
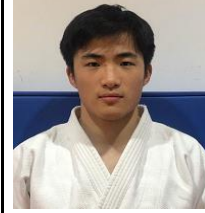


Wu Zedong		73	MALE	0	0
	2021-06-21	660		623	
	2021-06-22	1100		1140	
	2021-06-23	930		763	
	2021-06-24	420		380	
	2021-06-25	1150		1100	
	2021-06-26	0		450	
	2021-06-27	1200		1125	
WEEK LOAD	% DIF WK	AVG WL CAT			
5460	25,81%	4540			

Wu Zedong		73	MALE	0	0
	2021-06-28	1100		1110	
	2021-06-29	720		780	
	2021-06-30	1810		1105	
	2021-07-01	1020		730	
	2021-07-02	1640		1135	
	2021-07-03	500		450	
	2021-07-04	0		-	
WEEK LOAD	% DIF WK	AVG WL CAT			
6790	24,36%	3540			

Daily training load (in red the shock microcycle)

