

	Goal	swim (min)				bike (min)				run (min)												% change weekly	hrs change weekly	weeks until race		
date	DoV (h)	time	z1	z2	z3	z4	z1	z2	z3	z4	z1	z2	z3	z4	sideplank	boxing / xfit	lifting bis/back	lifting tris/chest	icing/salt	meditation / steam	stretching	comments				
3/22/2014	S	3.8																			5	15				
3/23/2014	S	5.6		30	30			120	35			10											15.1m @ 7:20s. R arch hurt @ 4, 8, & 12 onward			21
3/24/2014	M	7.7										110														
3/25/2014	T	9.4						50							4	60	10	5		5						
3/26/2014	W	11.2	10	20	15			15	35	10						20	10									
3/27/2014	R	11.9					5	30	20	5																
3/28/2014	F	12.6	12				45																	14.24%	1.6	
3/29/2014	S	4.6						100	155			20										vélo. felt strong. no fruitlands loop. bonk @68/73				
3/30/2014	S	5.3											40									2 runs. no pain. slightly lopsided			20	
3/31/2014	M	7.6										45			5	60	10	20		5		slight arch pain. high arth pain.				
4/1/2014	T	10.1						80	70																	
4/2/2014	W	11.7						20	30				45													
4/3/2014	R	12.3						40												5	5					
4/4/2014	F	13.0	13									40												3.45%	0.4	
4/5/2014	S	1.5										30				60										
4/6/2014	S	5.8						60	165			30										tight right groin				
4/7/2014	M	6.7										30			5	20				10	75	hips and thighs tight on both legs			19	
4/8/2014	T	6.7																								
4/9/2014	W	9.5						60	80			30														
4/10/2014	R	9.5																								
4/11/2014	F	10.3	13									45												-21.15%	-2.8	
4/12/2014	S	5.7						280							60							poor sleep				
4/13/2014	S	6.5										50								20						
4/14/2014	M	7.2						40													30				18	
4/15/2014	T	7.2																		20						
4/16/2014	W	7.2																								
4/17/2014	R	7.2																								
4/18/2014	F	7.2	6																					-30.08%	-3.1	
4/19/2014	S	0.0																								
4/20/2014	S	0.0																							17	
4/21/2014	M	0.0																								
4/22/2014	T	0.0																								
4/23/2014	W	0.0																								
4/24/2014	R	0.0																								
4/25/2014	F	0.0	8																					-100.00%	-7.2	
4/26/2014	S	0.0																								
4/27/2014	S	0.0																							16	
4/28/2014	M	0.0																								
4/29/2014	T	0.0																								
4/30/2014	W	0.0																								
5/1/2014	R	0.0																								
5/2/2014	F	0.0	10																					#DIV/0!	0.0	
5/3/2014	S	0.0																							15	
5/4/2014	S	0.0																								
5/5/2014	M	0.0																								
5/6/2014	T	0.0																								
5/7/2014	W	0.0																								
5/8/2014	R	0.0																								
5/9/2014	F	0.0	12																					#DIV/0!	0.0	
5/10/2014	S	0.0																							14	
5/11/2014	S	0.0																								
5/12/2014	M	0.0																						</		

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