

Sports and Wellbeing

Assignment - 1 (Week 1)

Kousshik Raj

17CS30022

1. Initial Information

- Age:- 21
- Height:- 179cm
- Weight:- 68.5kg
- BMI:- 21.14
- Target:- 1.56 miles/day (2.5kms)

2. Daily Runs



8/16/2021

Monday Evening Run

1.68

Miles

13'39"

Avg. Pace

23:03

Time





8/17/2021

Tuesday Afternoon Run

1.68

Miles

15'36"

Avg. Pace

26:18

Time



8/18/2021

Wednesday Evening Run

1.67

Miles

14'33"

Avg. Pace

24:17

Time



8/19/2021

Thursday Evening Run

1.64

Miles

14'09"

Avg. Pace

23:20

Time



8/20/2021

Friday Evening Run

1.70

Miles

14'27"

Avg. Pace

24:33

Time



8/21/2021

Saturday Evening Run

1.68

Miles

14'27"

Avg. Pace

24:15

Time



Today

Sunday Afternoon Run

1.85

Miles

14'27"

Avg. Pace

26:43

Time



+2

3. Summary

August 2021 ▾

11.92

Miles

7

Runs

14'27"

Avg. Pace

2:52:30

Time

