

POLAR CARDIO GX TRAINING REPORT



Basic Information

Session name: Thunder
 Date: 2/15/2015
 Time: 9:26 AM
 Nickname: KileyBeal
 Maximum Heart Rate: 185

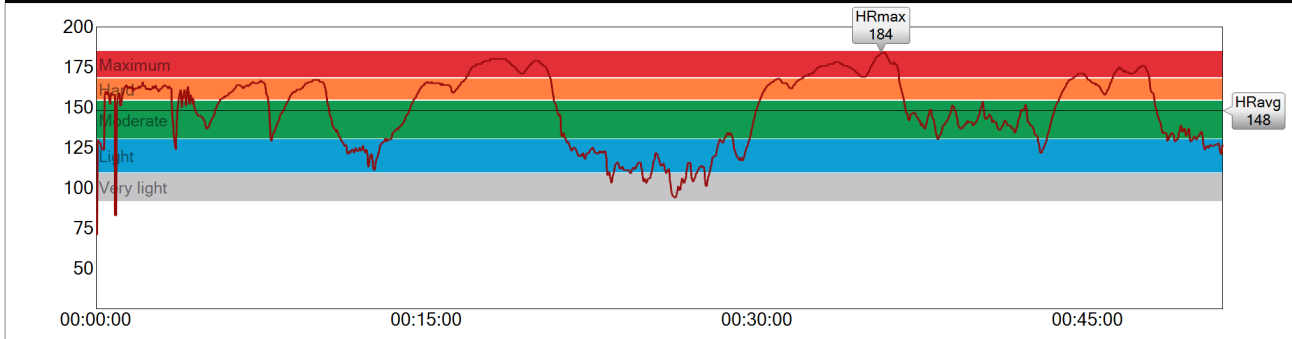
Training Summary

Duration: 00:52:03 hh:mm:ss
 Calories: 490 kcal
 Average Heart Rate: 148 / 80% bpm / % of HRmax
 Maximum Heart Rate: 184 / 99% bpm / % of HRmax

Training Benefit

What a session! You significantly improved your aerobic fitness and your ability to sustain high intensity effort for longer. This session also developed your speed and efficiency.

Heart Rate Curve



Time in Zones

Zones		Time in zone	
Maximum	92-100%	18%	00:09:13
Hard	84-91%	30%	00:15:22
Moderate	71-83%	27%	00:14:02
Light	60-70%	21%	00:10:53
Very light	50-59%	5%	00:02:33
		100%	00:52:03