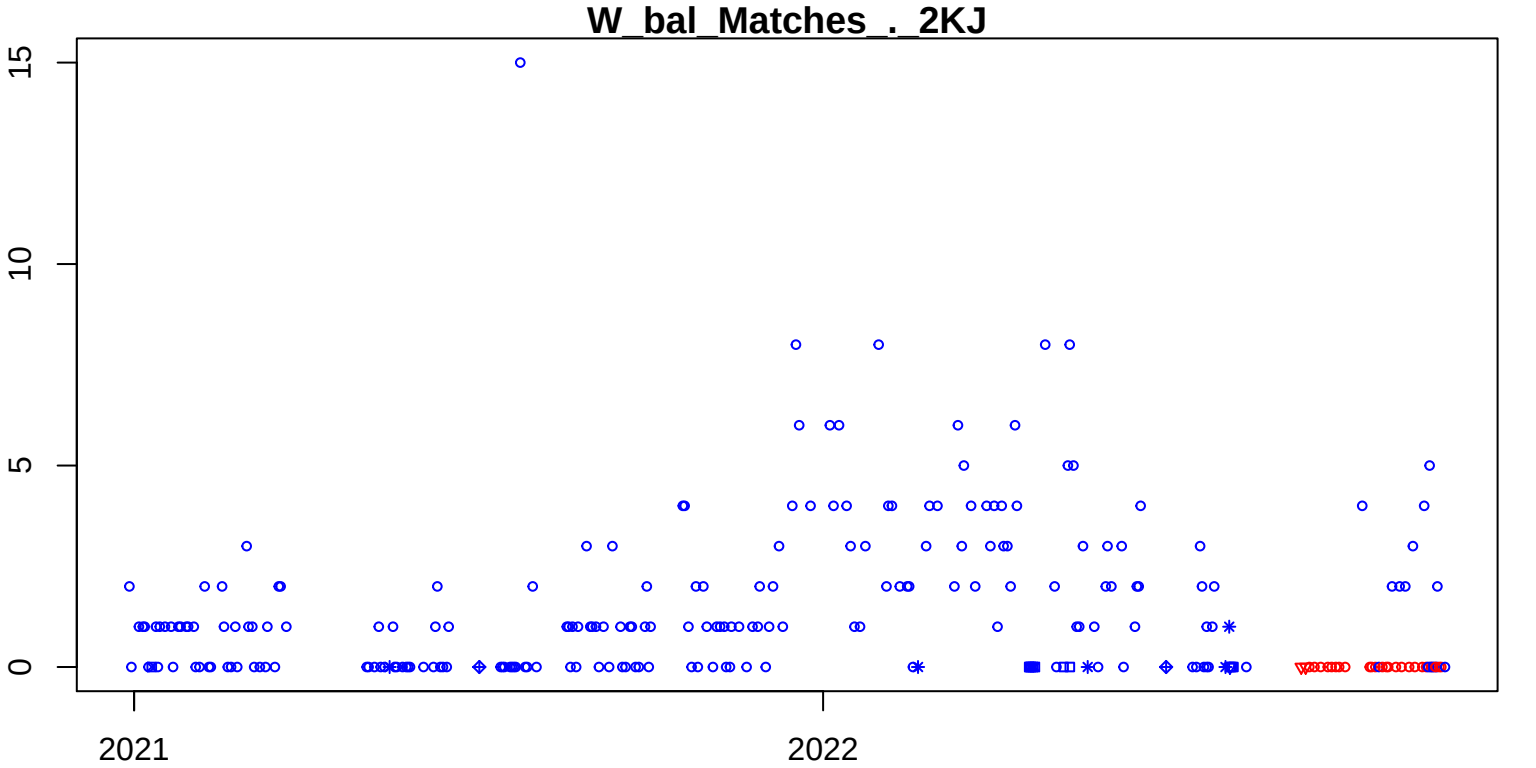

X60_min_Peak_WPK
0.5
1.0
1.5
2.0
2.5
3.0
3.5
2021
2022

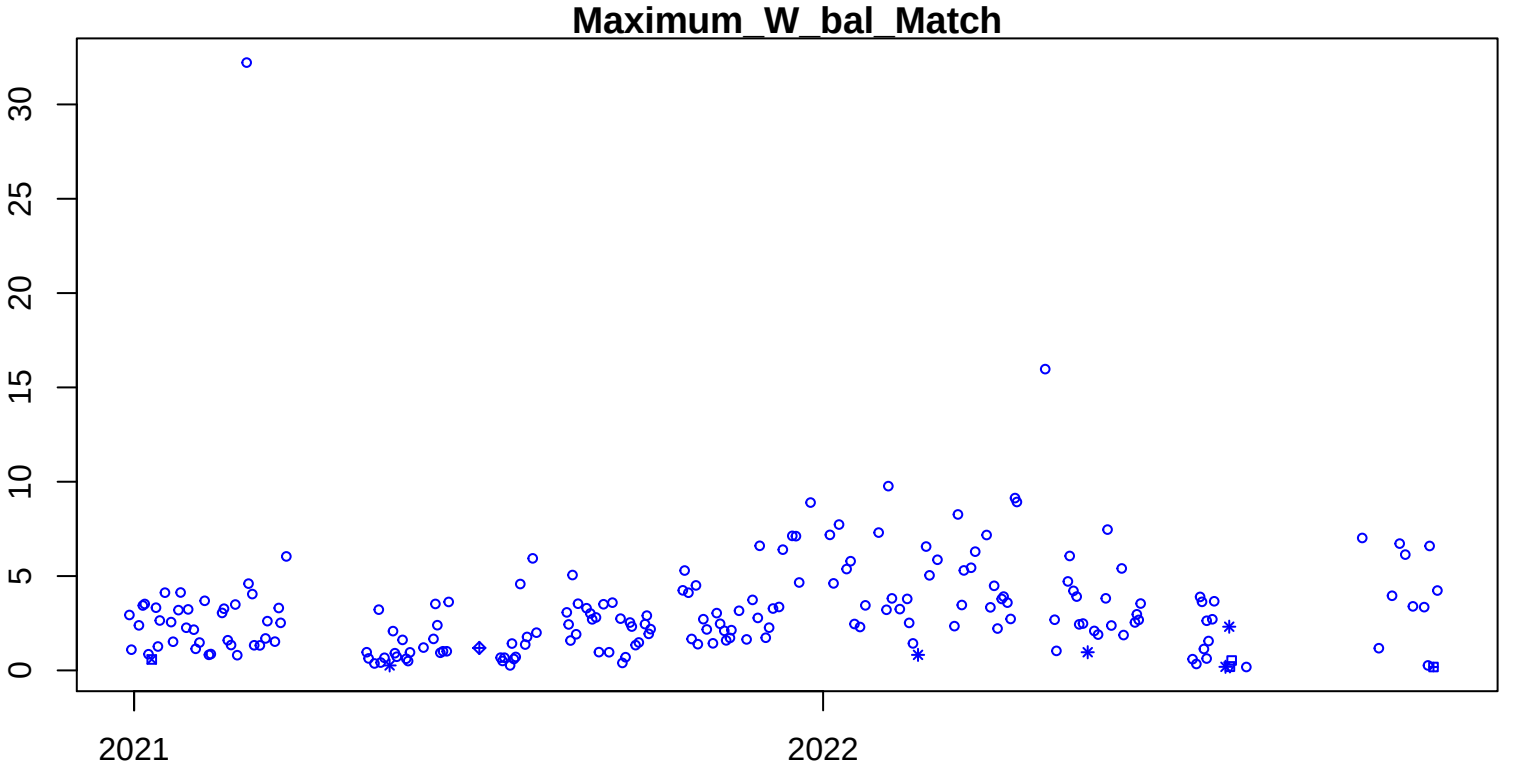

Estimated_VO2MAX
60
50
40
30
20
2021
2022

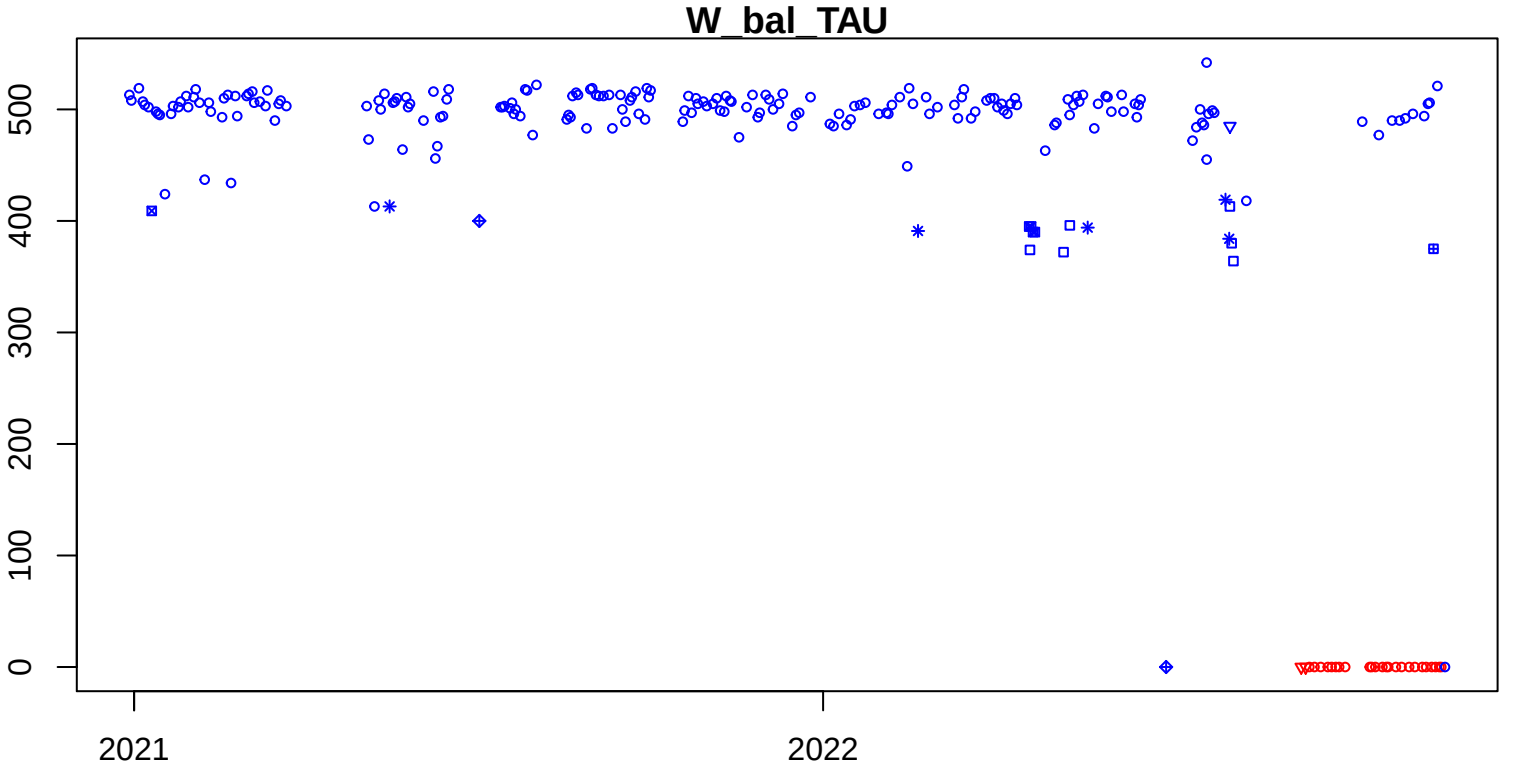

Watts_Per_Kilogram
0.5
1.0
1.5
2.0
2.5
2021
2022

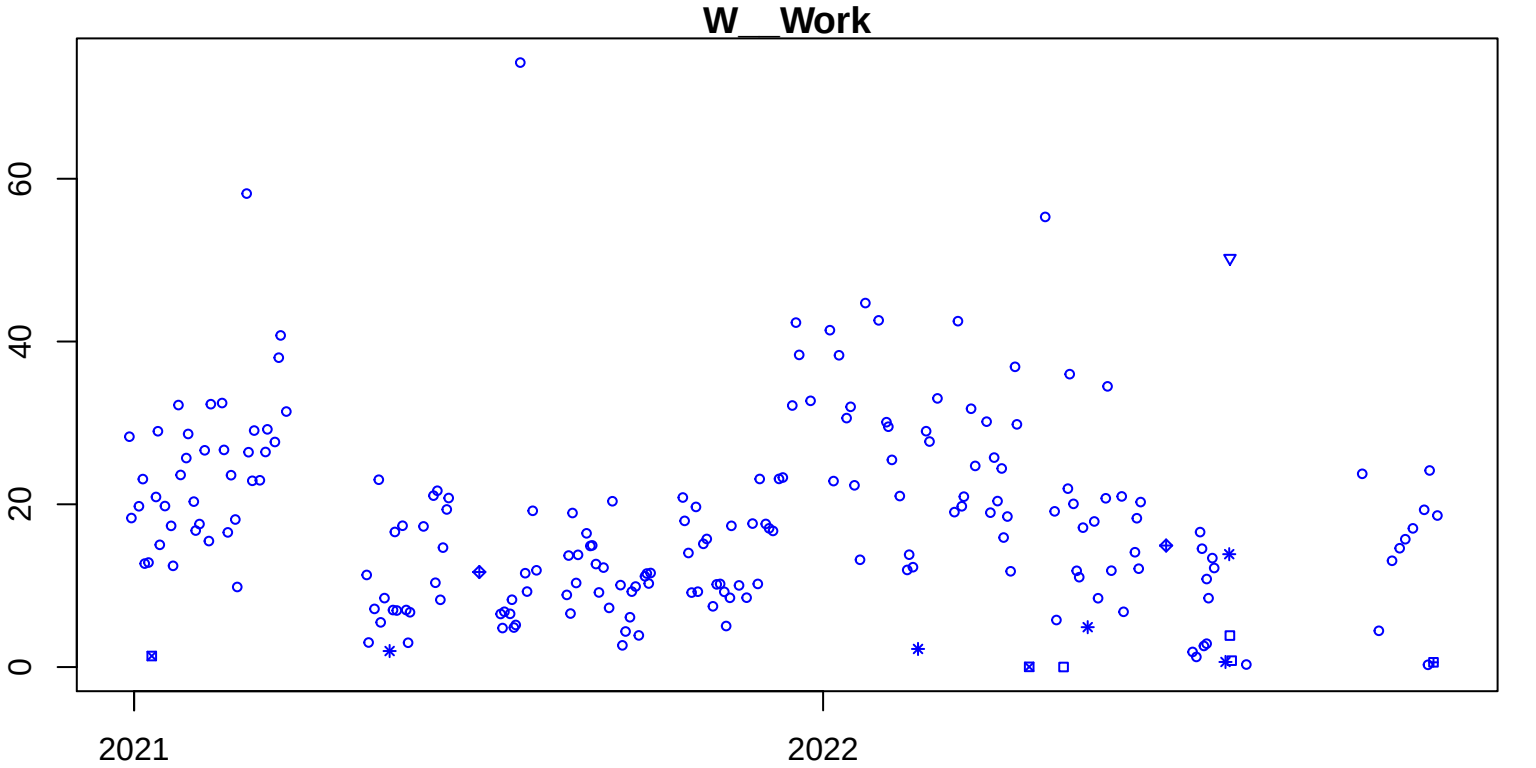

Minimum_W_bal
20
10
0
−10
−20
−30
2021
2022

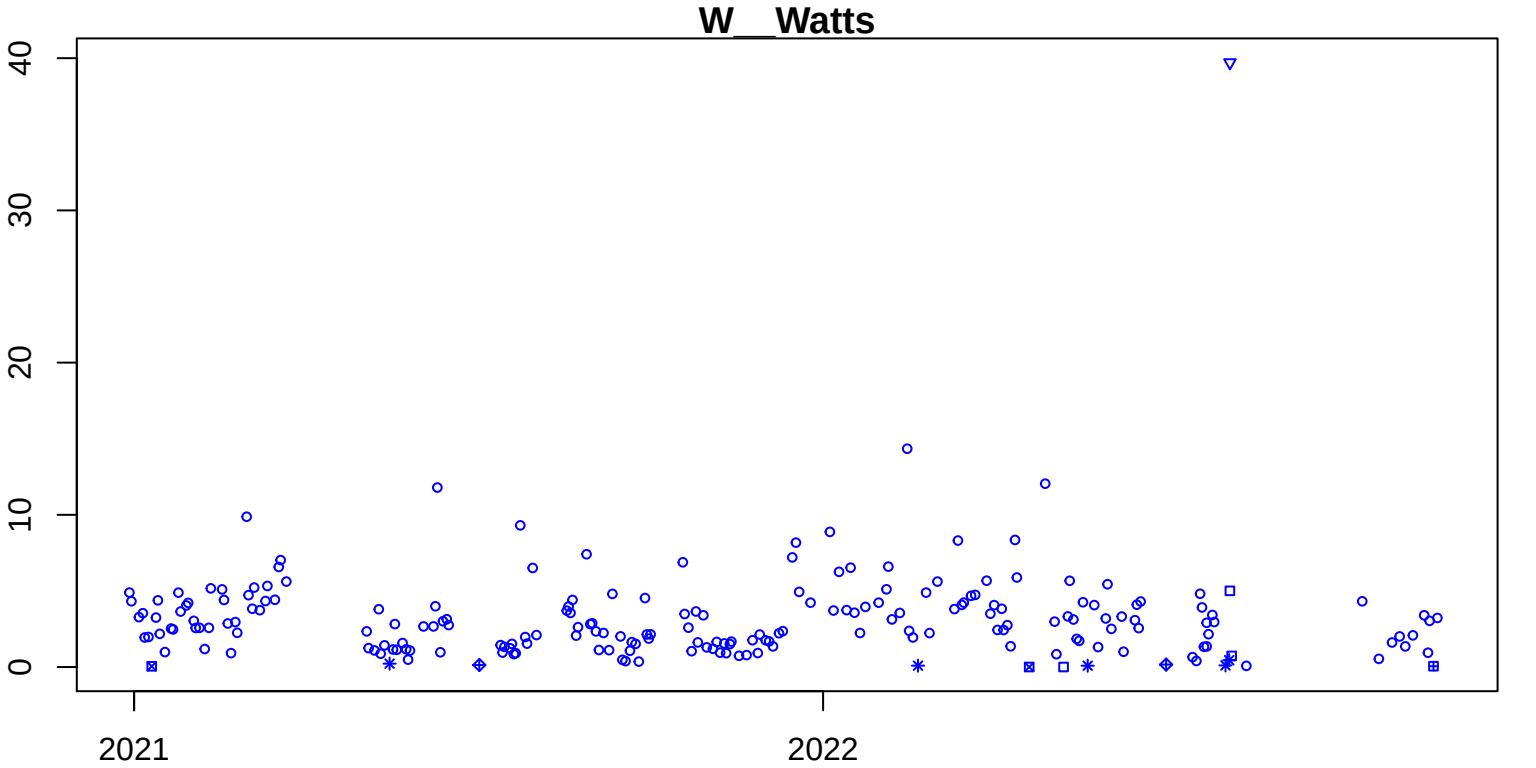

Max_W__Expended
250
200
150
100
50
0
2021
2022

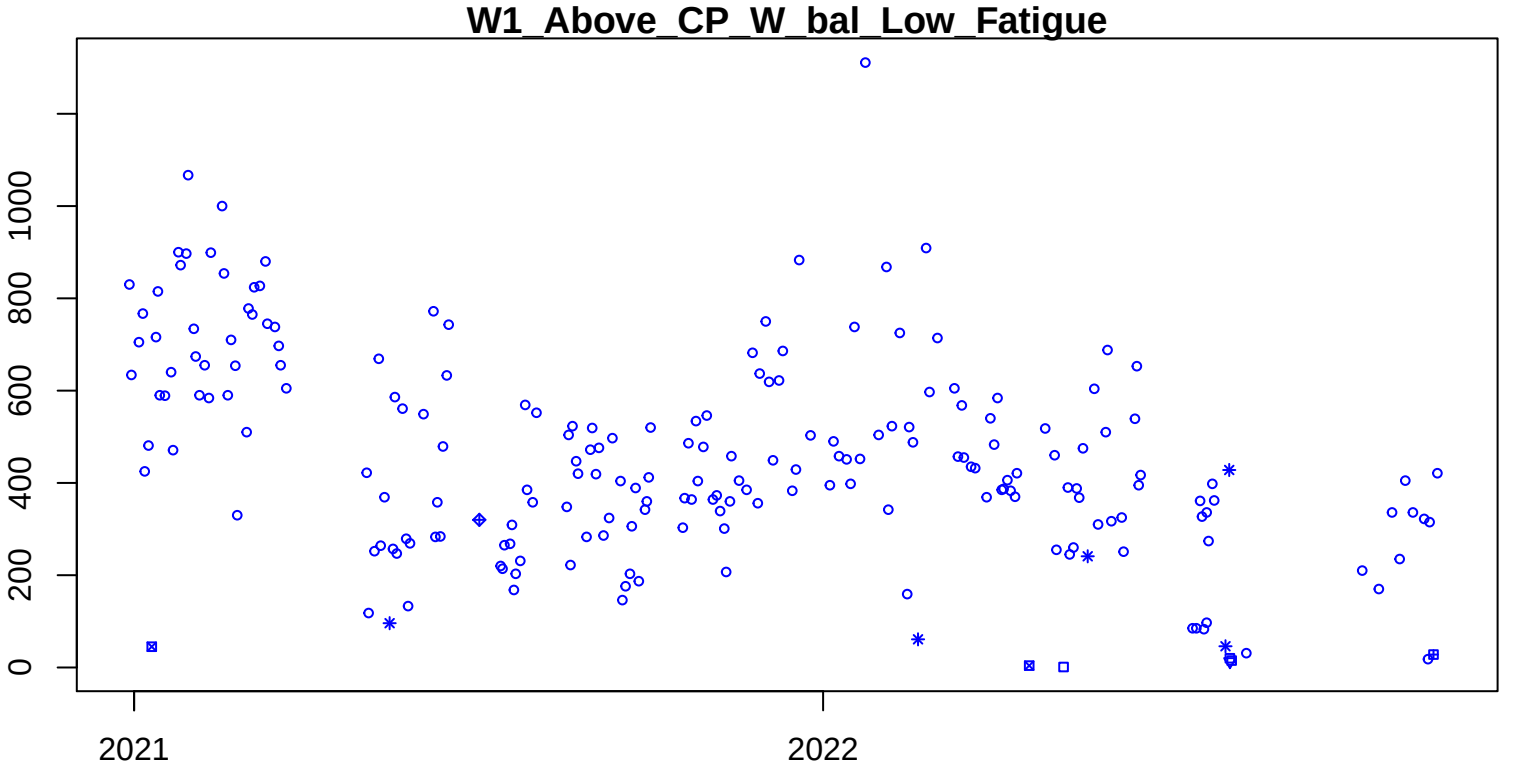

W_bal_Matches_._2KJ
15
10
5
0
2021
2022

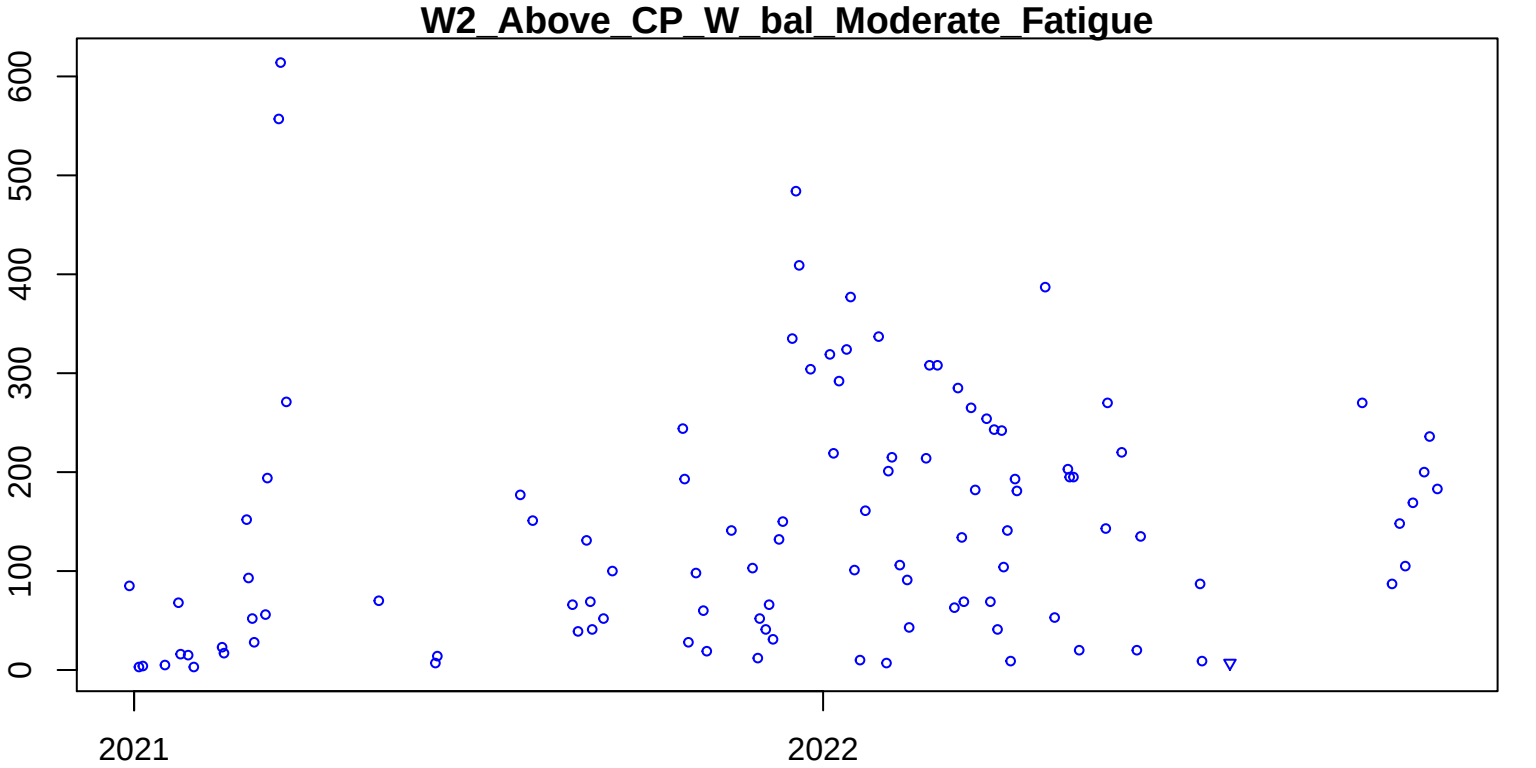

Maximum_W_bal_Match
0
5
10
15
20
25
30
2021
2022

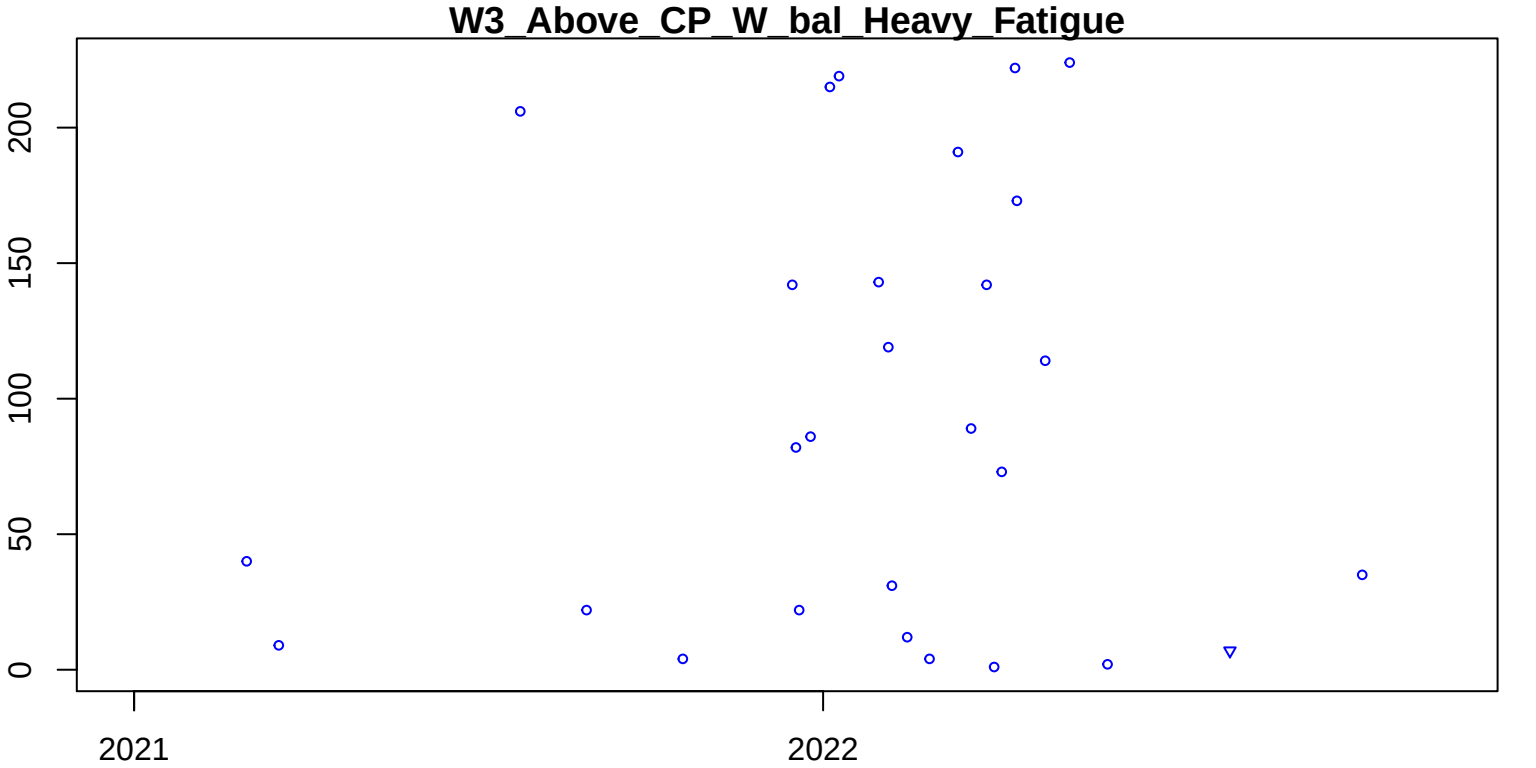

W_bal_TAU
0
100
200
300
400
500
2021
2022

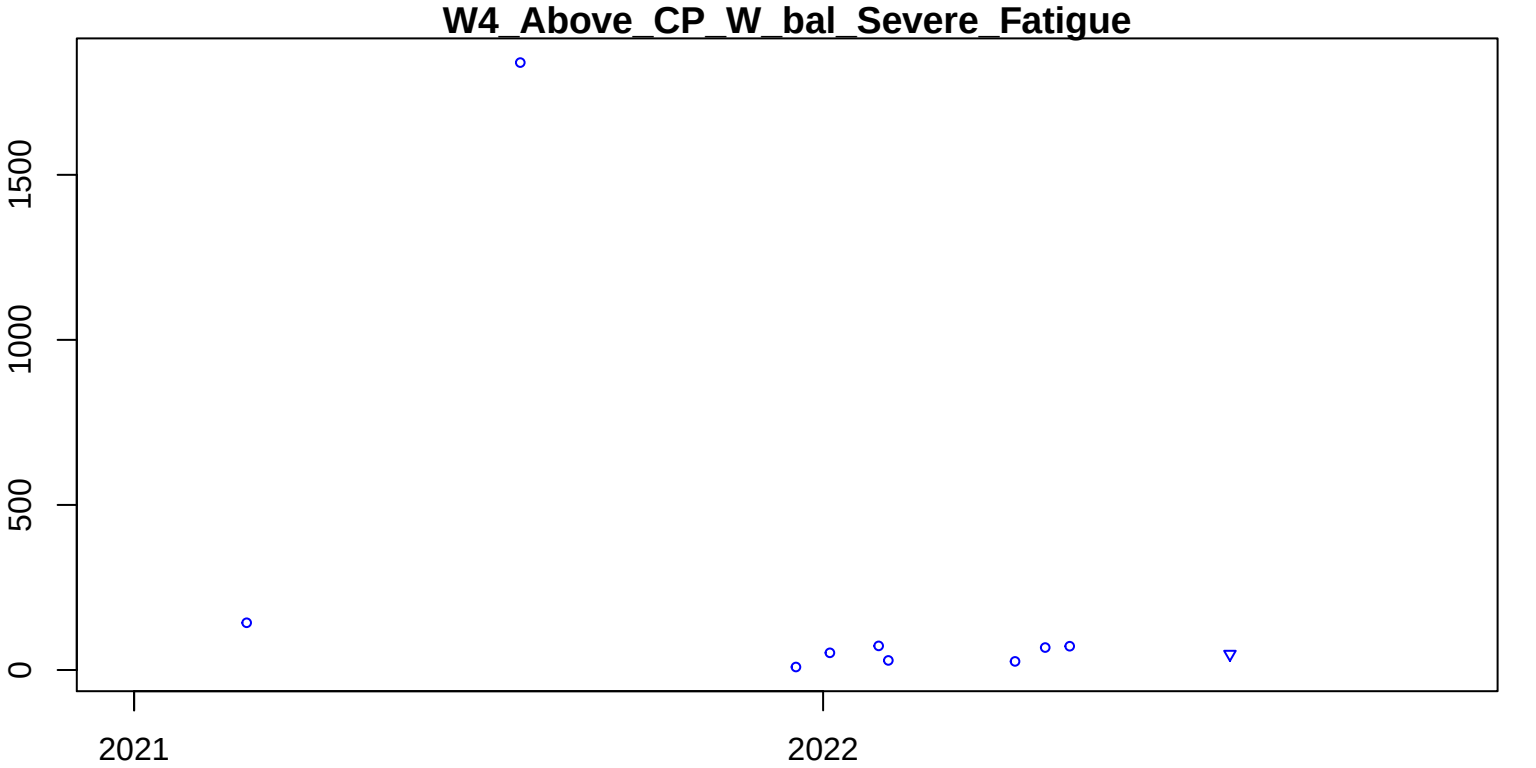

W__Work
0
20
40
60
2021
2022

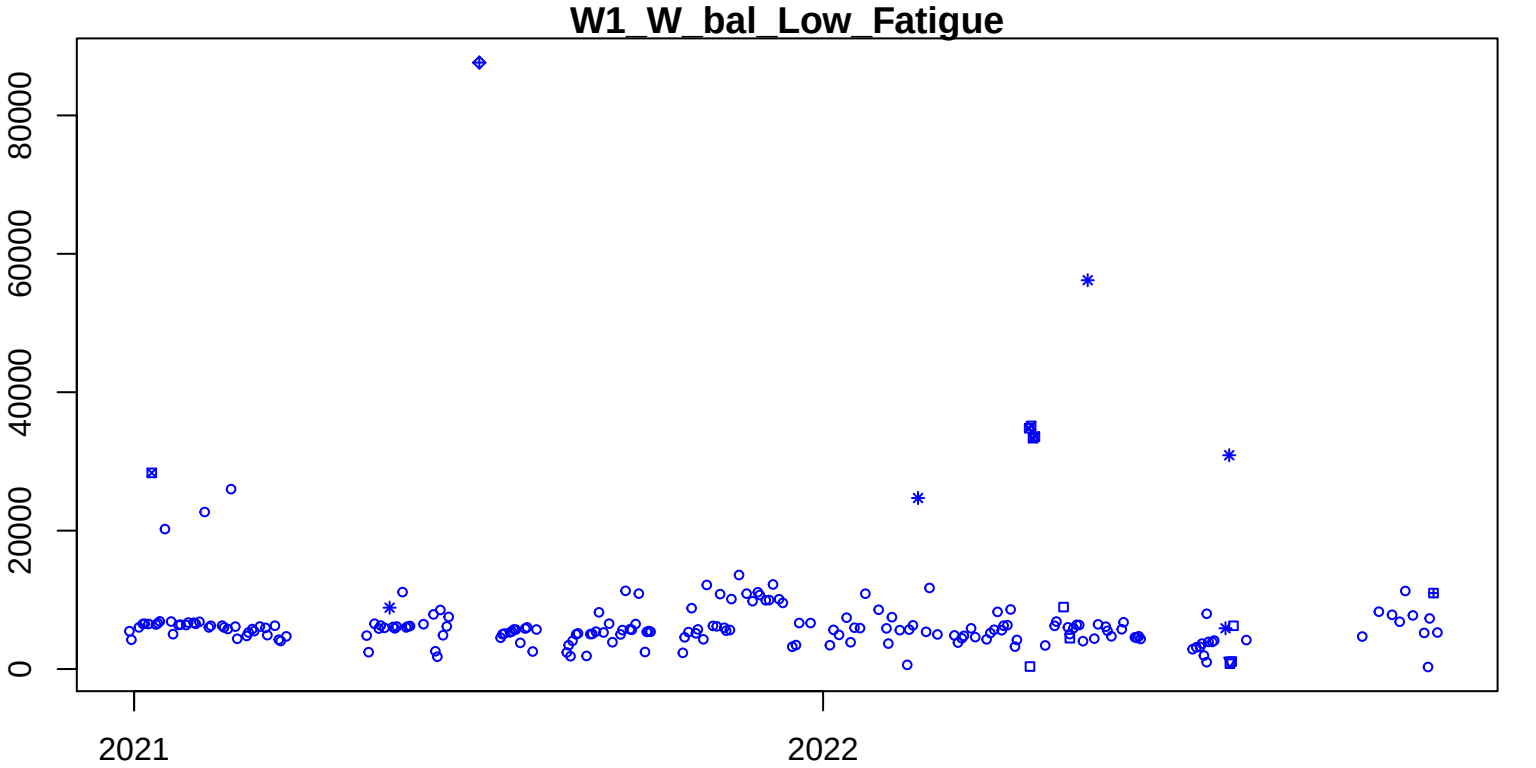

W__Watts
0
10
20
30
40
2021
2022

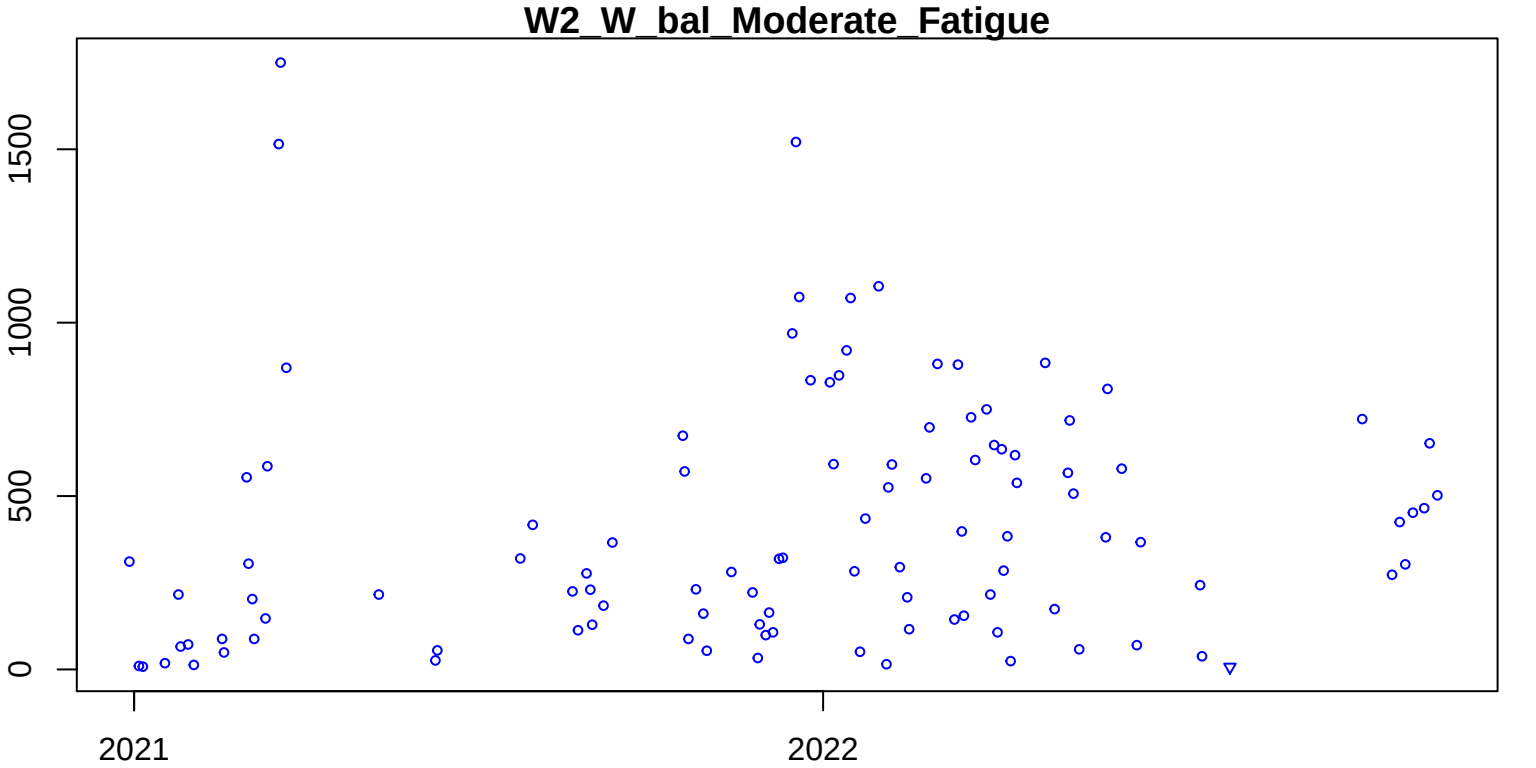

W1_Above_CP_W_bal_Low_Fatigue
0
200
400
600
800
1000
2021
2022

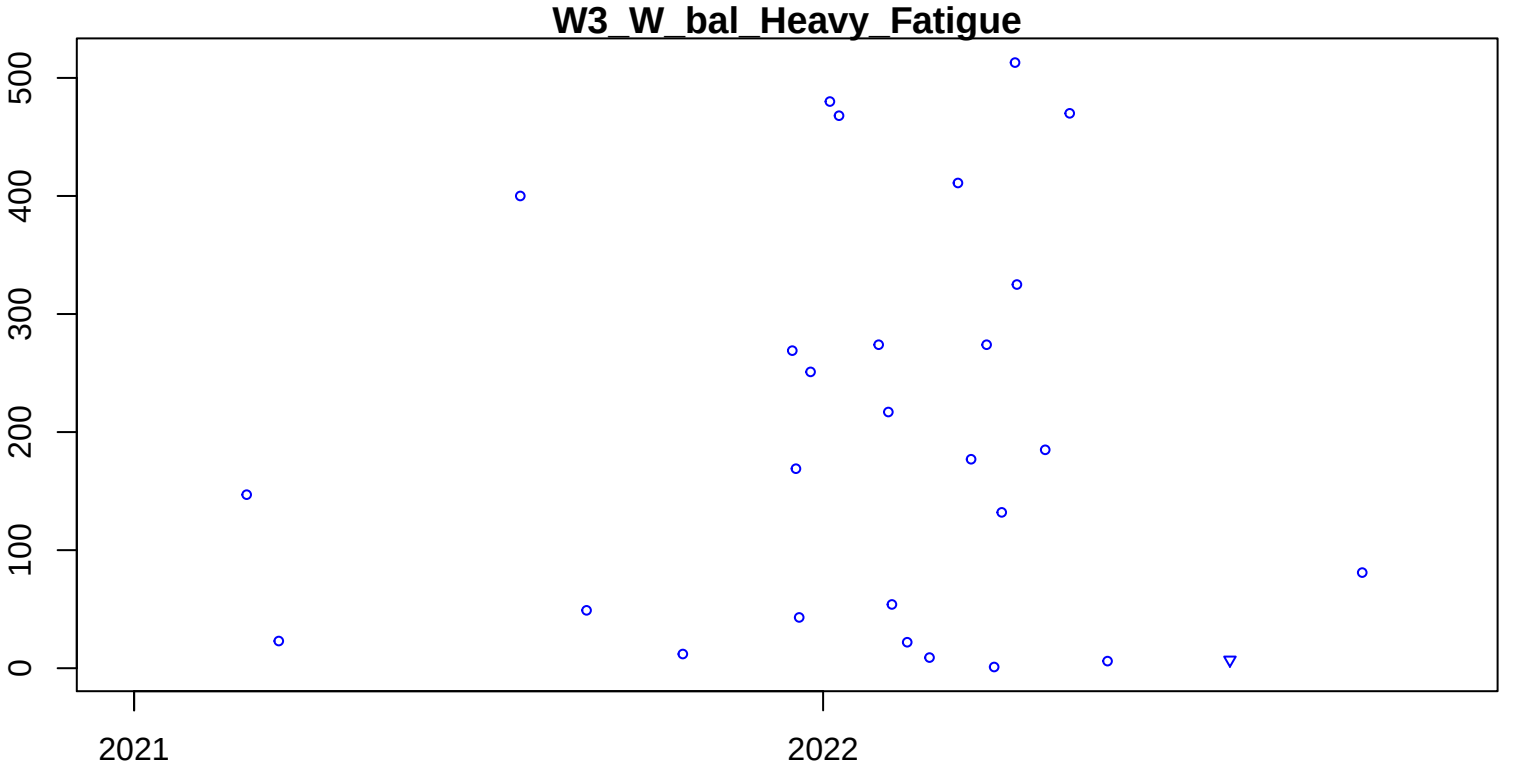

W2_Above_CP_W_bal_Moderate_Fatigue
0
100
200
300
400
500
600
2021
2022

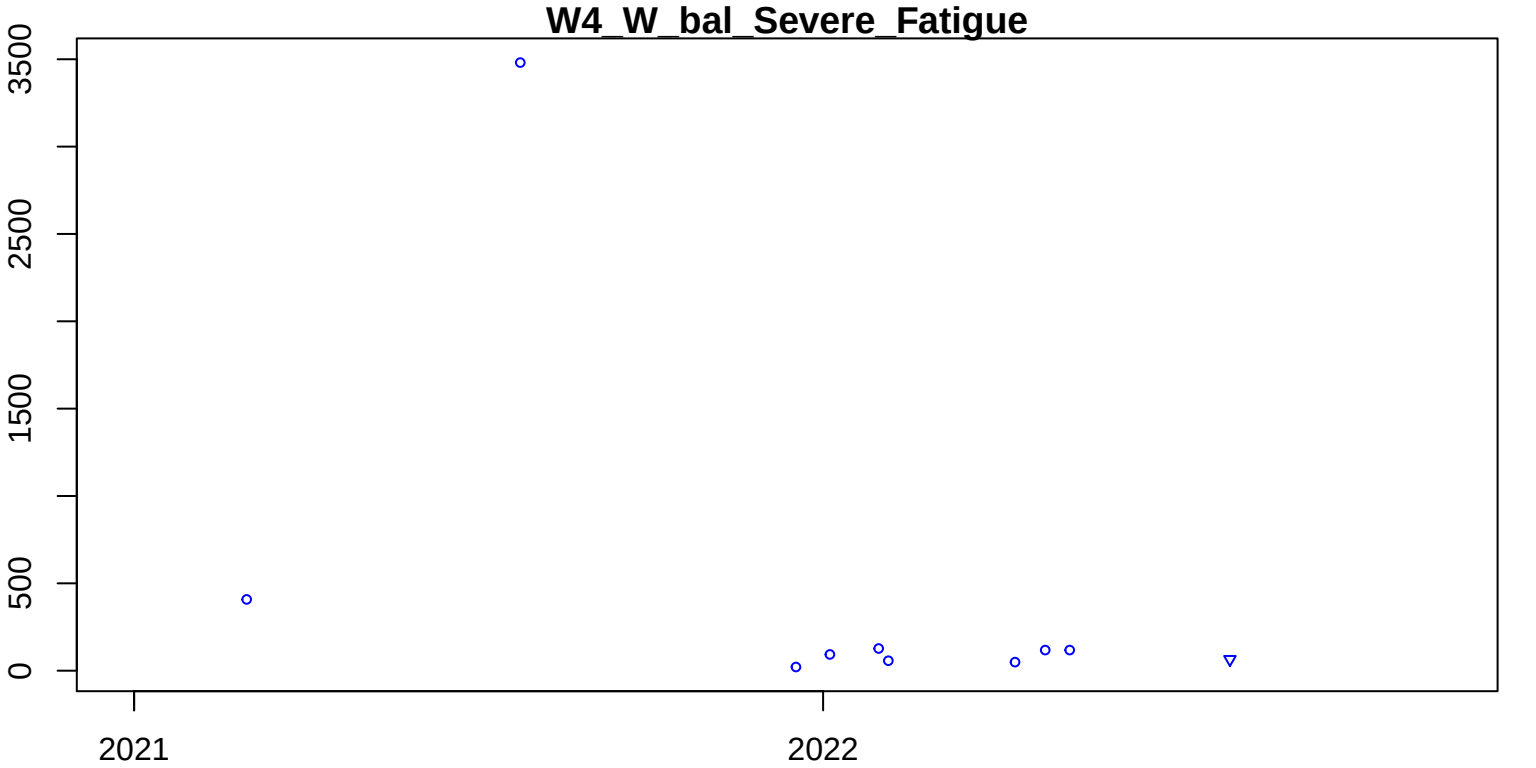

W3_Above_CP_W_bal_Heavy_Fatigue
0
50
100
150
200
2021
2022

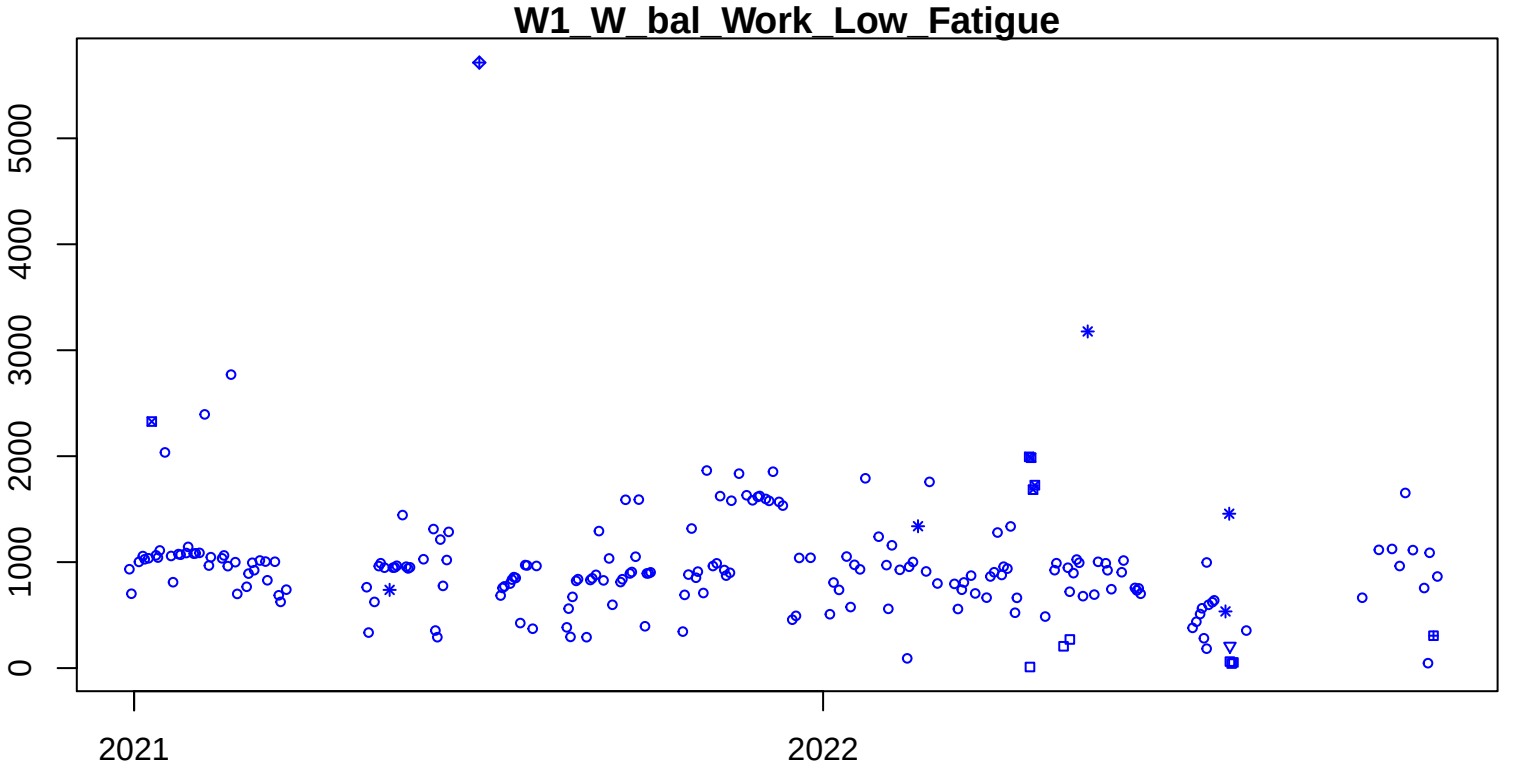

W4_Above_CP_W_bal_Severe_Fatigue
0
500
1000
1500
2021
2022

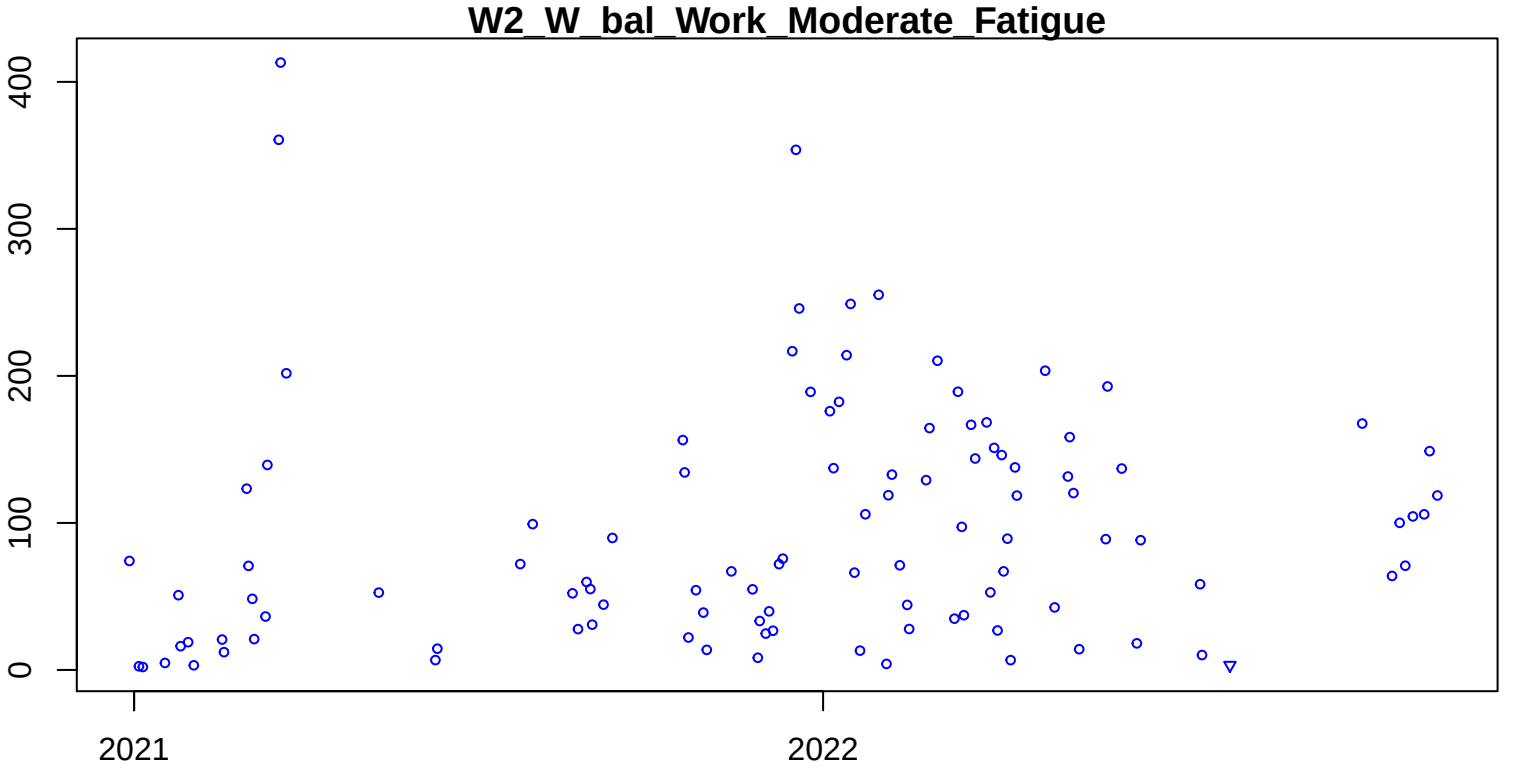

W1_W_bal_Low_Fatigue
0
20000
40000
60000
80000
2021
2022

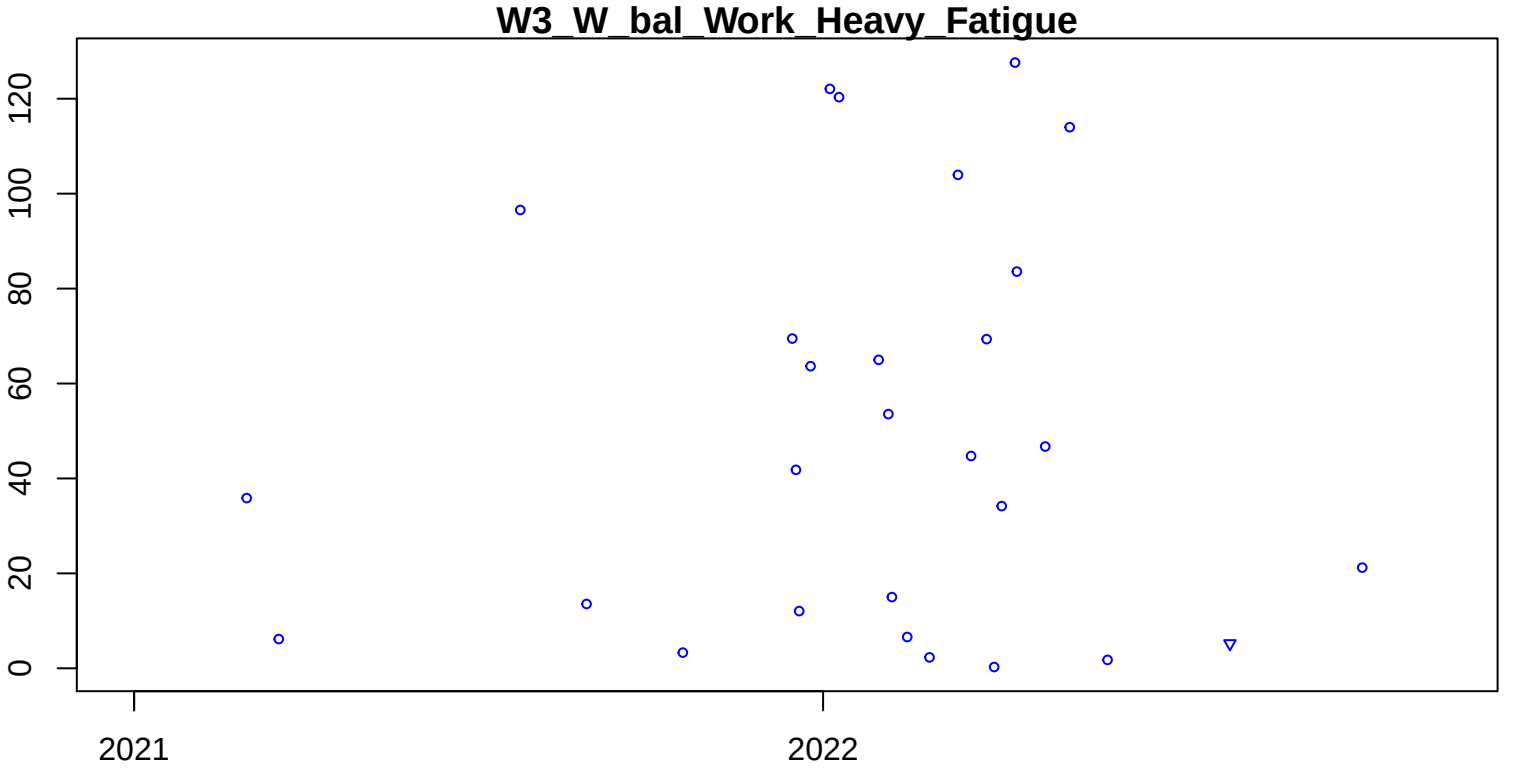

W2_W_bal_Moderate_Fatigue
0
500
1000
1500
2021
2022

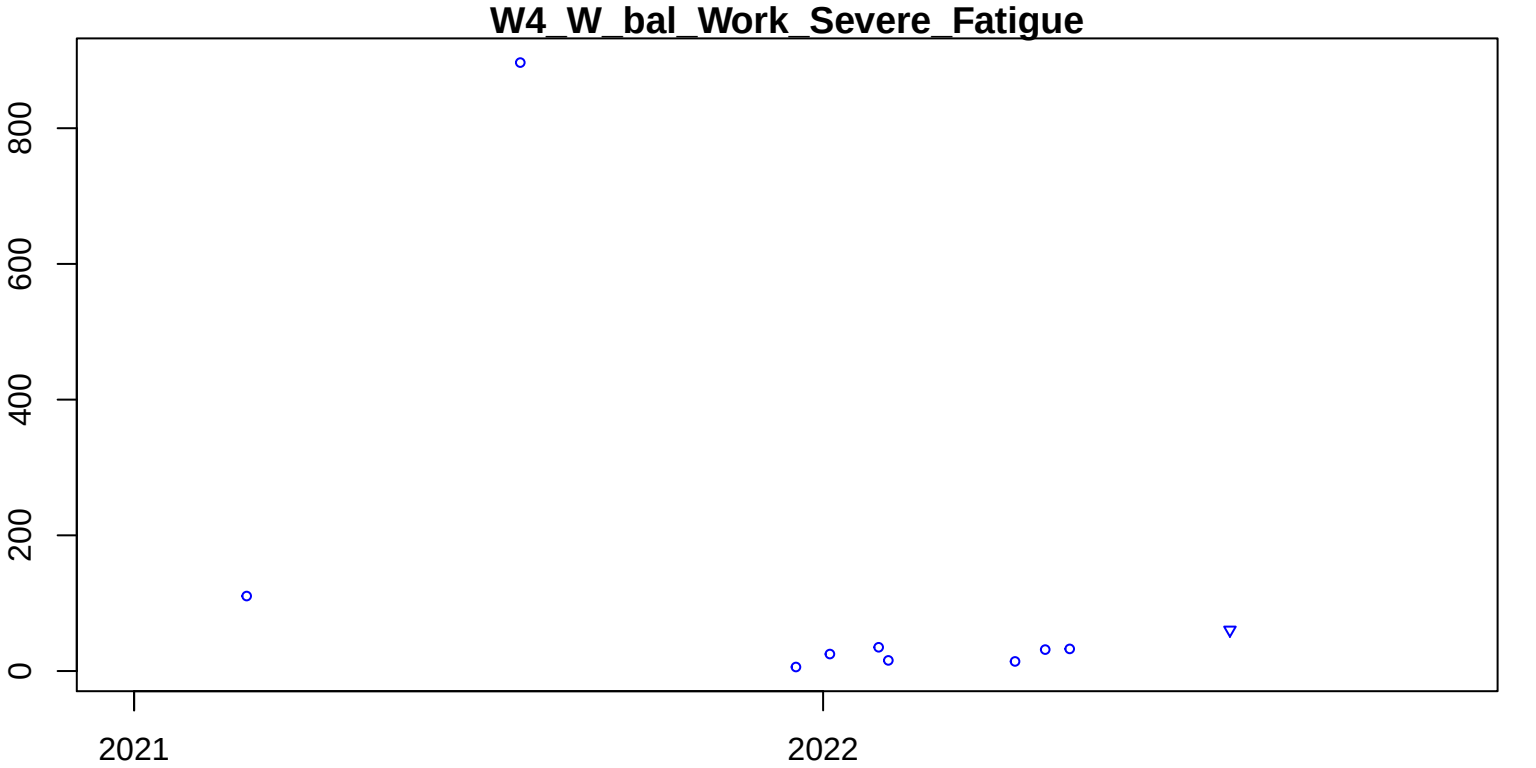

W3_W_bal_Heavy_Fatigue
0
100
200
300
400
500
2021
2022

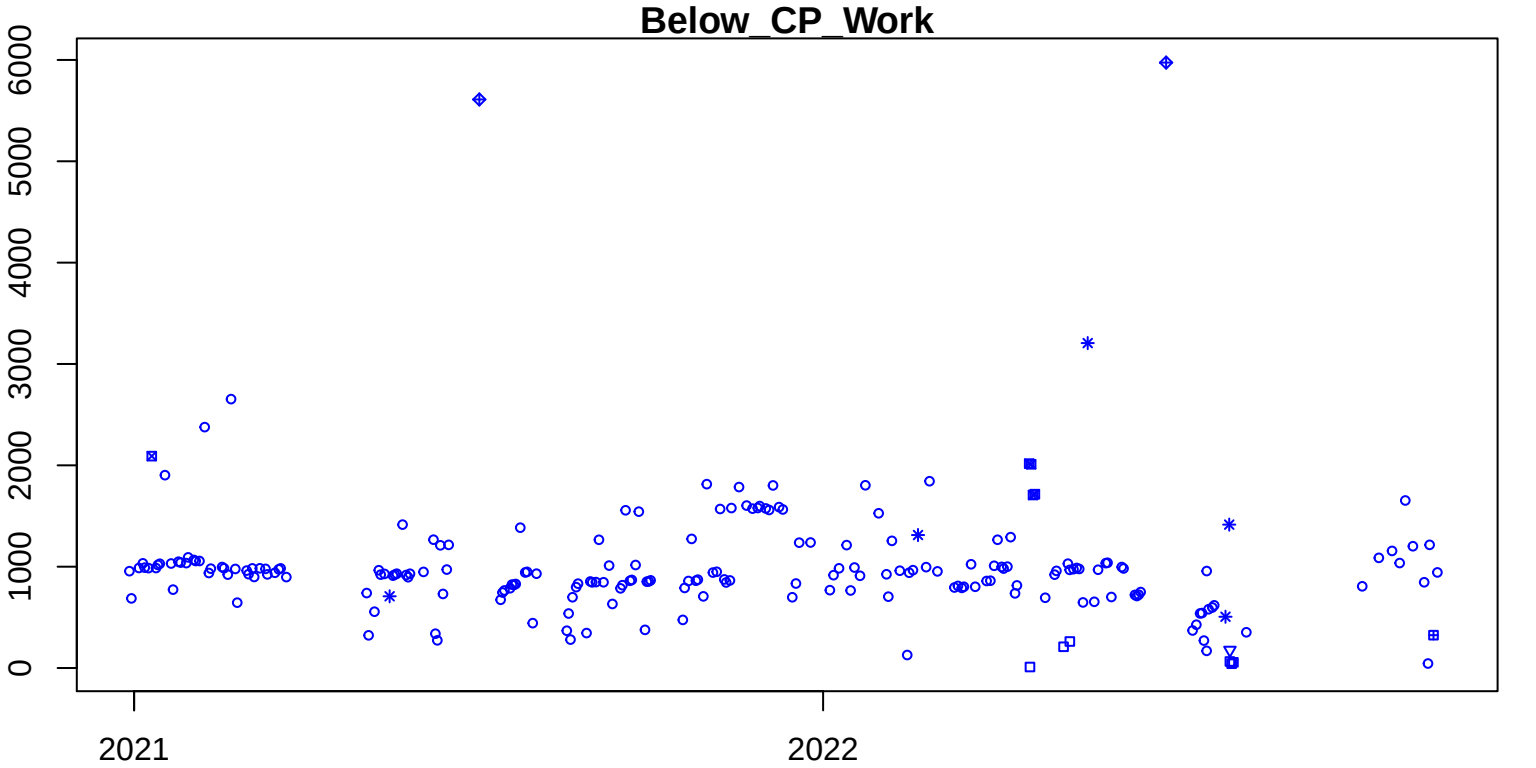

W4_W_bal_Severe_Fatigue
3500
2500
1500
500
0
2021
2022

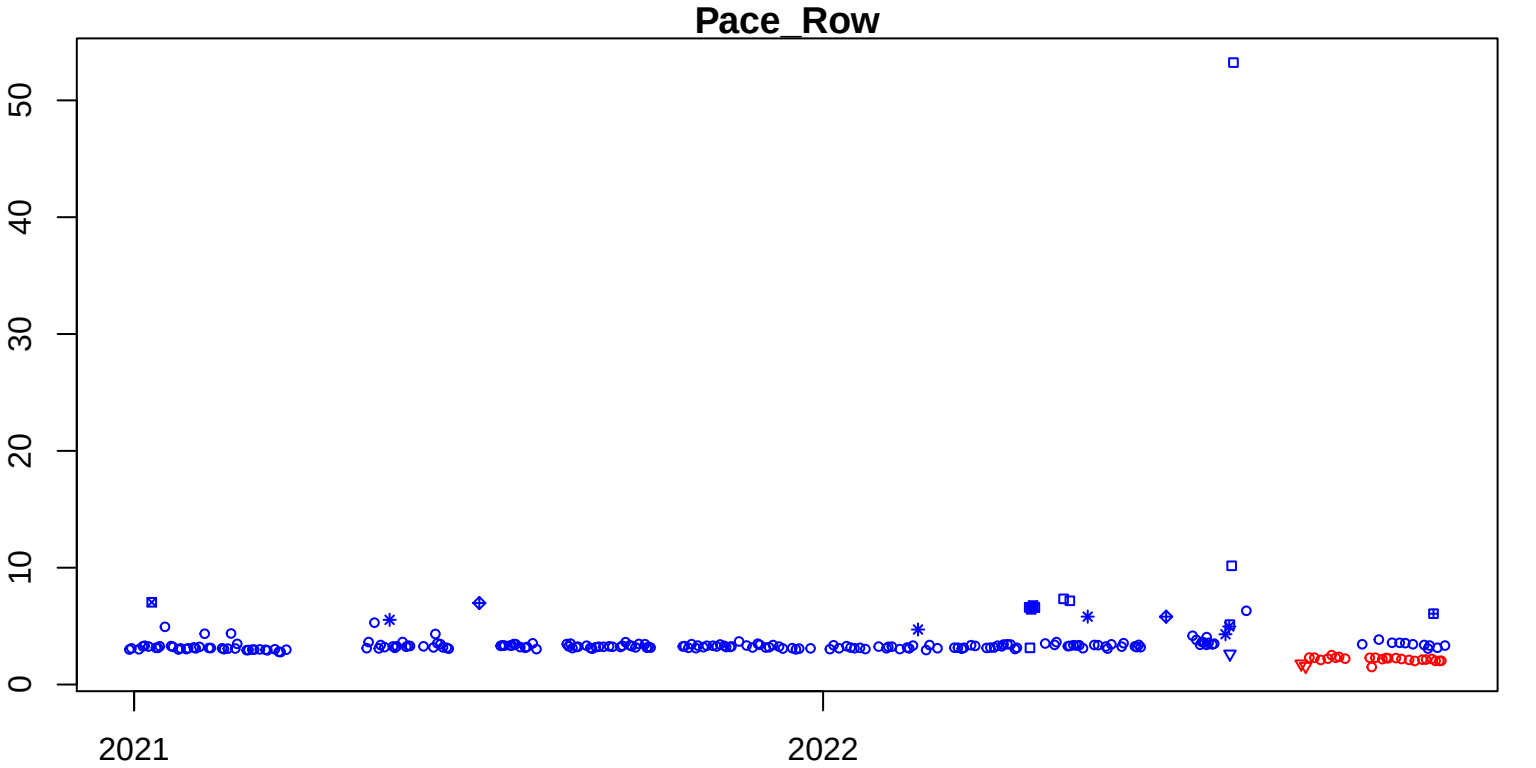

W1_W_bal_Work_Low_Fatigue
0
1000
2000
3000
4000
5000
2021
2022

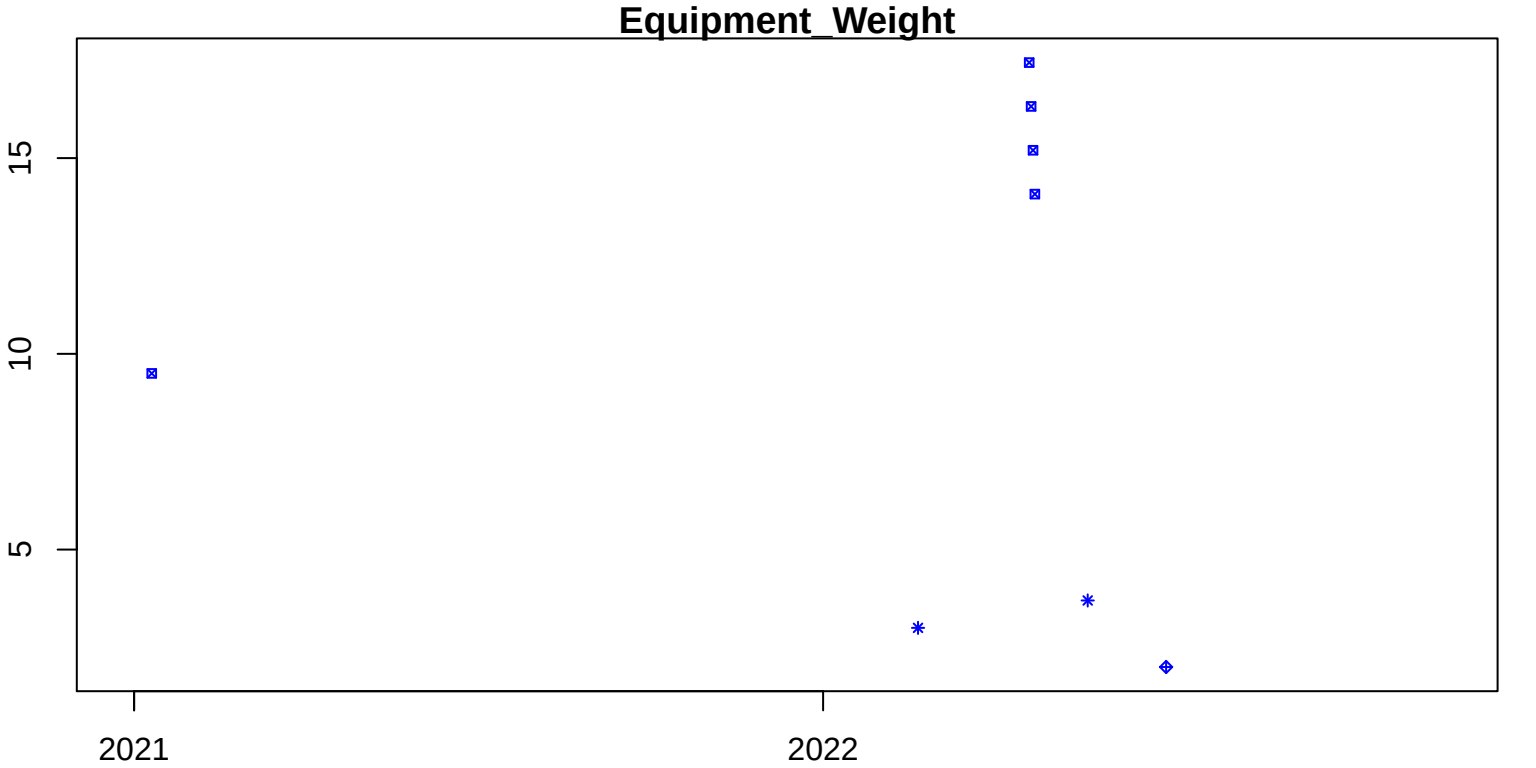

W2_W_bal_Work_Moderate_Fatigue
0
100
200
300
400
2021
2022

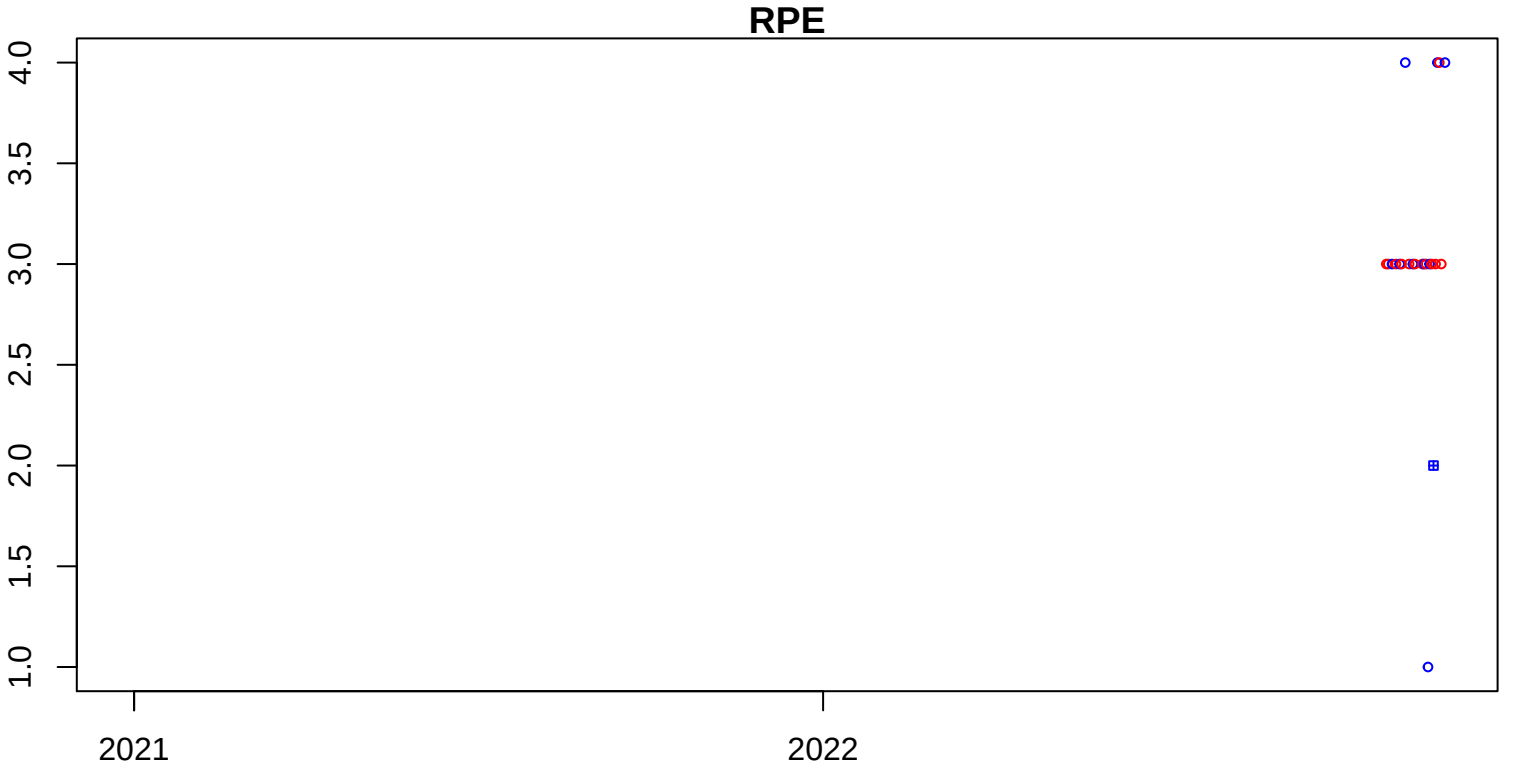

W3_W_bal_Work_Heavy_Fatigue
0
20
40
60
80
100
120
2021
2022

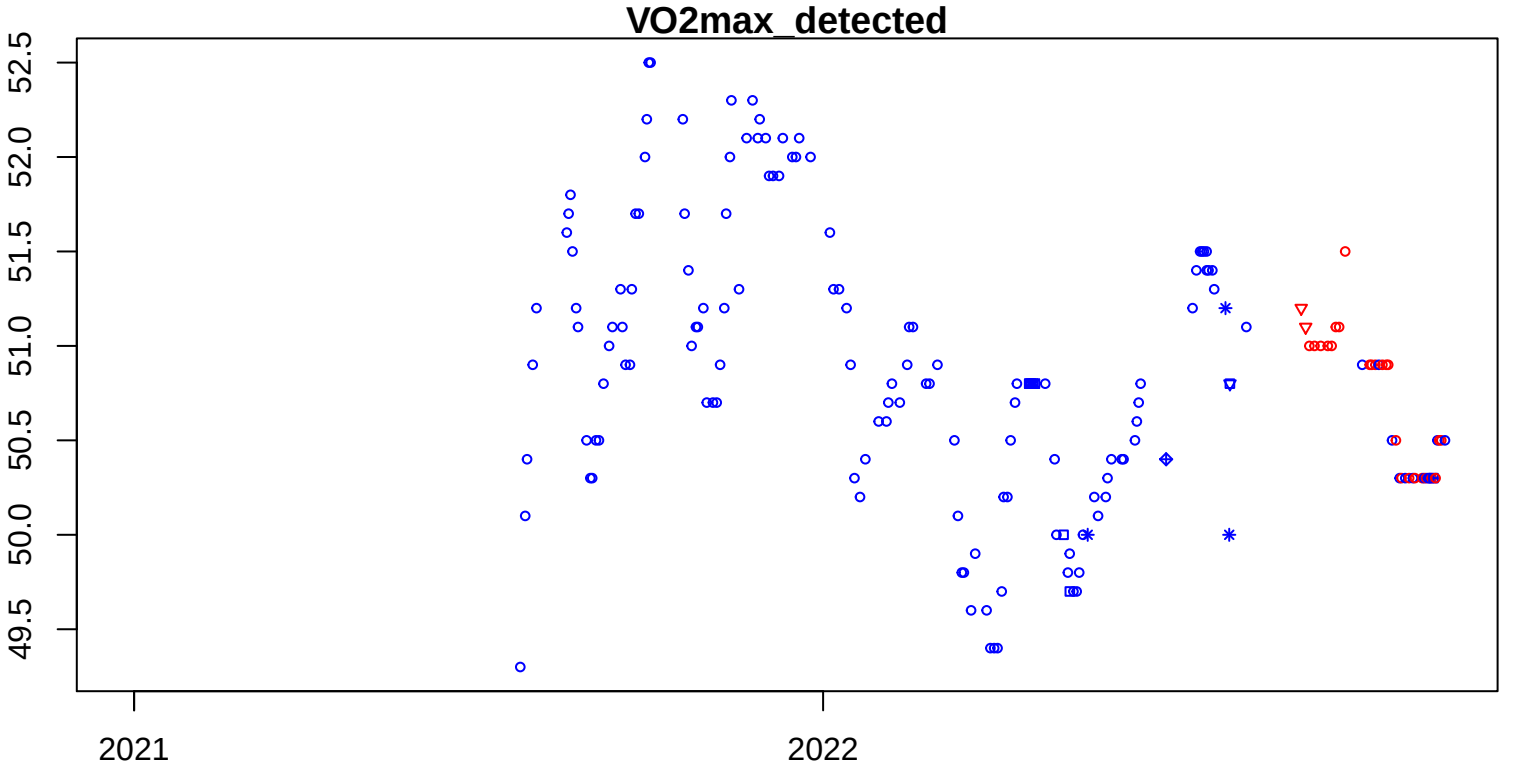

W4_W_bal_Work_Severe_Fatigue
0
200
400
600
800
2021
2022

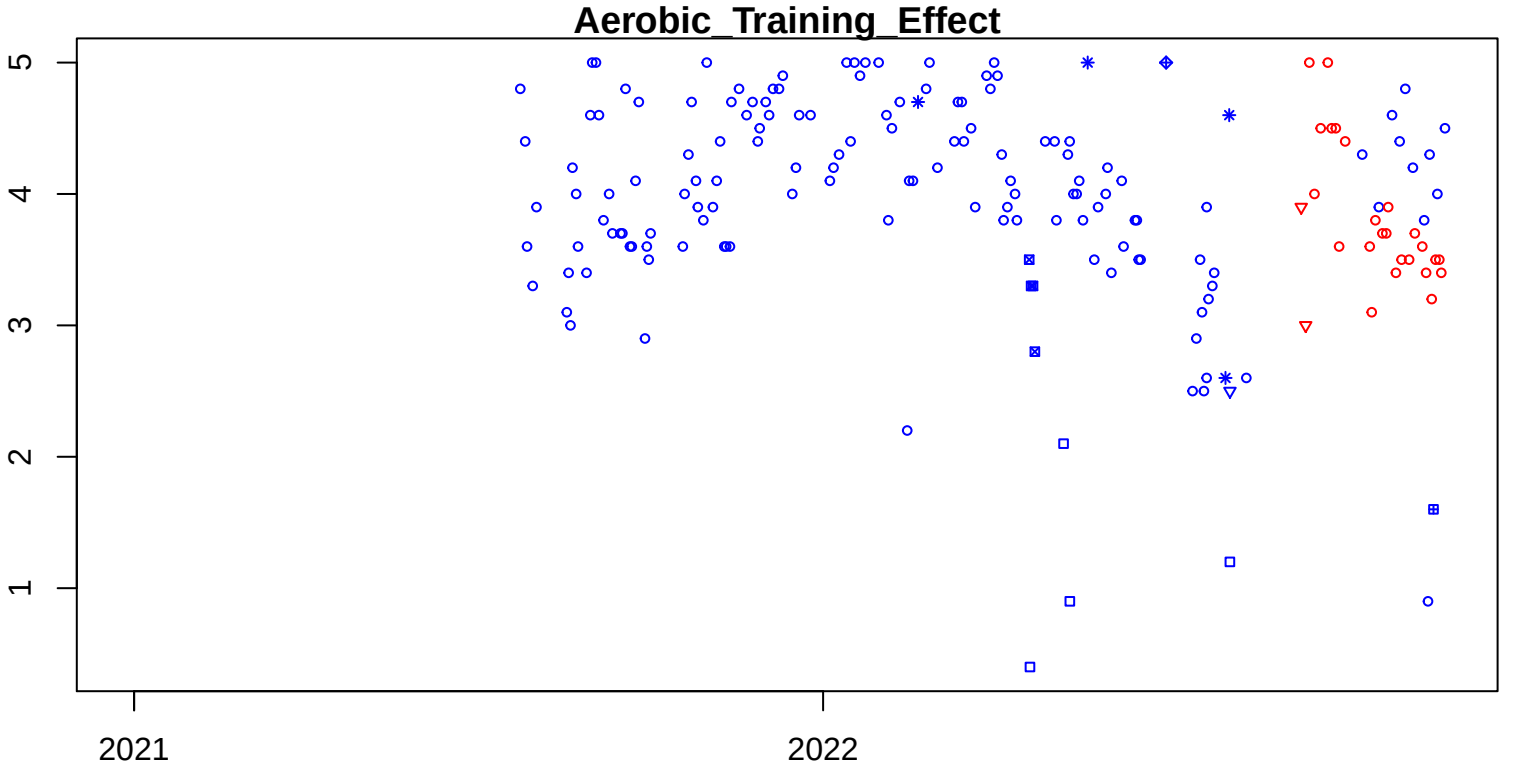

Below_CP_Work
0
1000
2000
3000
4000
5000
6000
2021
2022

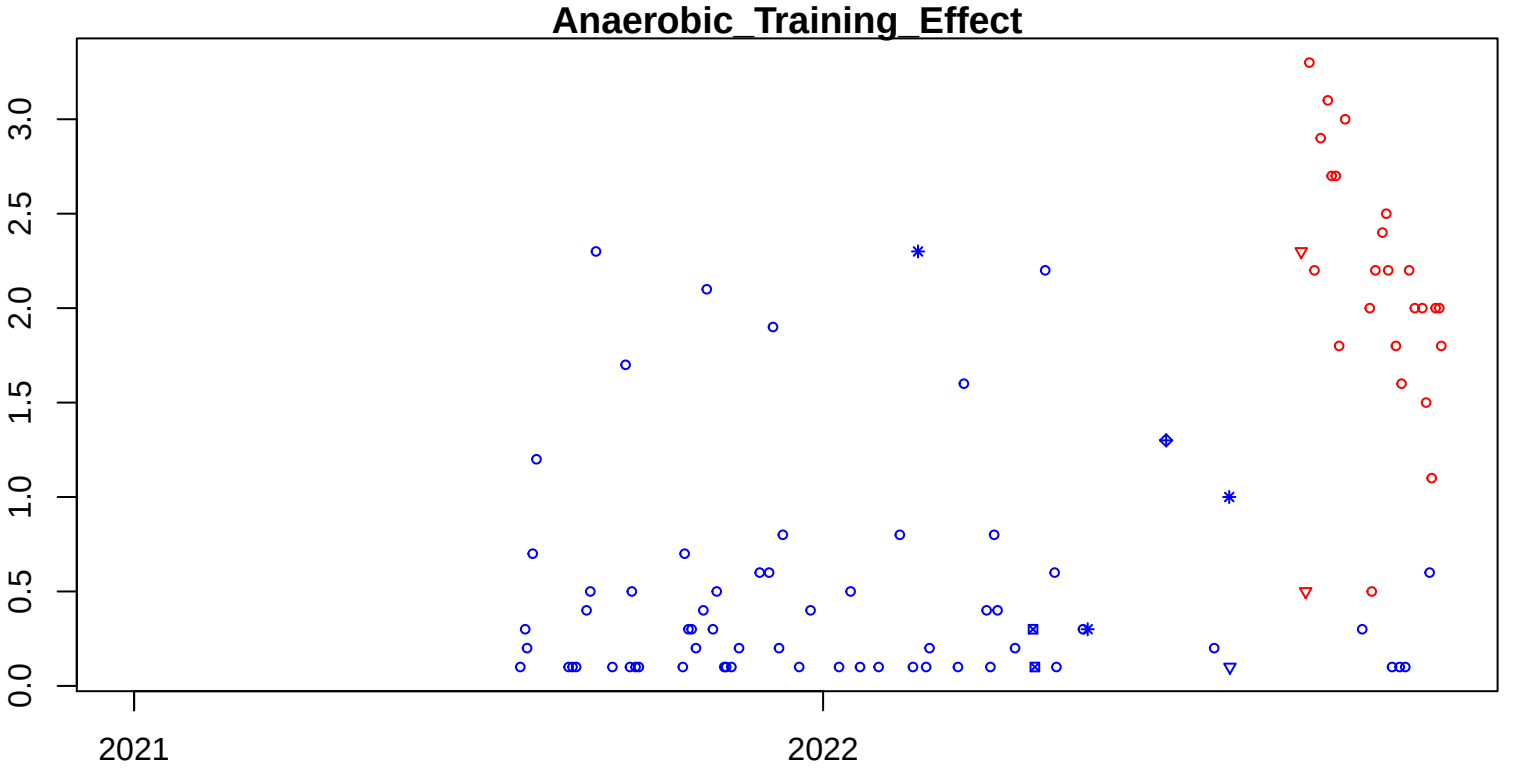

Pace_Row
0
10
20
30
40
50
2021
2022

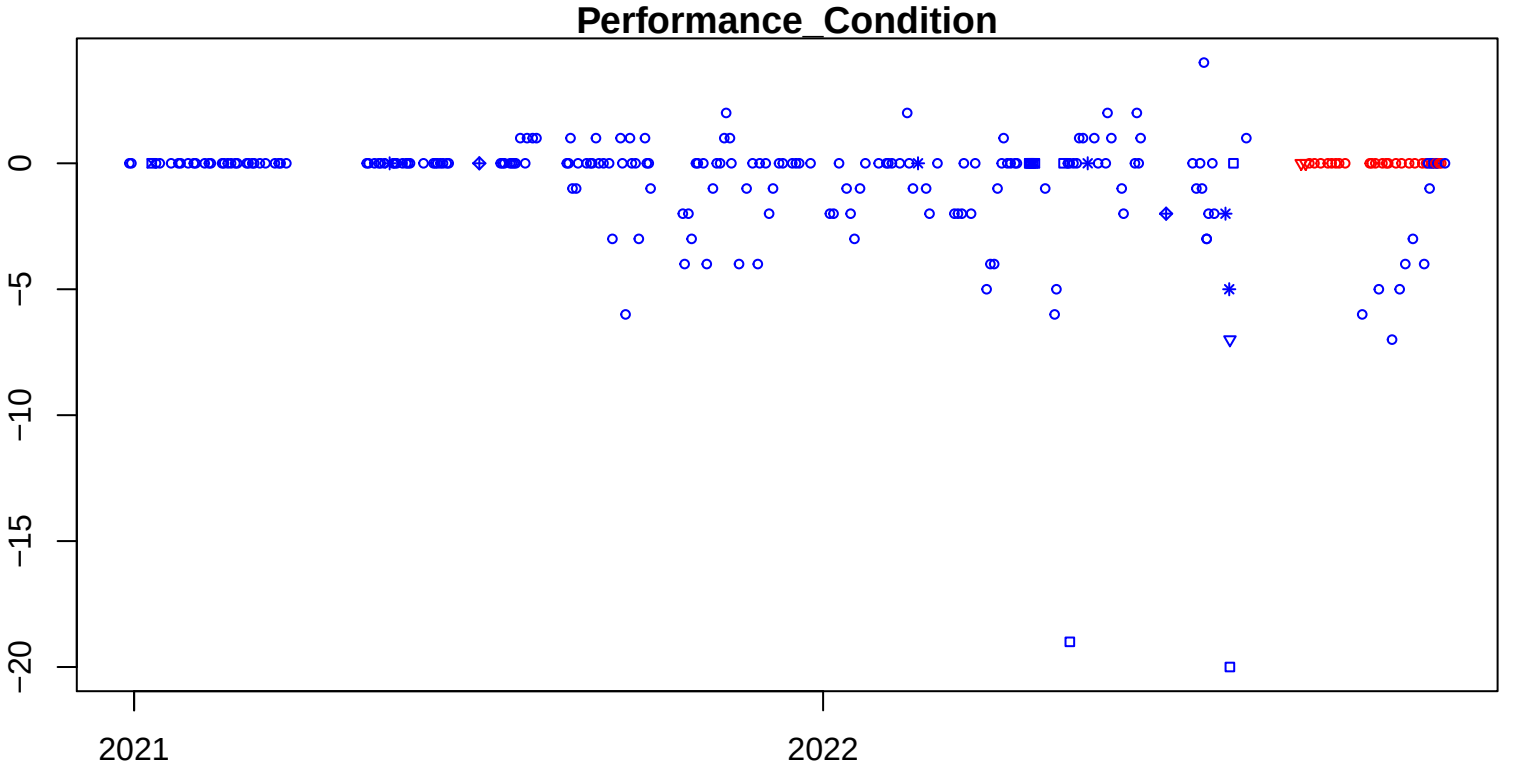

Equipment_Weight
15
10
5
2021
2022

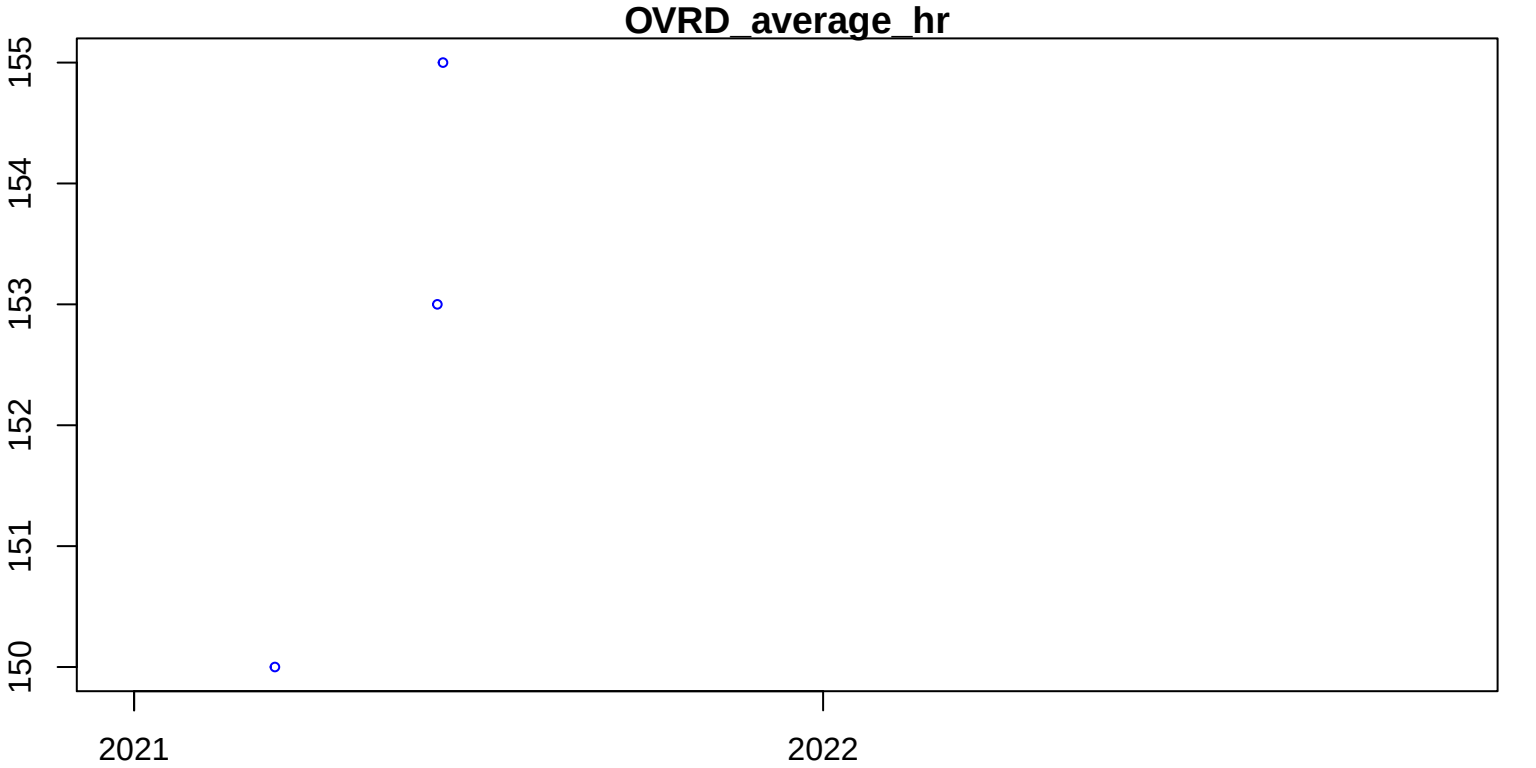

RPE
4.0
3.5
3.0
2.5
2.0
1.5
1.0
2021
2022

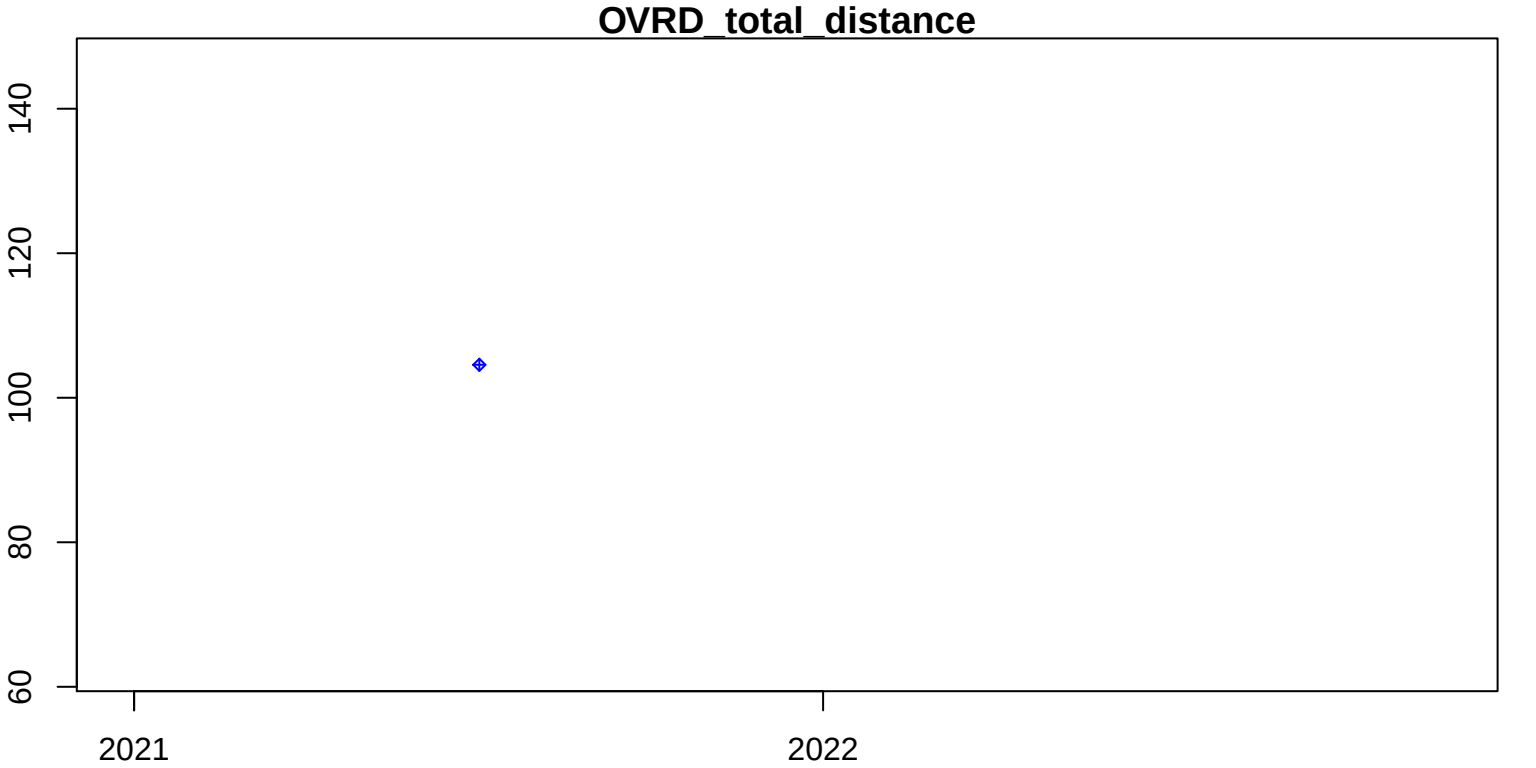

VO2max_detected
52.5
52.0
51.5
51.0
50.5
50.0
49.5
2021
2022

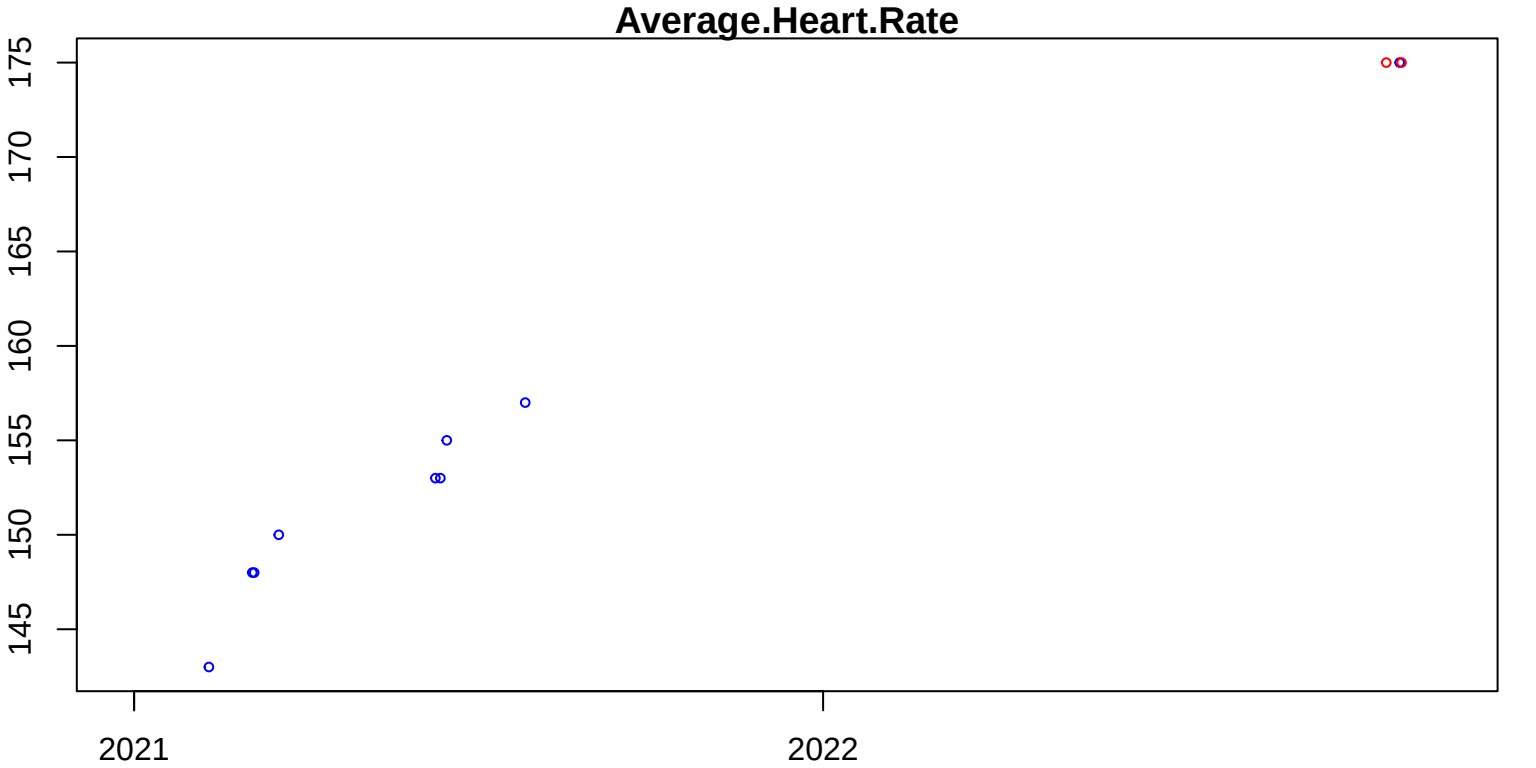

Aerobic_Training_Effect
5
4
3
2
1
2021
2022

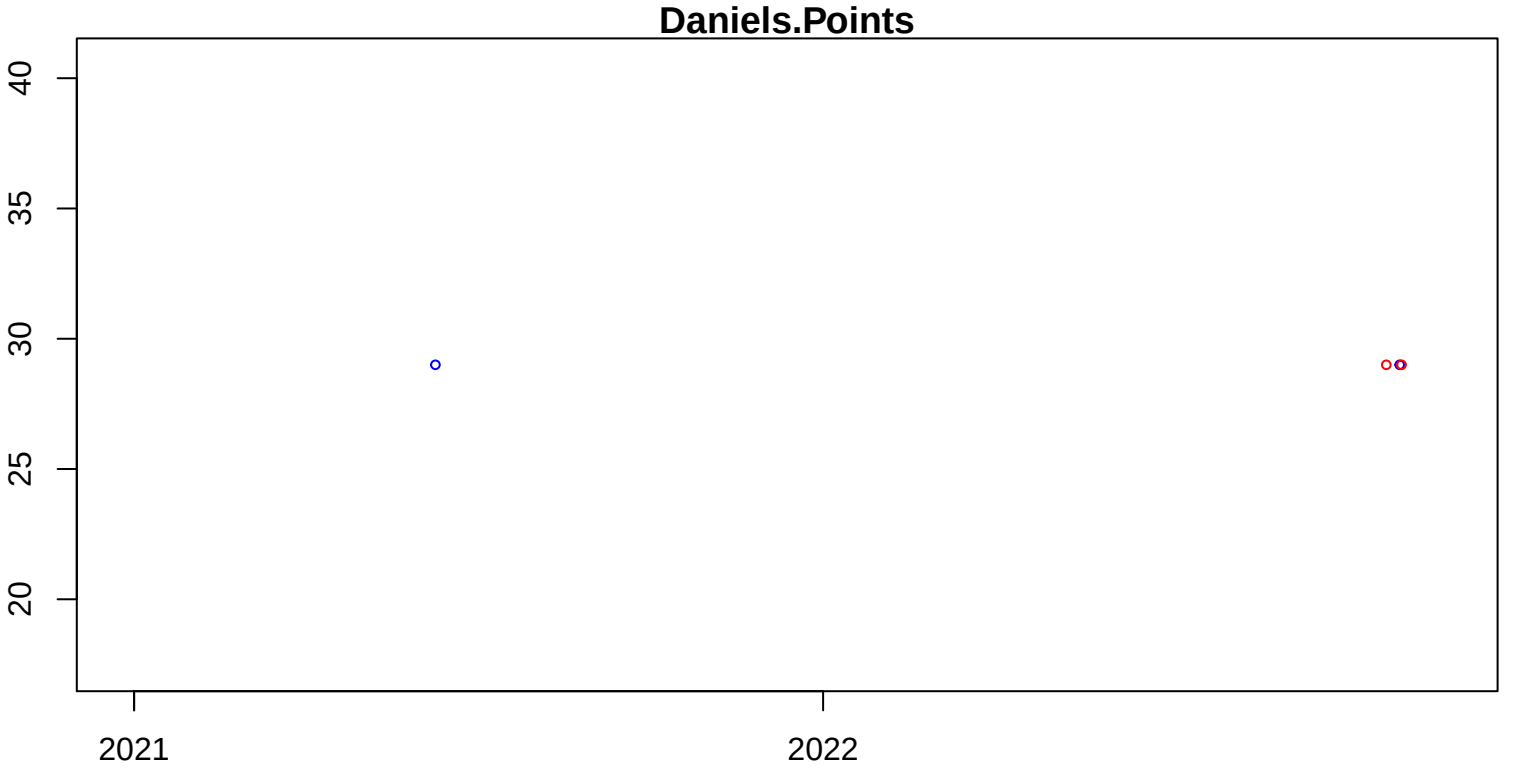

Anaerobic_Training_Effect
0.0
0.5
1.0
1.5
2.0
2.5
3.0
2021
2022

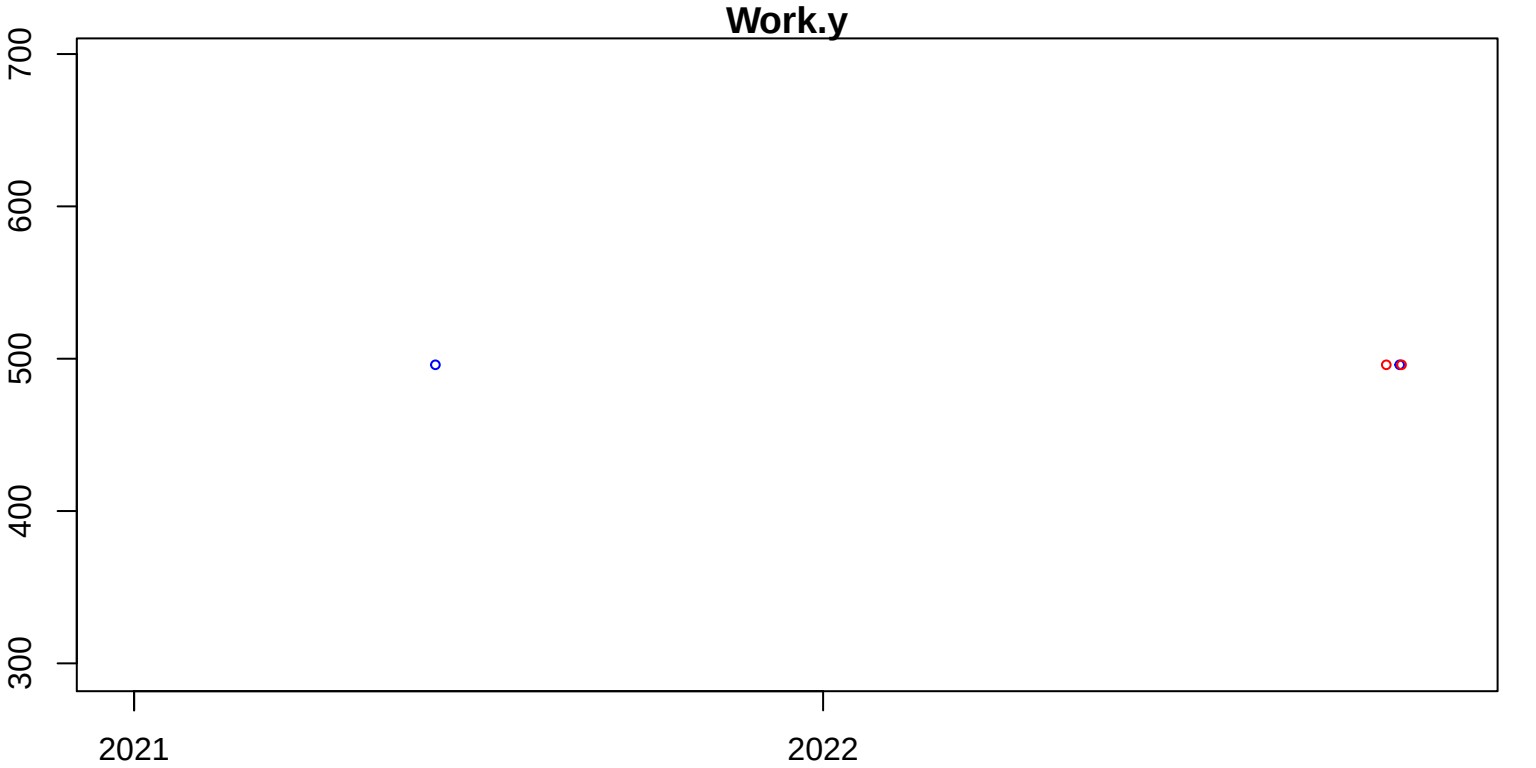

Performance_Condition
0
−5
−10
−15
−20
2021
2022

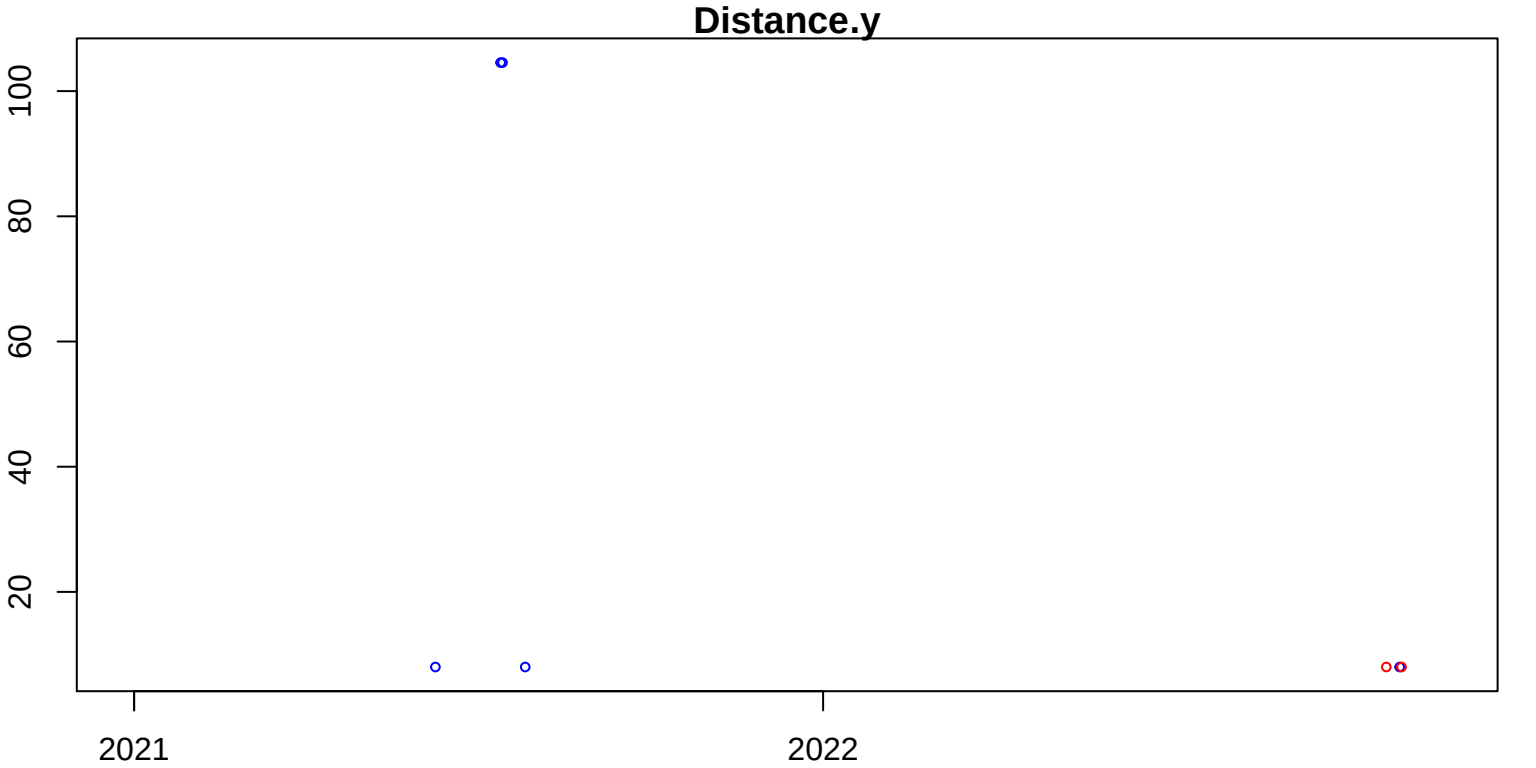

OVRD_average_hr
155
154
153
152
151
150
2021
2022

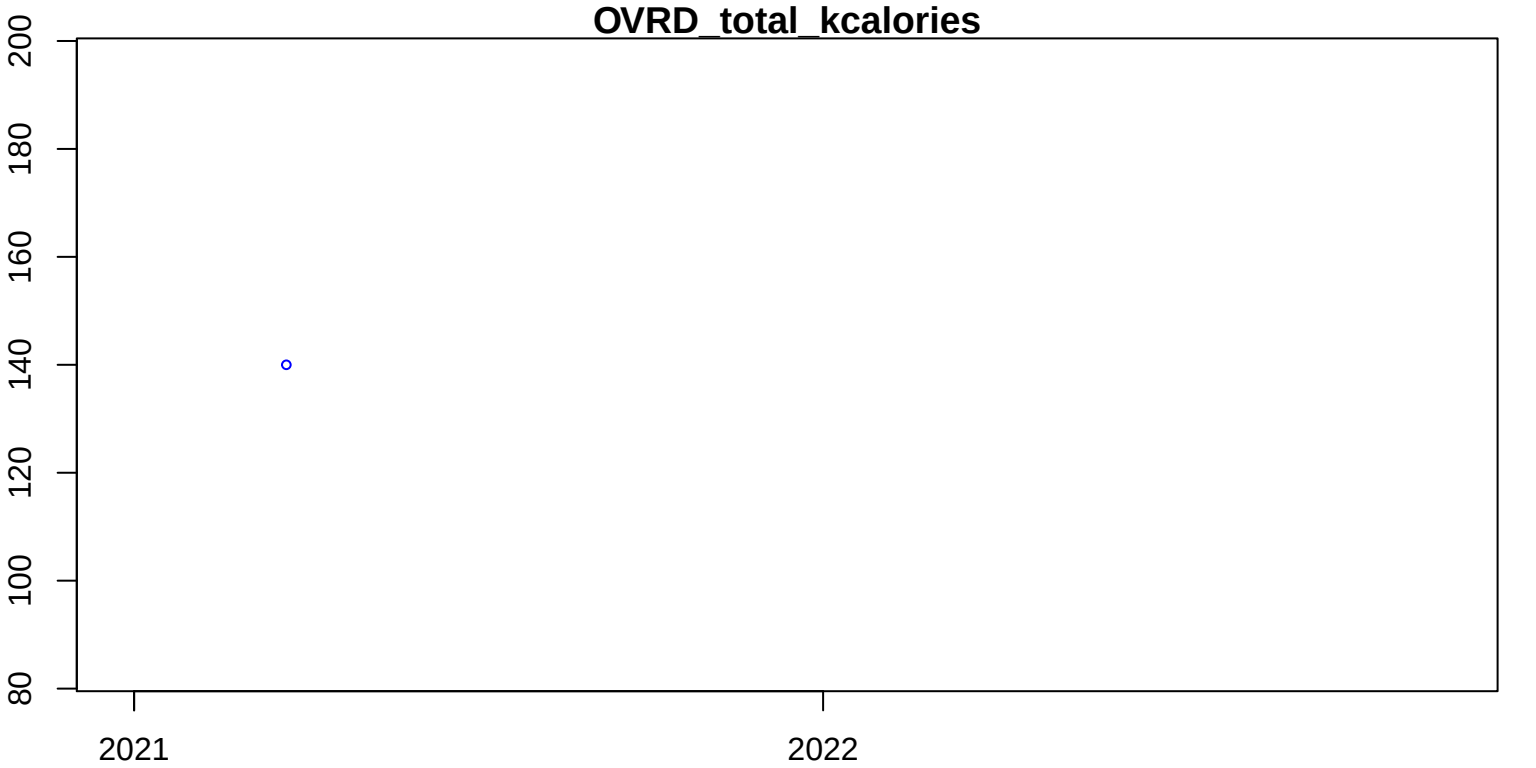

OVRD_total_distance
140
120
100
80
60
2021
2022

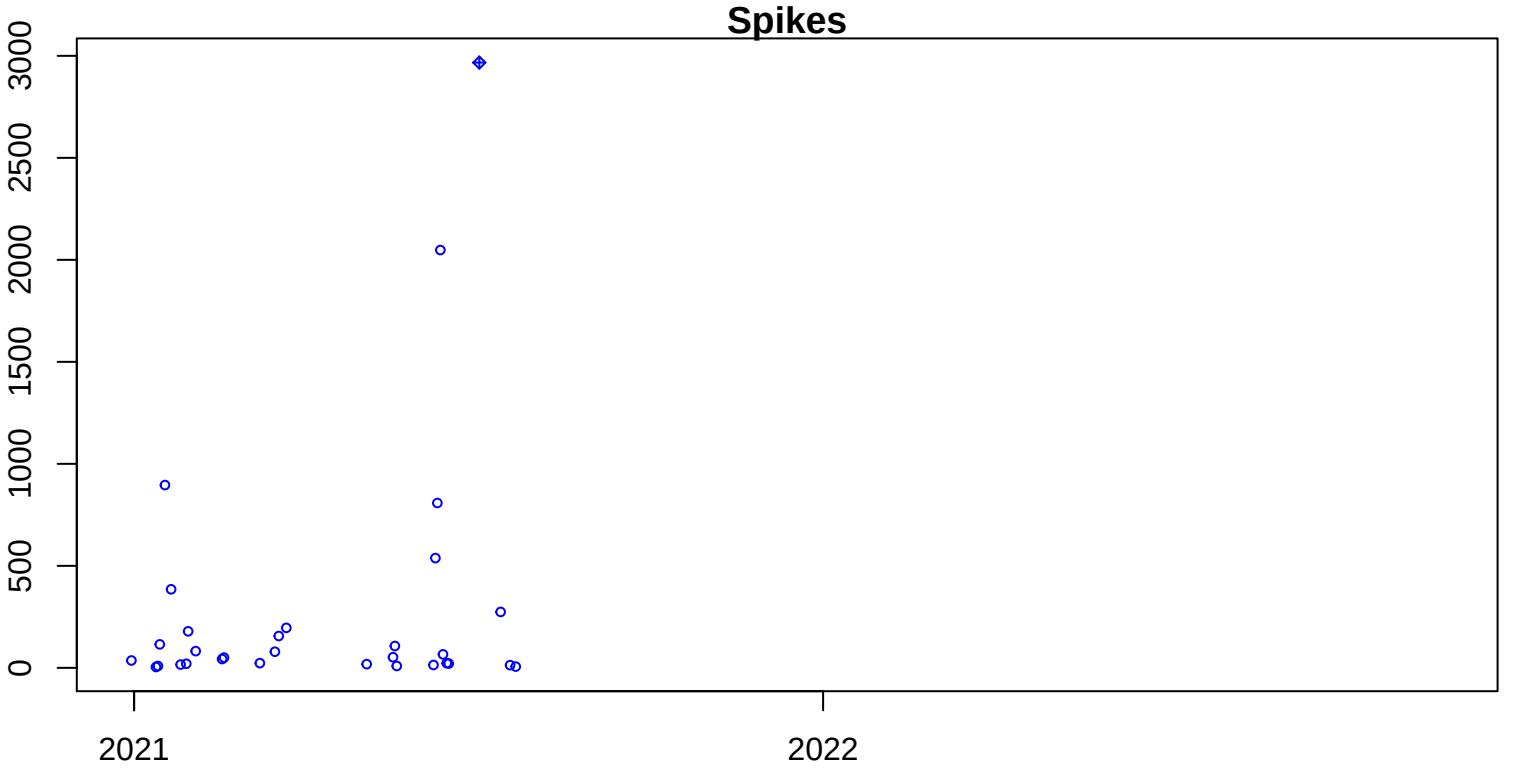

Average.Heart.Rate
175
170
165
160
155
150
145
2021
2022

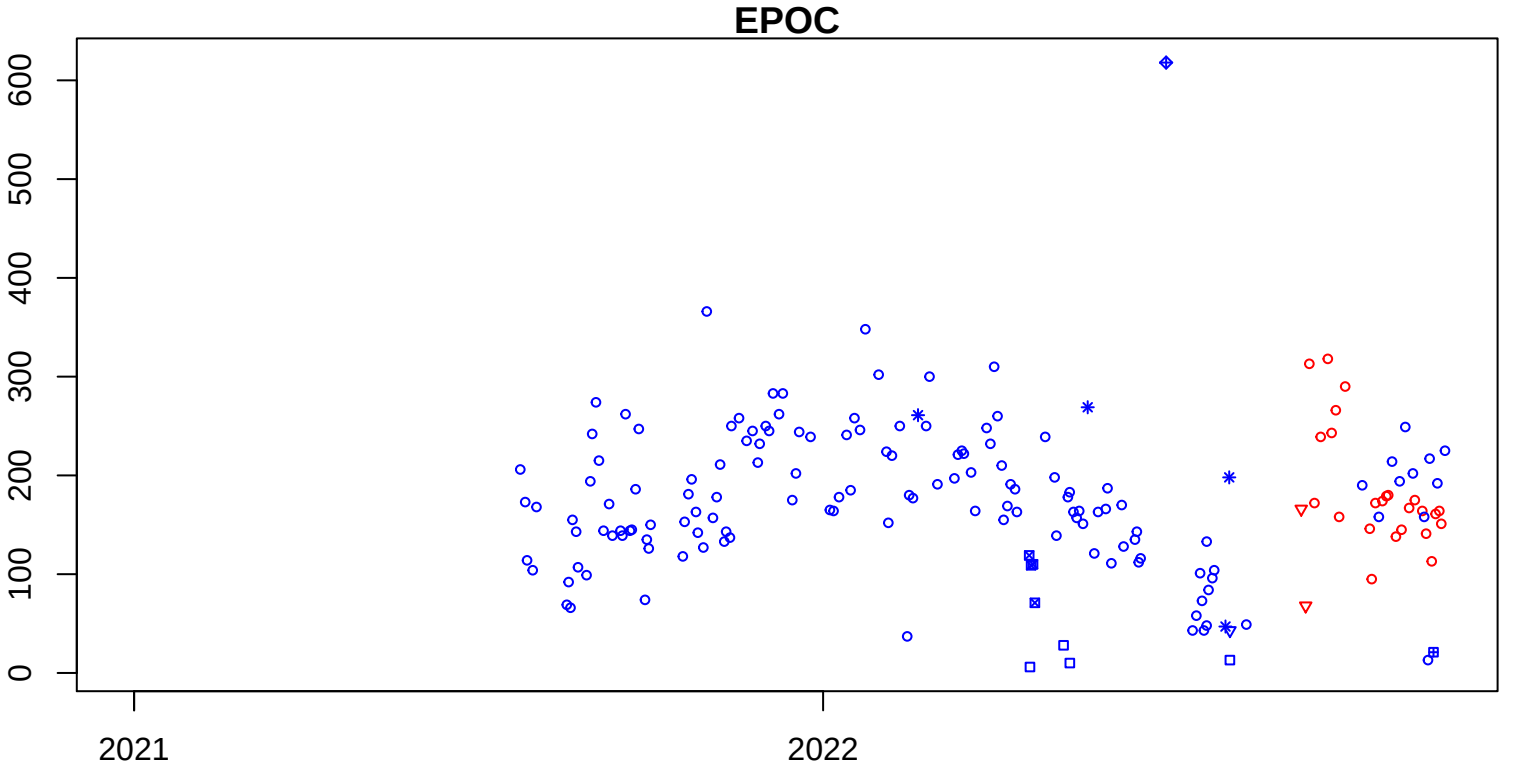

Daniels.Points
40
35
30
25
20
2021
2022

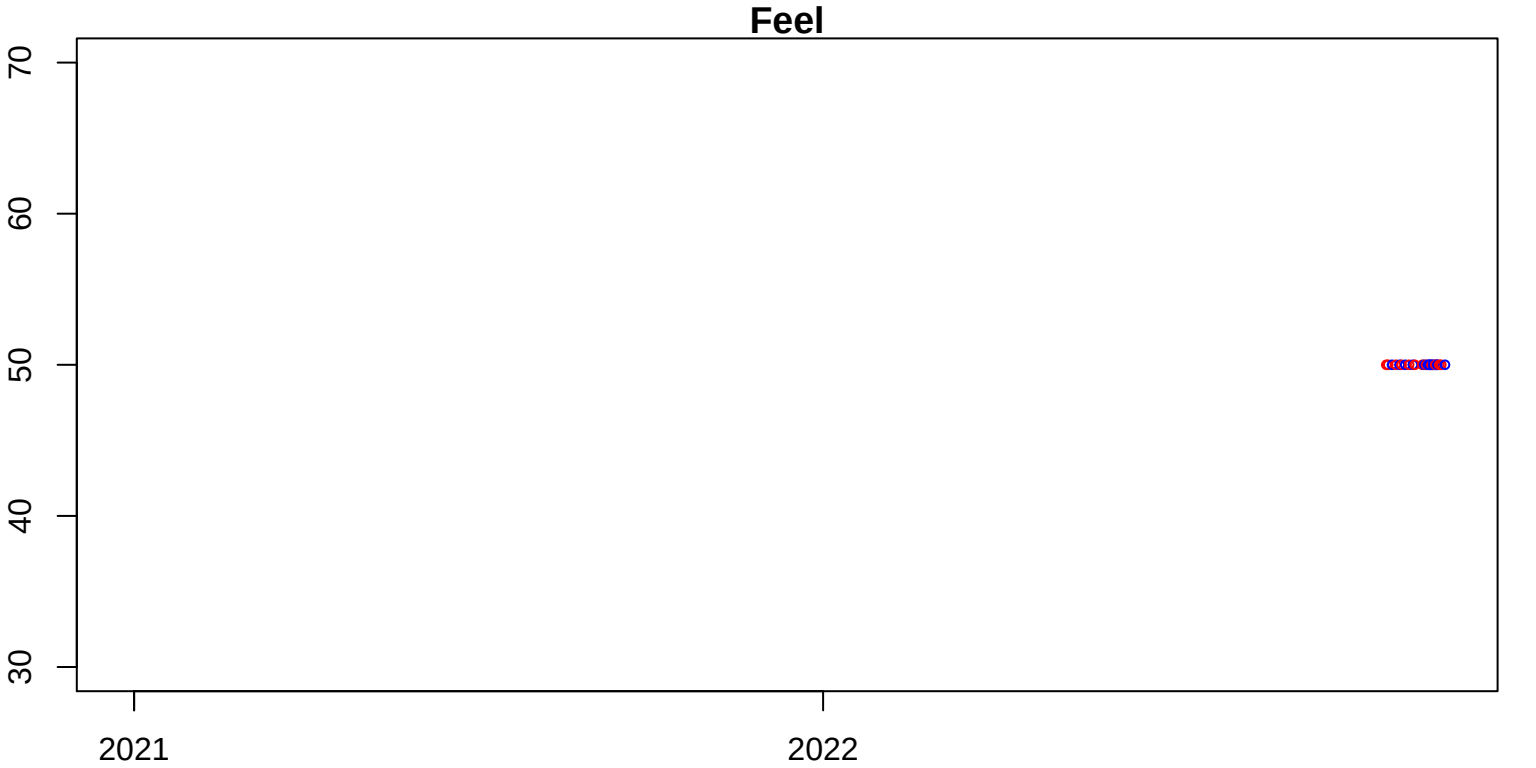

Work.y
700
600
500
400
300
2021
2022


Distance.y
100
80
60
40
20
2021
2022


OVRD_total_kcalories
200
180
160
140
120
100
80
2021
2022


Spikes
0
500
1000
1500
2000
2500
3000
2021
2022


EPOC
0
100
200
300
400
500
600
2021
2022


Feel
70
60
50
40
30
2021
2022