



ANT+ POWER METER WORKOUT GRAPHS

Training Peaks

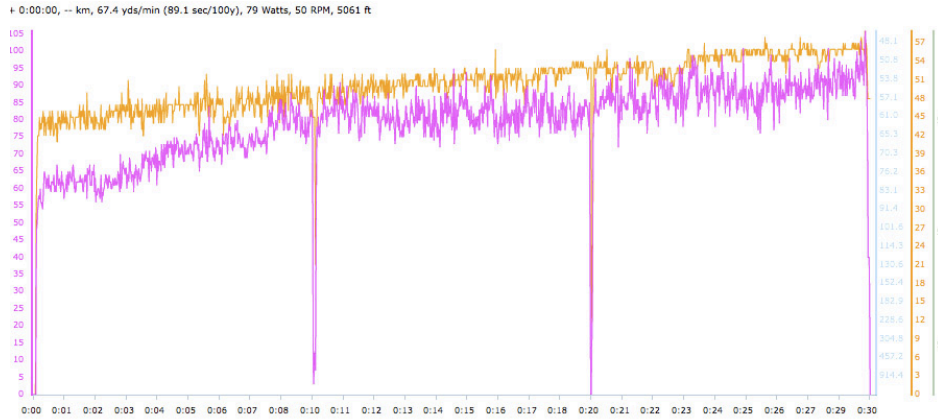


Fig. 1: Progression: Power builds throughout set.

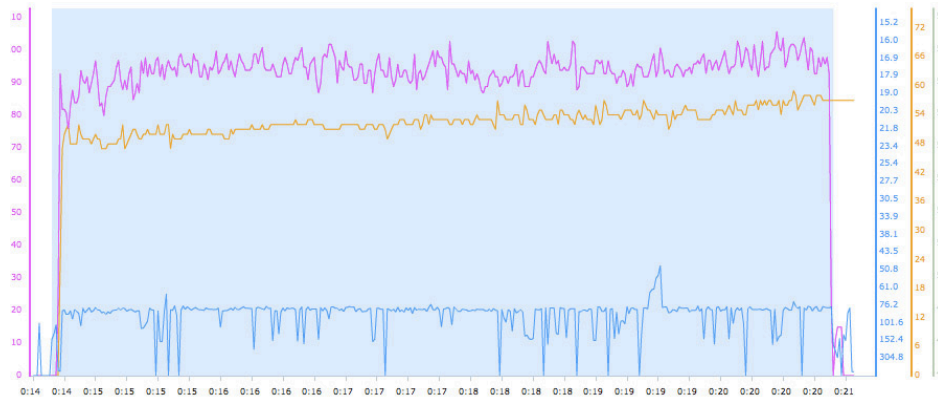


Fig. 2: Power maintained or slight build throughout set.

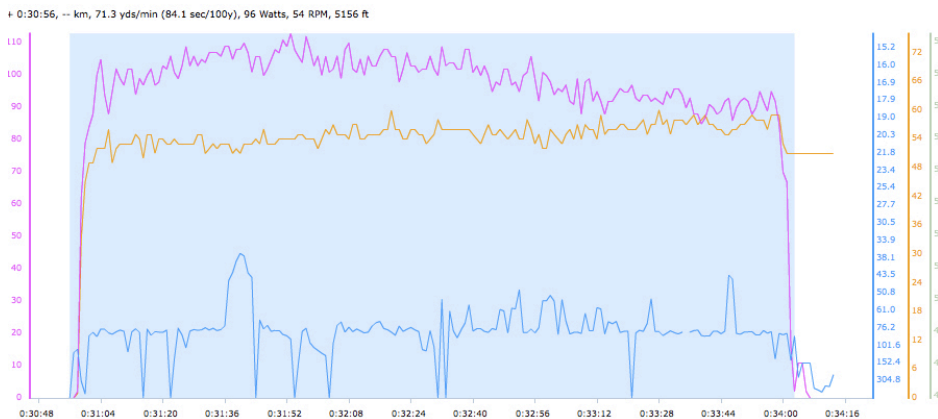


Fig. 3: Power drops off due to "going out too hard".

Power (watts) SPM (strokes per minute) Swimming Speed in seconds/yard

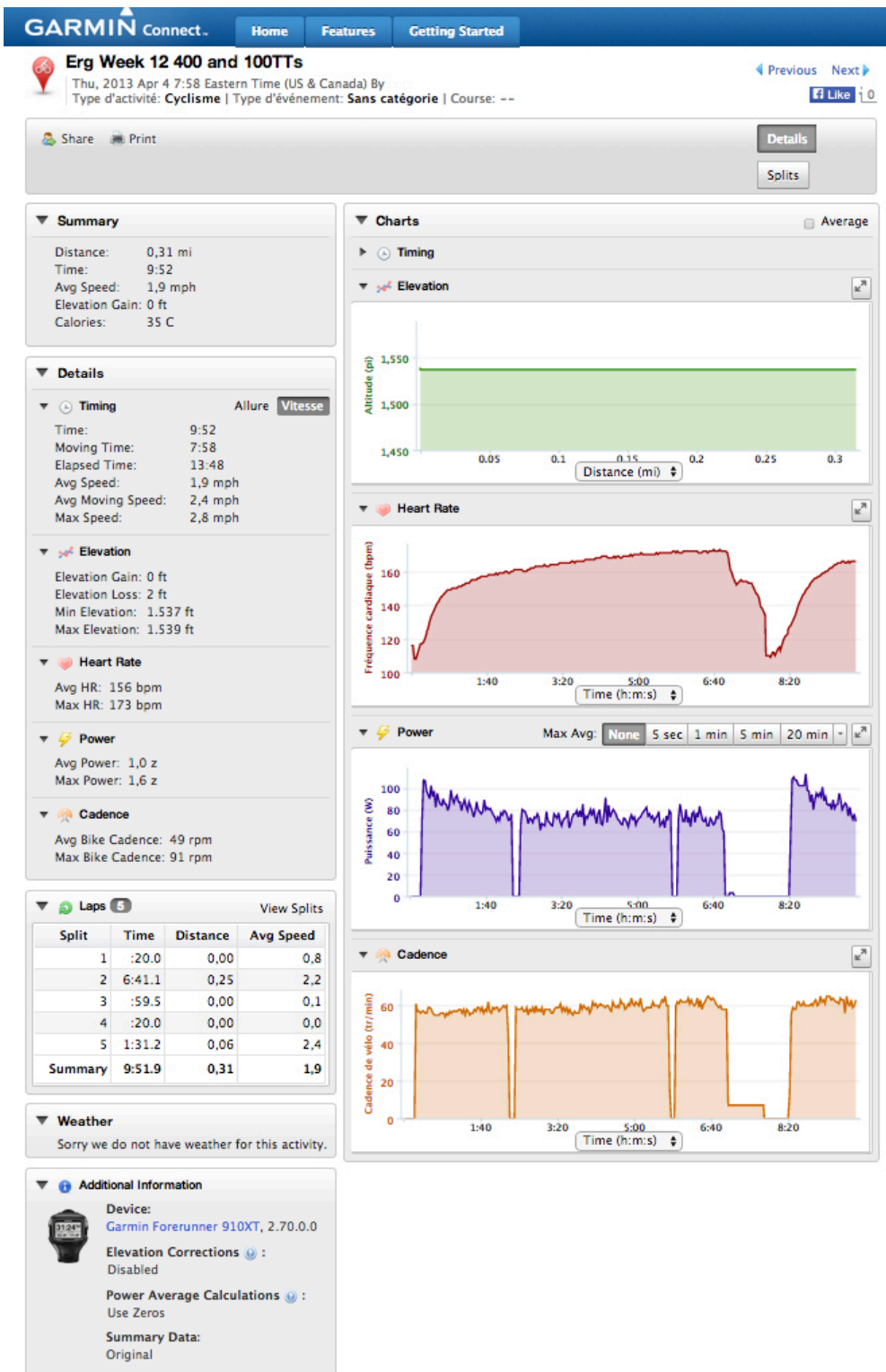


Fig. 4: Heart Rate, Power, and Stroke Rate (cadence) graphs.

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VASA 20 MIN SWIM REVISED

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Thursday, August 7, 2014 at 8:04 PM by

Duration	kJ(Cal)	TSS	NP	IF	FTP	Watt/Kg	Power Source
00:20:24	52	12	47	0.59	80	0.60	Power Meter (development)



Intervals										
Bests										
Power Zones										
Heart Zones										
Name	Time	kJ(Cal)	TSS	NP	Power	Target	Watt/Kg	Heart	Cadence	
Workout	00:20:24	52	12	47	43	52	.6	109	44	
Endurance 1	00:01:00	1	0	31	31	51	.43	101	41	
Endurance 2	00:01:00	2	0	43	47	53	.65	103	47	
Endurance 3	00:01:00	3	1	47	51	55	.71	104	47	
Tempo 1	00:00:19	0	0	0	33	65	.46	98	42	
Tempo 2	00:01:48	6	2	58	60	65	.83	114	48	
Tempo 3	00:02:07	6	2	53	54	65	.75	118	45	
Tempo 4	00:01:59	6	2	56	57	65	.79	123	46	
Anaerobic Capacity 1	00:01:00	2	0	38	40	112	.56	105	46	

Ride Notes

Damper door and overspeed sets added

Fig. 5: Heart Rate, Power, and Stroke Rate (cadence) graphs.