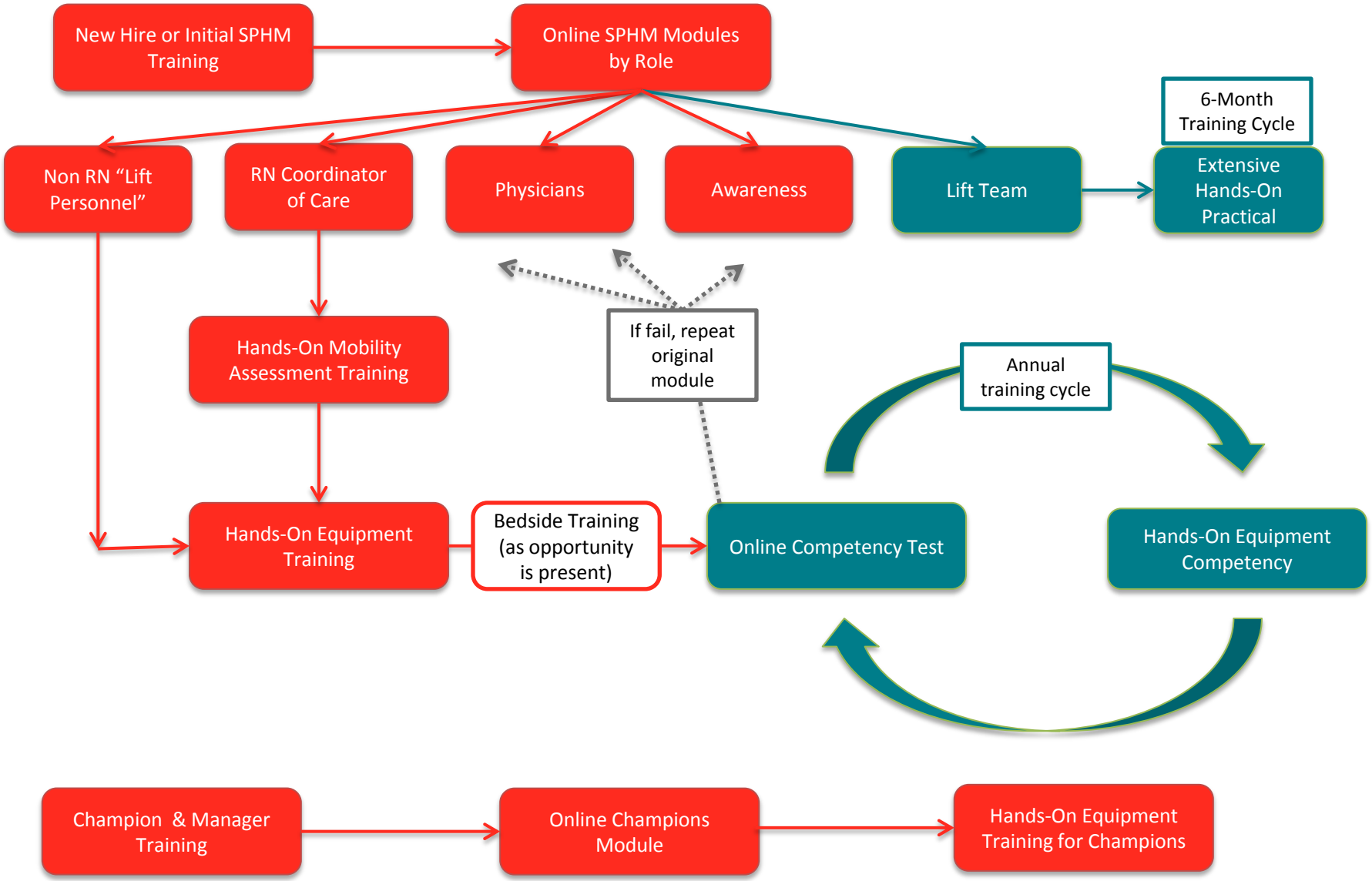Training Plan Recommendations