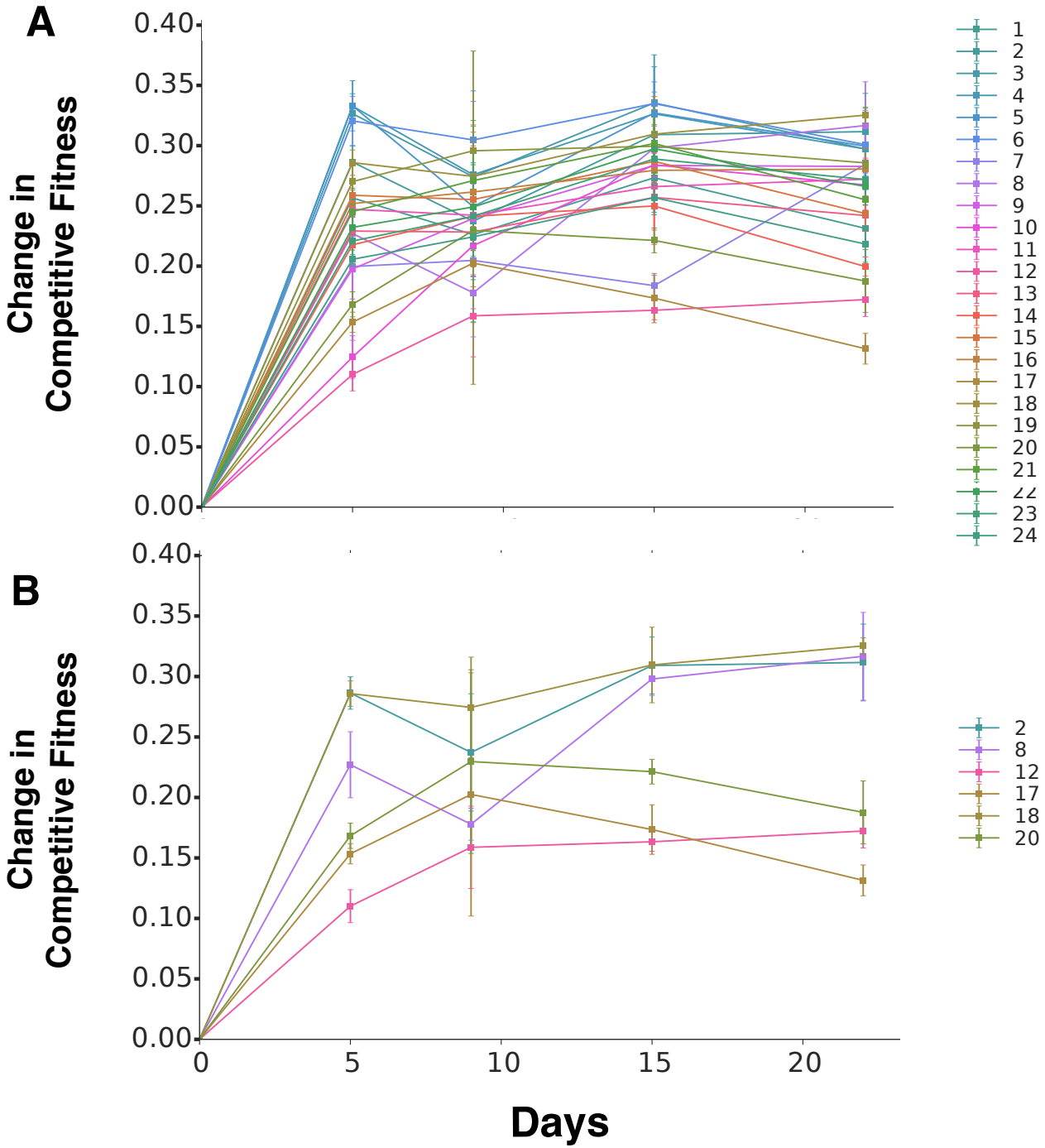
A
B
Change in Competitive Fitness
Change in Competitive Fitness
0.40
0.35
0.30
0.25
0.20
0.15
0.10
0.05
0.00
0
5
10
15
20
Days
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
2
8
12
17
18
20