Record

Archive

**Day Negative**

**22nd August 2023**

WokeUp: 5:28am

Cycling: 35km [46mins + 58mins] (Up + Down)

**Day Zero**

**23rd August 2023**

WokeUp: 5:15am

Cycling: 6km (Up + Down)

**Day One**

**24th August 2023**

WokeUp: 4:38am

Weight: 87.550 kg

Cycling: 6km (Up + Down)

Running: 3km [24mins] (4 Stadium Rounds Approx.)

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 6

Military PushUp: 10

ReverseGrip PushUp: 10

Semi-PsuedoPlanche PushUp: 10

TotalReps: 36Reps

HeavyBag: 5-10mins

**Day Two**

**25th August 2023**

WokeUp: 4:34am

Weight: 87.650 kg

Cycling: 6km (Up + Down)

Running: 4km [28mins]

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 40Reps

HeavyBag: 10mins

OpponentScoring: 10mins

**Day Three**

**26th August 2023**

WokeUp: 5:15am

Cycling: 36km [44mins + 52mins] (Up + Down)

**Day Four**

**27th August 2023**

WokeUp: 5:35am

Cycling: 10km [41mins]

Running: 4.5km [33mins]

**Day Five**

**28th August 2023**

WokeUp: 5:20am

Weight: 88.150 kg

Cycling: 6km (Up + Down)

Running: 4.5km [31mins]

Skipping: 14mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 40Reps

HeavyBag: 10mins

**Day Six**

**29th August 2023**

WokeUp: 5:35am

Running: 4km [34mins]

**Day Seven**

**30th August 2023**

WokeUp: 6:22am

Running: 4km [31mins]

**Day Eight**

**31th August 2023**

WokeUp: 5:35am

Cycling: 6km (Up + Down)

Running: 6.5km [54mins]

HeavyBag: 10mins

**Day Nine**

**01st September 2023**

WokeUp: 4:21am

Weight: 88.300 kg

Cycling: 6km (Up + Down)

Running: 7.5km [58mins]

Skipping: 20mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

Explosive PushUp: 5

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 45Reps

HeavyBag: 10mins

**Day Ten**

**02nd September 2023**

WokeUp: 12:15am

Cycling: 48km [17.5km + 30.5km] [56mins + 96mins] (Up + Down)

**Day Eleven**

**02nd September 2023**

WokeUp: 5:40am

Skipping: 21mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

Explosive PushUp: 5

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 45Reps

**Day Twelve**

**04th September 2023**

WokeUp: 5:30am

Weight: 88.000 kg

Cycling: 6km (Up + Down)

Running: 4km [32mins]

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

ShadowBoxing: 10mins

HeavyBag: 10mins

**Day Thirteen**

**05th September 2023**

WokeUp: 5:15am

Weight: 87.700 kg

Cycling: 6km (Up + Down)

Running: 5.5km [47mins]

Skipping: 19mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

**Day Fourteen**

**06th September 2023**

WokeUp: 05:40am

Cycling: 28km [46mins + 31mins] (Up + Down)