



Cursor  
 Time: **0:00:00**  
 HR: **0 bpm**

Heart Rate Session

Student: <b>Last Name, First Name</b>	Sample Rate: <b>15 sec</b>	Target Zone: <input type="text" value="116"/> - <input type="text" value="165"/>
Date: <b>1/9/2009 5:25:24 PM</b>	Avg. HR: <b>80 bpm</b>	Above Zone: <b>0:00</b> <span style="color: red;">■</span> <b>0.0%</b>
Activity: <input type="text" value=""/>	Max. HR: <b>124 bpm</b>	In Zone: <b>1:15</b> <span style="color: green;">■</span> <b>4.1%</b>
Total Time: <b>30:15</b>	Recovery: <b>92</b>	Below Zone: <b>29:00</b> <span style="color: yellow;">■</span> <b>95.9%</b>
Comment: <input type="text" value=""/>	# Beats: <b>2400</b>	
	First Lap Warm-Up: <input type="checkbox"/>	Last Lap Cool-Down: <input type="checkbox"/>