

Sports and Wellbeing

Assignment - 2 (Week 3)

Kousshik Raj

17CS30022

1. Initial Information

- Age:- 21
- Height:- 179cm
- Weight:- 69kg
- BMI:- 21.25
- Target:- 1.56 miles/day (2.5kms)

2. Daily Runs





9/15/2021

Wednesday Evening Run

2.06

Miles

14'27"

Avg. Pace

29:45

Time



9/16/2021

Thursday Evening Run

2.06

Miles

14'05"

Avg. Pace

29:00

Time



9/17/2021

Friday Evening Run

1.39

Miles

13'42"

Avg. Pace

19:02

Time





9/18/2021

Saturday Evening Run

2.24

Miles


13'57"

Avg. Pace

31:13

Time



Today

Sunday Evening Run

2.02




Miles

14'22"

Avg. Pace

29:00

Time

3. Summary (Week 3)

September 2021 

13.91

Miles

7

Runs

14'12"

Avg. Pace

3:17:48

Time

