

Sports and Wellbeing

Assignment - 1 (Week 2)

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



8/23/2021

Monday Evening Run

1.72

Miles

14'27"

Avg. Pace

24:59

Time



8/24/2021

Tuesday Evening Run

1.81

Miles

14'27"

Avg. Pace

26:08

Time



8/25/2021

Wednesday Evening Run

1.71

Miles

14'27"

Avg. Pace

24:41

Time



8/26/2021

Thursday Evening Run

1.81

Miles

14'27"

Avg. Pace

26:08

Time



8/27/2021

Friday Evening Run

2.01

Miles


14'27"

Avg. Pace

29:01

Time





8/28/2021

Saturday Evening Run

1.72


Miles

14'27"

Avg. Pace

24:50

Time



Today

Sunday Evening Run

2.01




Miles

14'27"

Avg. Pace

29:01

Time

3. Summary (Week 1 + 2)

W M Y All

August 2021 ▾

24.72

Miles

14
Runs

14'27"
Avg. Pace

5:57:23
Time

