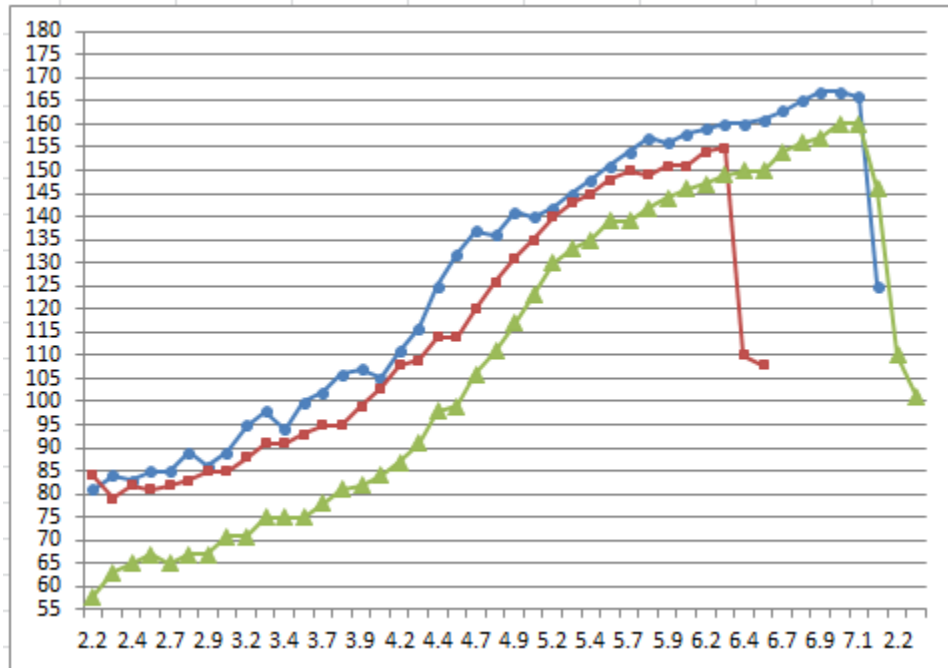


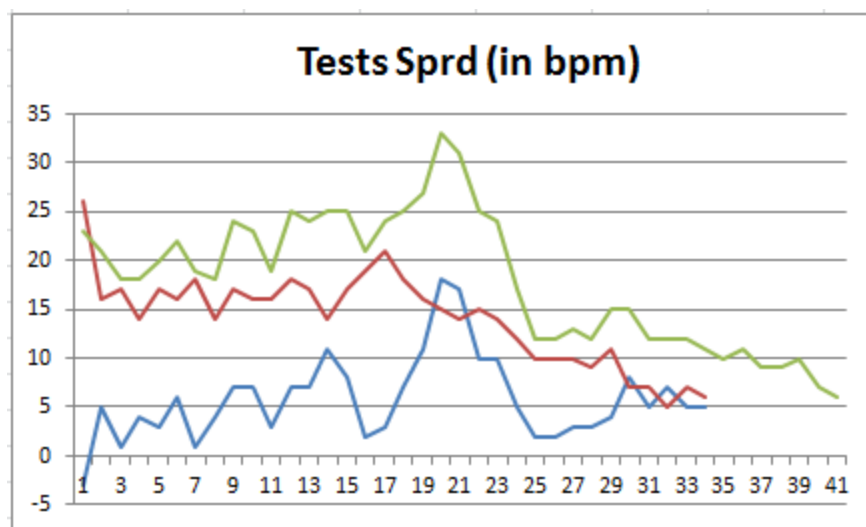
# Physiological Testing of an Athlete

Performed in one year in February (blue), June (red) and October (yellow)



The shift down and to the right of the heart rate curve is indicative of the athlete becoming healthier, thus able to consistently perform at the same level (e.g. speed) with a lower level of exertion (i.e. heart rate) or able to perform at a higher level at the same heart rate.

Spread between test data sets: Feb to June (blue), Jun to Oct (red), Feb to Oct (yellow)



The spread between data sets reveals the decrease in heart rate to perform at the same speed (i.e. performance level) and is indicative of the Return on Training obtained.