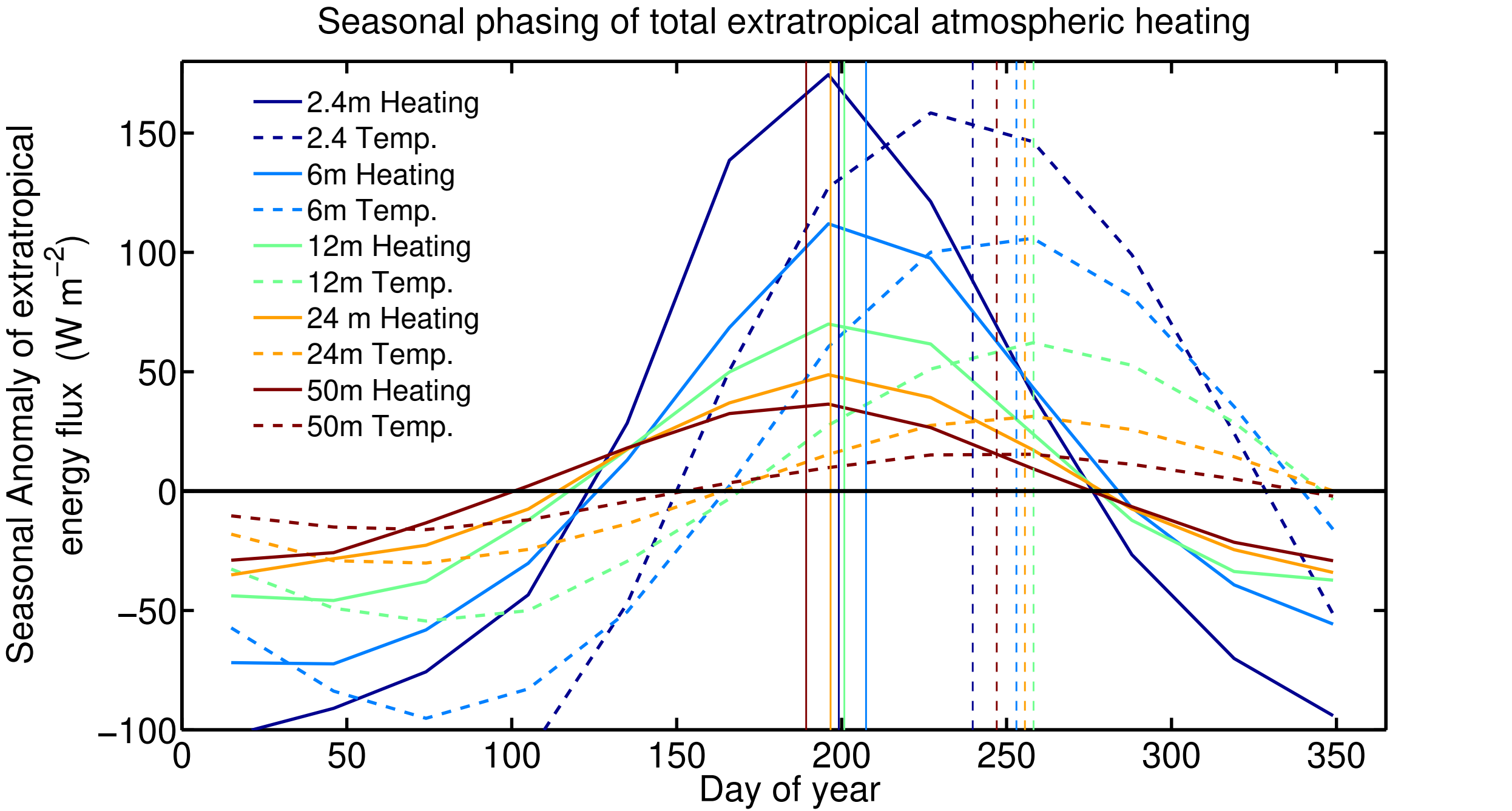
Seasonal phasing of total extratropical atmospheric heating
2.4m Heating
2.4 Temp.
6m Heating
6m Temp.
12m Heating
12m Temp.
24 m Heating
24m Temp.
50m Heating
50m Temp.
Seasonal Anomaly of extratropical energy flux (W m−2)
150
100
50
0
−50
−100
0
50
100
150
200
250
300
350
Day of year