

Training Status

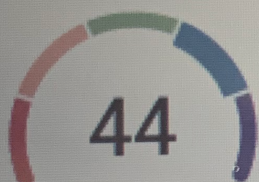
Fitness



Load

Unavailable

VO2 Max.



Excellent

Training Load (7d)



Optimal

Recovery

36 Hours

Easy Effort Recommended

FTP 2.80 W/kg

185 W

Good



GARMIN