

Roman

Week 1: Thursday, July 9, 2020

- Woke up at 5:15am
- Ran 4.8km in 1 hour and 4 mins
- Temp was in the late 20s early 30s
- Humid
- Roman(Ran with a rucksack, approx 14-15lbs for $\frac{2}{3}$ of the 5km)

Week 2: Monday, July 13, 2020

- Woke up at 5:15am
- Ran 5km and 600m
- 4.8km took ~54 mins(~10 mins less than first run)
- Ran with a 22-23 pound rucksack for 5/12 laps(400m track)
- 100 push ups
- 100 sit ups

Week 2: Tuesday, July 14, 2020

- Slacked off, had an undisciplined mind, told myself I was “tired”-gave up, chose not to be strong

Week 2: Wednesday, July 15, 2020

- Slacked off, had an undisciplined mind, told myself I was “tired”-gave up, chose not to be strong

Week 2: Thursday, July 16, 2020

- 100 reps of bi-cep curls(15 pounds weights)
- 50 push ups

Week 2: Friday, July 17, 2020

- 50 push ups

Week 2: Saturday, July 18, 2020

- 10.49km run without a rucksack in 77 mins

Week 3: Sunday, July 19, 2020

- 100 push ups and 100 sit ups in under one hour

Week 3: Monday, July 20, 2020

- 4.8km run in 37 mins(no rucksack)
- 30 push ups and 10 sit ups
- 30 mins stretch(yoga)

Week 3: Tuesday, July 21, 2020

- 5km walk at 3mph speed
- Took 62.48 mins

Week 3: Wednesday, July 22, 2020

- 30 mins stretch(yoga)

Week 3: Thursday, July 23, 2020

- 100 bi cep curls of 15 pounds

Week 3: Friday, July 24, 2020

- Slacked off, procrastinated my stretch, let the demons distract me-I was unfocused

Week 3: Saturday, July 25, 2020

- Played tennis, sprinted and ran a bit with the soccer ball. Did yard work.

Week 3: Sunday, July 26, 2020

- 30 mins stretch(yoga)

Week 4: Monday, July 27, 2020

- 100 push ups and 100 sit ups over 4 hours(played games in between)

Week 4: Tuesday, July 28, 2020

- Approx 30 mins of stretching

Week 4: Wednesday, July 29, 2020

- **Note: I acted like a hypocrite and did not run at 6am with Ray**
- 5km in approx 40 mins
- 50 push ups in under 30 mins
- 50 squats in under 30 mins
- 1 min plank

Week 4: Thursday, July 30, 2020

- Approximately 7.5-8km travelled
- Ran 4.8km
- Wore a 24.5 lbs rucksack for approx 4.5-5km (Ran 3.2km with this)

Week 4: Friday, July 31, 2020

- 2 hours and 20 mins of walking with a 24.5lbs rucksack

Week 4: Saturday, August 1, 2020

- Approximately 2hours of walking with a 24.5lbs rucksack with the addition of a 21.2lbs rucksack for at least approximately 30-35mins for a total weight of 45.7lbs over those 2hrs

Week 4: Sunday, August 2, 2020

- 30 mins stretch

Week 5: Monday, August 3,, 2020

- Didn't do anything, wasn't too tired or sore. No excuse. I will use a "Sick day" (nausea, congestion, anxiety) as the only explanation but not an excuse

Week 5: Tuesday, August 4, 2020

- 100 push ups(sets of 20 are becoming easier)

Week 5: Wednesday, August 5, 2020

- 6.6km bike ride in approximately 40-45mins
- 100 push ups
- 100 sit ups
- 100 squats
- Completed a "hatrick" for the first time(Push ups, sit ups and squats)

Week 5: Thursday, August 6, 2020

- approximately 30 min stretch(yoga)

Week 5: Friday, August 7, 2020

- 13.76km bike ride

Week 5: Saturday, August 8, 2020

- ~4.6km walk

Week 5: Sunday, August 9, 2020

- 15.29km ran out of a total distance of 16.7km

Week 5: Monday, August 10, 2020

- 200 push ups
- 200 sit ups
- 200 squats
- **Double Hattrick Completed!**

Week 5: Tuesday, August 11, 2020

- 5km run in approximately 30 mins **new personal record**(old record was just over 32mins) out of a total distance of ~7.2km

Week 5: Wednesday, August 12, 2020

- 10km walk with 24.5lbs rucksack (2hrs and 3mins)

Week 5: Thursday, August 12, 2020

- 10 mins of meditation
- 1 hour straight of stretching/yoga

Week 5: Friday, August 14, 2020

- 30 mins of stretching/yoga

Week 5: Saturday, August 15, 2020

- 10 mins of meditation

Ray

Week 1: Thursday, July 9th, 2020

- Woke up at 5:30am
- Ran 5km in 64 minutes
- Ran in 1 set of 4, then 4 sets of 2. Each set followed a 2-5 minute break.
- Made my own breakfast when I got home. Eggs and sausage.

Week 2: Monday, July 13th, 2020

- Woke up at 5:15 am
- Ran 5km in 54 minutes
- Ran in 1 set of 4, 2 sets of 3, and 1 set of 2. Each set followed a 2 min break
- Made my own breakfast when I got home. Eggs and sausage.
- Slept a lot of the day (probably because my body was exhausted).
- Felt a lot of improvement from this week's run.
- Did 60 push ups before my arms gave out. Haven't done arm/chest exercises in a long time.

Week 2: Tuesday, July 14th, 2020

- Woke up at 8 am to go for a run with Sidney. We ran and walked approximately 2km

Week 2: Thursday, July 16th, 2020

- Ran 2k and played soccer.

Week 3: Monday July 20th, 2020

- Ran 5k with roman in 37 mins! Two sets of 6. Did 20 push ups.

Week 3: Tuesday, July 21st, 2020

- Ran around and played soccer.

Week 3: Thursday, July 23rd

- Ran around and played soccer.

Week 6: Monday, August 10, 2020

- 110 squats