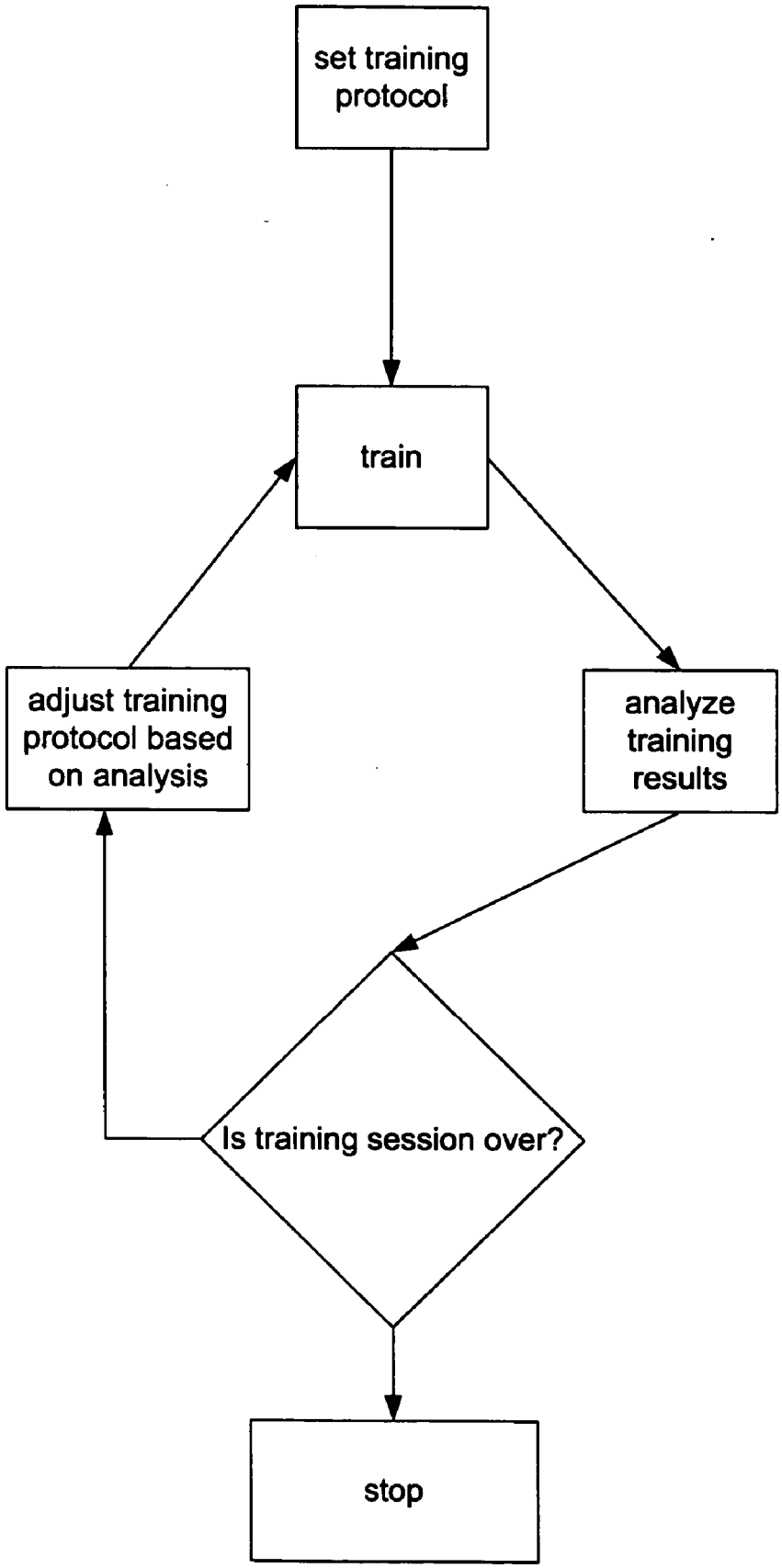
set training protocol
train
adjust training protocol based on analysis
analyze training results
Is training session over?
stop

Fig. 33