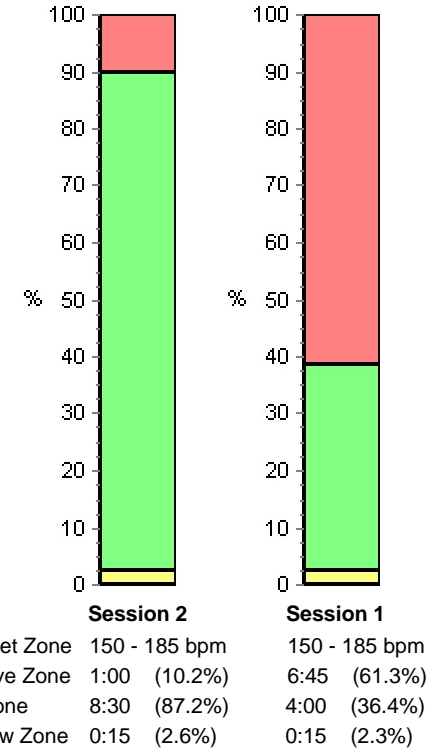
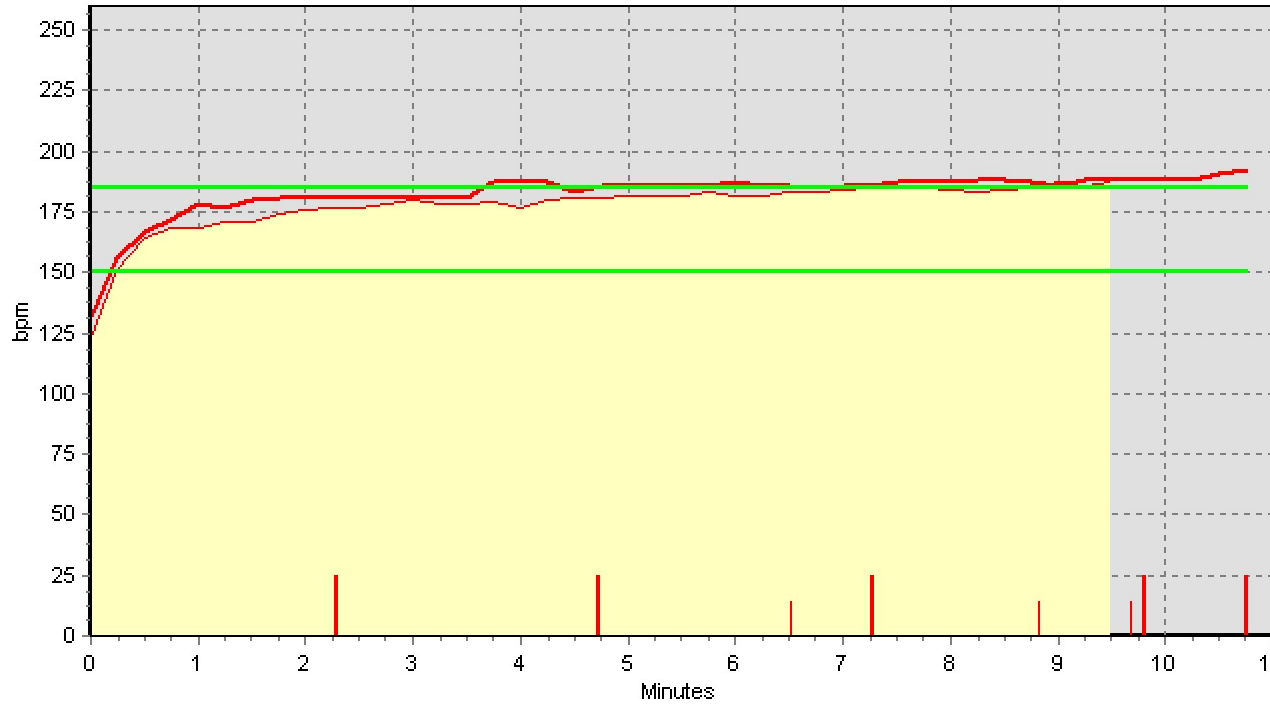


# Individual Heart Rate Curve Comparison Report

Teacher: Halliday, Coach  
 Student: Chase Webster

Date Range: Thursday, March 10, 2011 - Wednesday, May 25, 2011  
 Activities: All



## Session 2

<b>Course:</b> 1hy	<b>Laps:</b>
<b>HRM:</b> HRM #76 (E600)	
<b>File Number:</b> 5	
<b>Session Date:</b> 5/25/2011 8:34:19 AM	
<b>Interval:</b> 15 sec	
<b>Activity:</b>	
<b>Total Time:</b> 9:45	
<b>Average HR:</b> 178 bpm	
<b>Recovery:</b> 64 bpm	
<b>Total Beats:</b> 1744	
<b>Max HR Acheived:</b> 187 bpm	
<b>First lap warm-up:</b> No	
<b>Last lap cool-down:</b> No	
<b>Comments:</b>	

Lap	Time	Split	HR	Avg
1	1:58	1:58	175	123
2	2:15	4:13	180	178
3	2:18	6:31	184	182
4	2:18	8:49	186	184
5	0:52	9:41	188	187

## Session 1

<b>Course:</b> 1hy	<b>Laps:</b>
<b>HRM:</b> HRM #76 (E600)	
<b>File Number:</b> 2	
<b>Session Date:</b> 3/10/2011 8:43:47 AM	
<b>Interval:</b> 15 sec	
<b>Activity:</b>	
<b>Total Time:</b> 11:00	
<b>Average HR:</b> 183 bpm	
<b>Recovery:</b> 61 bpm	
<b>Total Beats:</b> 2013	
<b>Max HR Acheived:</b> 192 bpm	
<b>First lap warm-up:</b> No	
<b>Last lap cool-down:</b> No	
<b>Comments:</b>	

Lap	Time	Split	HR	Avg
1	2:17	2:17	181	131
2	2:27	4:44	186	183
3	2:33	7:17	187	186
4	2:31	9:48	188	188
5	0:58	10:46	192	142