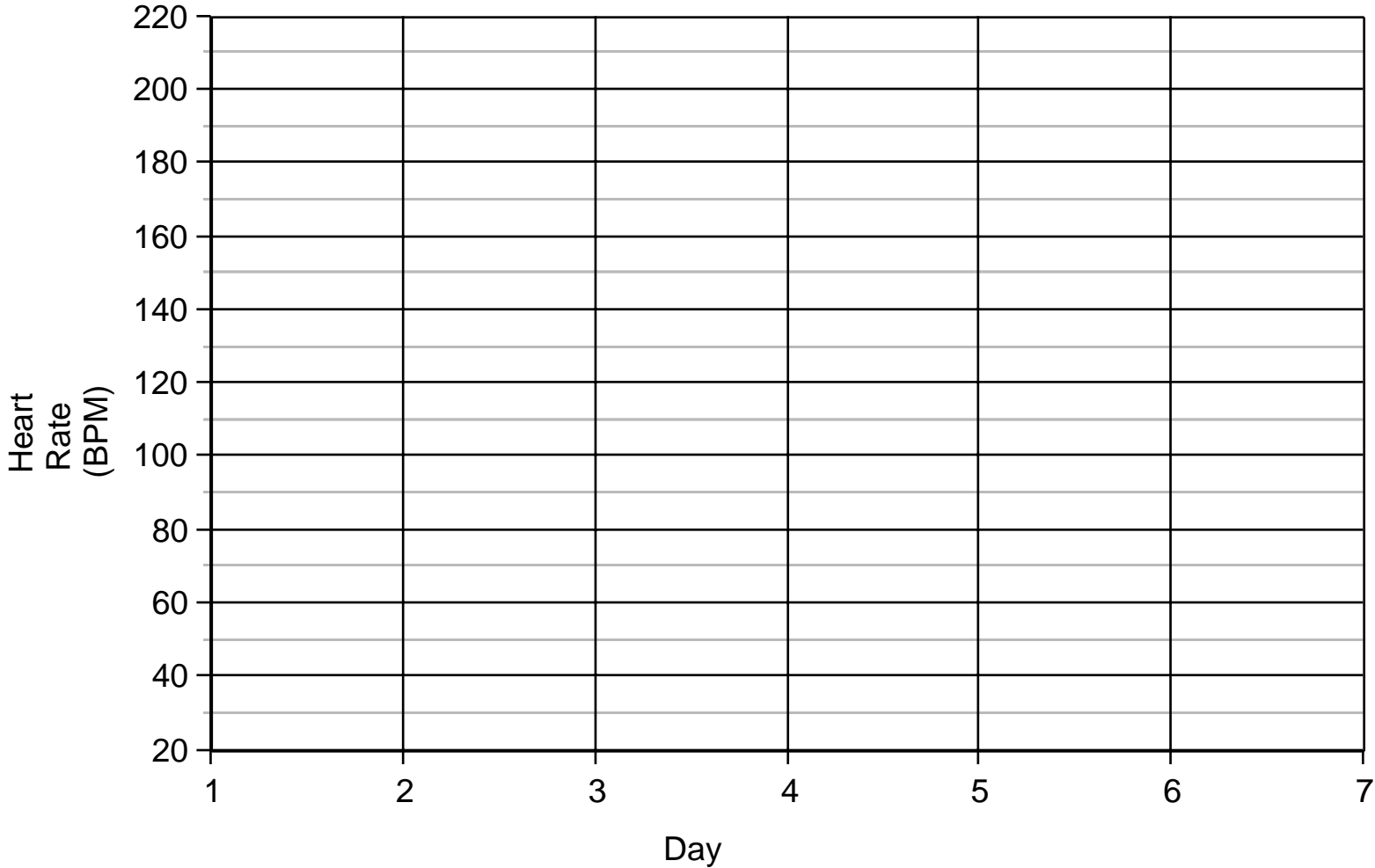


Graphing Recovery Heart Rate



NASPE/ING Run For Something Better Heart Rate Activity Plan
(www.naspeinfo.org/run)