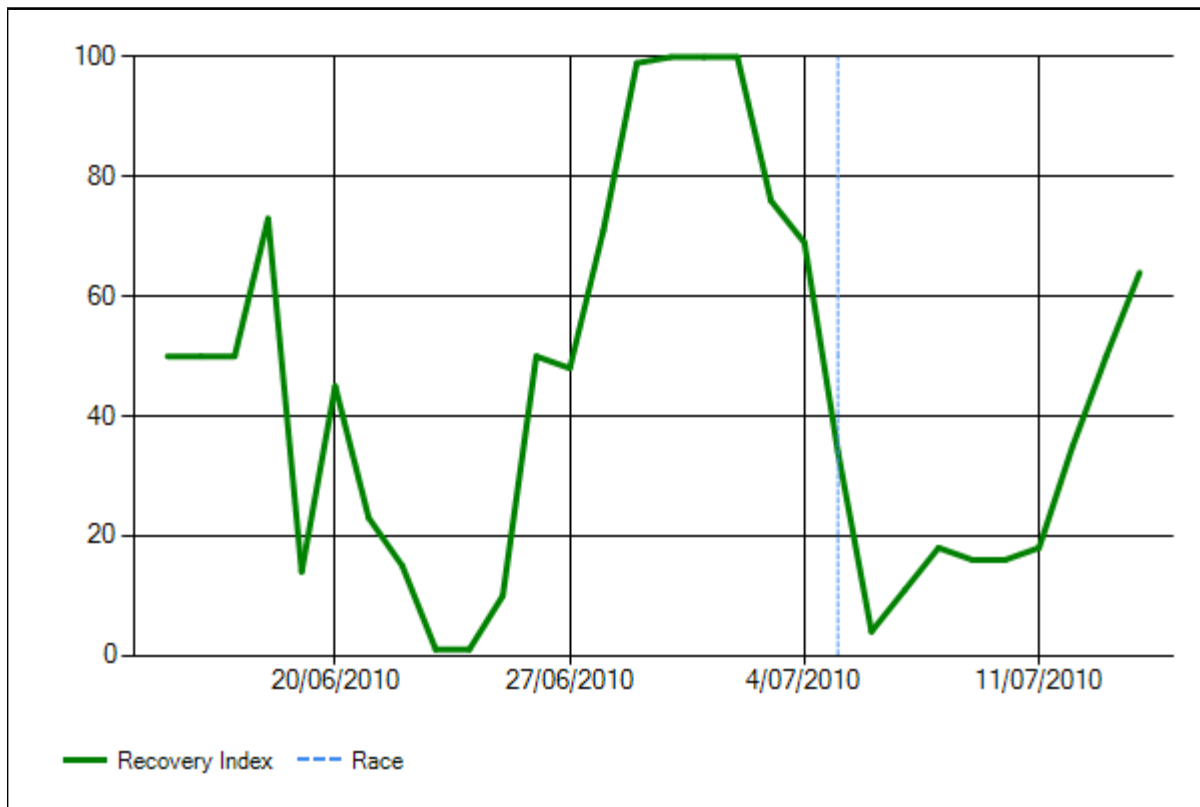


**Ben Wisbey**

Recovery Index	Performance Index
64	80



Your hardiness is adequate for a male endurance athlete. You should recover adequately from training.

• Your acute fatigue is very mild at the moment and you recovered well from the last few days.  
 • You are showing moderate levels of accumulated fatigue. You are right to continue with training as planned but continue to monitor yourself closely.