ay	Date	Start	Finish	Activity	Route	Rate	Strength	Day	Date Star	t Finish	Activity	Route R	tate Strength			
								Mon	3/29/2021		Walk	Russel Plywood	Bench 7 sets @ 10 reps			
								Tue	3/30/2021		Walk	West Reading	IBR 3 sets			
								Wed	3/31/2021		Walk	Russel Plywood	Legs 7 sets @ 10 reps			
hu	3/4/2021	7:30	8:30	Walk	Russel Plywood			Thu	4/1/2021		Walk	Russel Plywood	IBR 2 sets			
Fri	3/5/2021	2:30 PM	3:30 PM	Walk	Russel Plywood			Fri	4/2/2021		ParCour	Grings Mill	Circles, Dips, IBR			
Sat	3/6/2021			Sawing	3 hours			Sat	4/3/2021		ParCour	Grings Mill	Eccentric 6, IBR 10			
Sun	3/7/2021				2 hours			Sun	4/4/2021		ParCour	Grings Mill	IBR 10, Body Curl 10			
												Ü				
lon	3/8/2021			Rest				Mon	4/5/2021		Walk	Russel Plywood	PU:10, 12, 14, 16, 12=66			
ue	3/9/2021			Run	Russel Plywood			Tue	4/6/2021		Rest					
ed	3/10/2021			Walk	Russel Plywood			Wed			Test	Grings Mill	Circles, IBR 16, 10 sec hang	Left knukle hurt		
	3/11/2021			Run	Russel Plywood			Thu			ParCour	Grings Mill	Assisted 8, IBR 20 (took 3 sets)			
	3/12/2021			Run	Russel Plywood	30/30		Fri			ParCour	Grings Mill	Eccentric 8, IBR 24			
	3/13/2021				3 hours			Sat	4/10/2021		Sawing	2 hours	,			
	3/14/2021			Walk	Russel Plywood				4/11/2021		Rest					
					,											
lon	3/15/2021			Sawing	1 hour			Mon	4/12/2021		ParCour	Grings Mill	Assisted 8, IBR 30, pu's:10,10,10			
	3/16/2021			Rest					4/13/2021		ParCour	Grings Mill	Circles 10, IBR 34, Body Curls 20			
	3/17/2021			Run	Russel Plywood	30/30			4/14/2021		Test	Grings Mill	Circles 2x10, IBR 16, Hang 20	Wet bar, but no pain		
	3/18/2021			Rest	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				4/15/2021			g	Assisted 1/2 max, IBR max+40%	8	2	2
	3/19/2021			Run	Russel Plywood	33/30			4/16/2021				Eccentric 1/2 max, IBR max+50%	8		
	3/20/2021			Sawing					4/17/2021		Sawing	2 hours	Body Curl, IBR max+60%	to failure	2	
	3/21/2021			Sawing					4/18/2021		Sawing	2 hours		15 1511515	_	-
					- 1.02.12											
1on	3/22/2021			Walk	Russel Plywood		Bench Back Push Ups	Mon	4/19/2021		ParCour	Grings Mill	Eccentric 8 max, Neutral Ladder 20	Using ladder	Sawing	2 hours
	3/23/2021			Run	Russel Plywood	36/30			4/20/2021		Sawing	2 hours				
	3/24/2021				1 hour	00/00			4/21/2021		Walk	Russel Plywood	PU's:20 incline, 10 x 6			
	3/25/2021			Walk	Farmhouse				4/22/2021		774	raccon nymood	r colle mome, rexe			
	3/26/2021			Run	Russel Plywood	36/30	1 Back set, 1 Seat set		4/23/2021							
	3/27/2021			Hike	2 hours	00/00	1 Back cot, 1 Coat cot		4/24/2021		Sawing	2 hours				
	3/28/2021			Hike	2 hours				4/25/2021		Sawing	2 hours				
un	0/20/2021			Tille	2 Hours			Ouri	4/20/2021		Cawing	2 Hours				
								Mon	4/26/2021		Walk	RACC	PU's:10x10			
									4/27/2021		ParCour	Grings Mill	Assisted 3x10, Neutral 3x10, Pullup	2v10		
									4/28/2021		Walk	Jack Williams	4 miles	2.10		
									4/29/2021		Walk	Jack Williams	4 miles			
									4/30/2021		Walk	RACC	PU's:10x10			
								Sat			ParCour	Grings Mill	Assisted 3x10, Neutral 3x10, Pullup	3 x 10		
								Sun			Sawing	2 hours	. Soloted Ox 10, Medital Ox 10, Fullup	0.7.10		
								Juii	5/2/2021		Cuming	Z IIOUI3				
								Mon	5/3/2021		Walk	RACC	Push Up's: 10 sets x 12 reps			
								Tue			* V CIIIN	NACC	1 don op a. 10 deta x 12 leps			
								Wed	5/4/2021							
								Thu								
								Fri	5/6/2021							
								Sat	5/8/2021							
								Sun	5/9/2021							