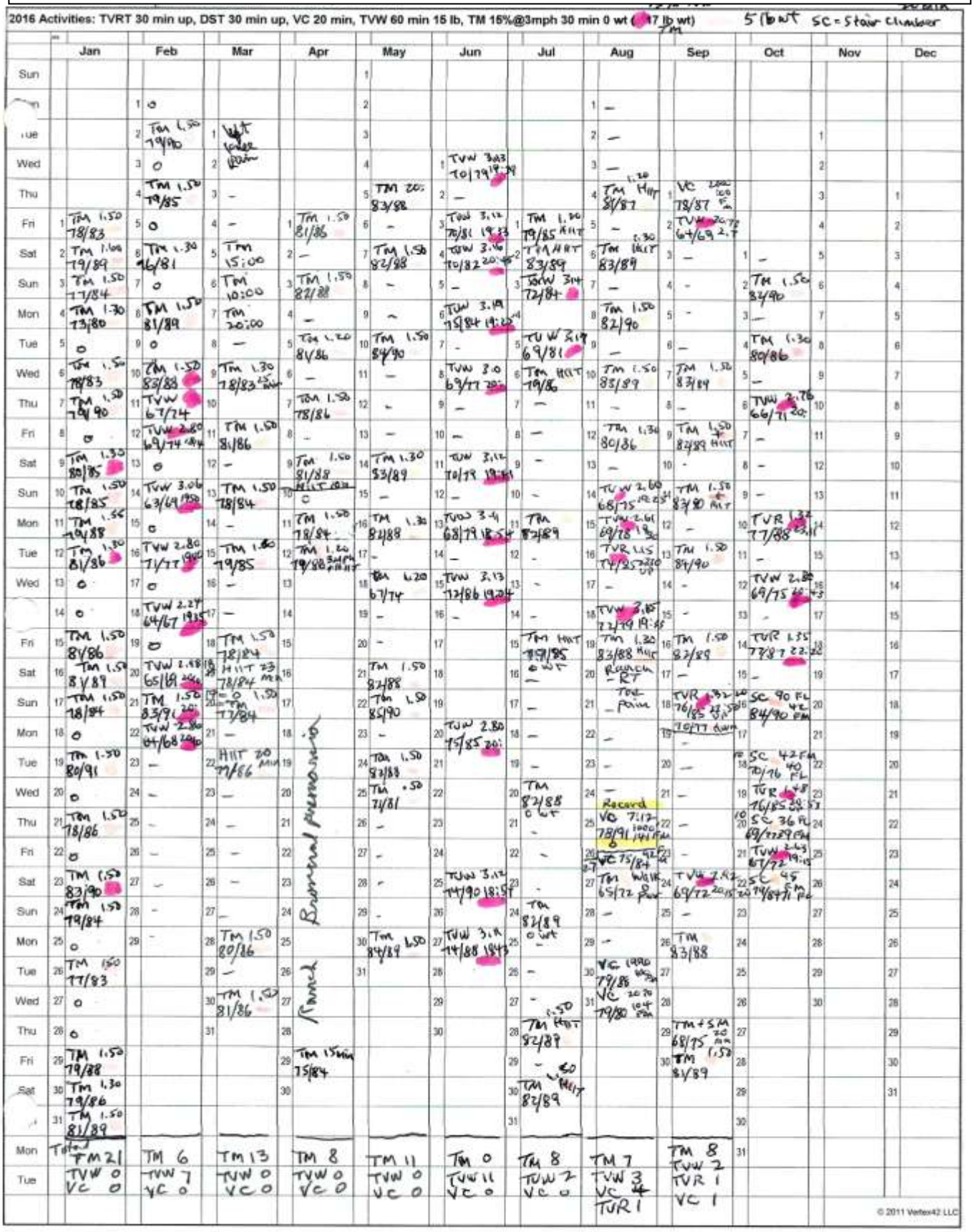Cardio training: Activity, avg HR/high HR, distance/pace, duration (30-60 min) EE_6.doc