Goal				swim (min					bike	(min)			run ((min)										lo/	h	lwaake
date [tin DoW (h	ne		z1	z2	z3	z4	z1	z2	z3	z4	z1	z2	z3	z4	sideplank	boxing /	lifting	lifting	icina/ealt	meditation	etratchina	comments	change	hrs change weekly	weeks until race
3/22/2014	S			21	30	30	2.7		120	35	24	21	10 110	20	24	эпсрынк	Allt	DIS/DUCK	tris/cricst	long/sait	5	15	15.1m @ 7:20s. R arch hurt @ 4, 8, & 12 onward		weekly	21
3/23/2014		7.7							50 15	35	10		110			4	60 20	10 10	5 10		5	3	15.1111 @ 7.205. K alci Hult @ 4, 6, & 12 011wald			- 21
3/25/2014 3/26/2014	W 1	1.2		10	20	15		5	30	20	5						20	10	10							
3/27/2014 3/28/2014	R 1:	2.6	12					45					40											14.24%	1.6	
3/29/2014 3/30/2014		5.3							100	155			20	40									vélo. felt strong. no fruitlands loop. bonk @68/73 2 runs. no pain. slightly lopsided			20
3/31/2014 4/1/2014	M 1	0.1							80	70			45			5	60	10	20		5		slight arch pain. high arth pain.			
4/2/2014 4/3/2014	W 1								20 40	30				45							5	5				
4/4/2014 4/5/2014	F 1:		13										40 30				60							3.45%	0.4	
4/6/2014 4/7/2014	S S	5.8 6.7							60	165			30 30			5	20				10	75	tight right groin hips and thighs tight on both legs			19
4/8/2014 4/9/2014	T (6.7							60	80			30													
4/10/2014 4/11/2014	R !	9.5	13										45											-21.15%	-2.8	
4/12/2014 4/13/2014	S	5.7	10						280				50			60				20)		poor sleep	-21.1370	-2.0	18
4/14/2014	M	7.2 7.2							40				50							20	30					10
4/15/2014 4/16/2014	W	7.2																								
4/17/2014 4/18/2014	R F	7.2	6																					-30.08%	-3.1	
4/19/2014 4/20/2014	S	0.0																								17
4/21/2014 4/22/2014	T (0.0																								
4/23/2014 4/24/2014	W I	0.0																								
4/25/2014 4/26/2014	F G	0.0	8																					-100.00%	-7.2	
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			Goal		swim	(min)			bike	(min)		run (min)													T	I
date	DoW	time (h)		z1	z2	z3	z4	z1	z2	z3	z4	z1	z2	z3	z4	sideplank	boxing /	lifting bis/back	lifting tris/chest	icing/salt	meditation / steam	stretching	comments	% change weekly	change	weeks until race
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