2012

Sunday Monday Tuesday Wed Thurs Friday Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Jan 1  Run/bike  2x Mont | 2  Swim  1800y | 3  Bike  2x Mont | 4  Swim  1750y | 5  Off | 6  Run/Bike | 7 |
| 8 | 9  Off | 10  Swim  2550y | 11  Bike  4x Mont | 12  Off | 13  Swim  2500y  (1500 pull) | 14  Bike  1x Mont |
| 15  Off | 16  Off | 17  Swim  2100y | 18  Run/Bike | 19  Off | 20  Swim  2400y | 21  Off |
| 22  Bike  6x Mont | 23  Swim  2500y | 24  Off | 25  Run/Bike | 26  Off | 27  Swim  3200y | 28  Bike 56 |
| 29  Bike  1x Mont | 30  Swim  2500y | 31  Off |  |  |  |  |
|  |  |  | Feb 1  Run/bike | 2  Off | 3  Swim  1800 y | 4  Bike 56 |
| 5  Run/bike | 6  Swim  2250y  (2000 pull) | 7  Spin 20min  Wt lift/abs | 8  Off | 9  Off | 10  Swim  2000y | 11  Bike 56 |
| 12  Swim  1800y | 13  Drove to Jo’s  Off | 14  Spin  30min  Wt/legs | 15  Swim  1800y | 16  Off | 17  Swim  2500y | 18  Bike 56 |
| 19  Swim  1700 y  SICK\*\* | 20  OFF  SICK | 21  Spin  30min  Wt/legs | 22  Off  SICK | 23  Spin  30min  Wt lift  SICK | 24  Swim  1600y  SICK | 25  Bike 56 |
| 26  Swim  1700 y | 27  Off | 28  Spin  30min  Legs/\*abs | 29  Swim  1700y |  |  |  |

\*\*Head cold \*3x15@70

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | March 1  Off | 2  Swim  3100y | 3  Bike 56+  Torrey Pines 2+hrs \* |
| 4  Bike  2xMont  11/2+ | 5  Swim  800 yds\*\* | 6  Off  \*\* | 7  Bike/Easy  30 min\*\* | 8  Off\*\* | 9  Indian  Wells\*\* | 10  Bike  Mission Trails |
| 11  Swim  1700yds | 12  Bike  3x Mont | 13  Off | 14  Swim 1700yds | 15  Off | 16  Spin 30m + abs | 17  Spin 1h + abs |
| 18  Off | 19  Spin 1h +legs | 20  Off | 21  Swim  1800y | 22  Off | 23  Swim 2350yds | 24  Bike\*\*\*  56 |
| 25  Spin\*\*\* 45min+abs | 26  Swim 2000y | 27  Bike | 28  Palm Springs | 29  Palm Springs | 30  Swim 2300ys | 31  Off |

\*Still head cold? Lots of snot!

\*\*Really tired and feel like shit!

\*\*\*Legs tired, ache

April

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Bike 1+  (2x Mont) | 2  Swim 2000y | 3  Day off | 4  Bike 11/2  2x (Mont +below) | 5  Day off | 6  Swim  2100 yds | 7  Bike 56 |
| 8  Bike 1h+  (2x Mont) | 9  Swim 2600yds | 10  Day off | 11  Swim  2000 yds | 12  Day Off | 13  Rain all day | 14  Spin 1h +abs |
| 15  Bike 1 1/2 Gilman | 16  Swim 2000y | 17  Bike 2hs  Strand | 18  Swim 2000y | 19  Off | 20  Swim 2300y | 21  Bike  56 |
| 22  Bike Mt. Laguna  2 ½ hrs | 23  Swim 1600y | 24  Off | 25  Swim 2000y | 26  Spin 40min  1 step | 27  Swim 2000y | 28  Bike 56  2x hills |
| 29  Bike 45min | 30  Swim  2100y  (interval 3x250 | 1  Day Off | 2  Bike 1h  (2x Mont) | 3  Day off | 4  Swim 2100yds | 5  Bike 56 |
| Wk 1  Bike 3x, 5hs  Swim  4100yds | Wk 2  Bike 2x  2hs +  Swim  4600 yds | Wk 3  Bike 3x 6hrs  Swim  6300yds | Wk 4  Bike 3s  5hrs  Swim  5600 yds | Wk 5  Bike 3x  4hrs  Swim  4200yds |  |  |

May

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1  Day Off | 2  Bike 1h (2x Mont) | 3  Day Off | 4  Swim  2100yds | 5  Bike 56 |
| 6  Day off  Got laid | 7  Bike 45min (2x Mont)  Swim 1000yd | 8  Day off | 9  Bike 45min  (2x Mont) | 10  Mt Laguna 2hrs  (new long hill 30min) | 11  Spin 30 min  Wt lift, row, abs | 12  Bike 56 |
| 13  Mt. Laguna  11/2 + | 14  Swim 1600 yds  Moved out of office | 15  Day Off | 16  Bike 2hrs  2x Mont,  1x hill | 17  Bike 11/2 hr (2x Mont) | 18  Swim  1700 yds | 19  Bike 56 |
| 20  Mt Laguna  21/2 hrs | 21  Swim  1700 yds | 22  Day off | 23  Bike 1r  2x Mont  Swim 1600y | 24  Mt. Laguna  21/2hr  2x Old Road!!!!  Swim 400y | 25  Day Off | 26  Day Off |
| 27  Bike 1h  (2x Mont)  Swim 1600y | 28  Bike Coronado  2h | 29  Bike 11/2  (1l, 1 Mont) | 30  Swim  2900y | 31  Bike 1h+  ( 1l,2s) | 1  Swim 800y | 2  Bike 11/2  (4x Mont) |
| Wk 1  Bike 3x  4hrs  Swim  4200yds | Wk 2  Bike 5x  51/2 hrs  Swim  1000yds | Wk 3  Bike 4x  7 hrs  Swim  3300 yds | Wk 4  Bike 3  6 hrs  Swim  3700yds | Wk 5  Bike 5x  7hs  Swim  5300yd |  |  |

June

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1  Swim 800y | 2  Bike 11/2  (4x Mont) |
| 3  Bike 11/2  (1L, 3S) | 4  Off | 5  Bike  Mt Laguna  21/2 hrs+ | 6  Swim  2000yds | 7  Bike 1h  (1x Mont) | 8  Day Off | 9  Bike 56(Hard)\*  Swim 1600yds |
| 10  Bike 1h\*\*  Massage | 11  Off | 12  Off | 13  Bike 30min\*\*\* | 14  Swim 2000y | 15  Off | 16  Bike 56\*\*\*\*  Very hard |
| 17  Mt Laguna 21/2 hrs^ | 18  Swim  1700yds | 19  Off | 20  Bike hills (11/2)  (3s, 1l, then 2x Mont) | 21  Swim 1650y | 22  Day Off | 23  Bike 56  Easy |
| 24  Bike 30 min easy | 25 | 26  Swim 2100 yds | 27  Spin 20 min  Albuquerque to Joplin | 28  Spin 20 min  SD to NM | 29  Day Off | 30  Bike IL  21/2 hrs  Hot and humid |
| Week 1  Bike 5x  7hs  Swim  5300yd | Week 2  Bike 4  7 hrs  Swim 2  3600yds | Week 3  Easy  Bike 3  3hrs  Swim 1  2000y | Week 4  Bike 3  6hrs  Swim 2  3350 |  |  |  |

\*Sapporo Hill 6-7mp, 150hr, close to winded, legs tired.

\*Long hill 14mph, 140s, legs tired

\*Second hill 14mph, 150s

\*Last hill, 9-10, 160, really winded.

\*\*Really tired, legs tired

\*\*\*Low RHR 45

\*\*\*\*Very elevated HR, resting hr 60!!!, raced out and back, high hr4343

^hot 87 degrees

July

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 30  Bike IL  21/2 hrs  Hot and humid\* |
| 1  Bike 21/2 hrs  (hotter and more humid!!)\*\* | 2  Spin 1h  Hot and humid | 3  Bike 11/2  Intervals (GH1)  Swim 15 min  Very hot and very humid\*\*\* | 4  Day Off  Drive to Sioux Falls | 5  Day Off  Drive to Canyon | 6  Mt Bike  2 hrs  Sunny Meadow to Hidden Basin | 7  Mt. Bike 21/2 hrs |
| 8  Mt Bike  2hrs +  Golden Eagle to Cold Creek++ | 9  Day Off | 10  Bike 15 min (Thunderstorm) | 11  Mt Bike  2+ h  (41/2 m climb, 6 mi climbing | 12  Day Off | 13  Mt Bike  2h  (41/2 m climb, 6 mi climbing) | 14  Mt Bike 11/2 h  (40 min climb)+++ |
| 15  Drive Eagle to SD  Day Off | 16  Day Off | 17  Bike 30in  Jog/walk 1 mile | 18  Bike 30min  Swim 800y | 19  Bike 30min  Swim  1000y | 20  Bike 30min | 21  Bike 56  11/2 h |
| 22  Bike 30 min | 23  Swim 1800y | 24  Bike 30min | 25  Run 30min  Bike 30min | 26  Bike 30min | 27  Swim 2100y | 28  Bike 56  11/2hx |
| 29  Run/Bike  Run 1h  Bike 1/2 | 30  Swim  1800y | 31  Day Off | Week 1  Bike 5/10hs  Road 5h  Mtb 5h  Swim | Week 2  Bike 5/71/2hs  Mt 5 | Week 3  Bike 5/31/2  Swim 2/1800yd  Run 15min | Week 4  Bike 5/31/2  Swim 2/3900y  Run 30min |

\*did long moderate aerobic interval, maybe 3 miles\*\* longer interval at time trial + effort, nearly cracked \*\*\* did 1 minute intervals, hotter and more humid

+Beautiful meadow and descent w/ rock formations and literal walls of trees on the cliffs

++ At the top could see across way into Wyoming and then an absolutely unbelievable meadow, five miles of wildflowers

+++Drive to Eagle CO 1-10PM, 4 hrs sleep night before

++++Drive home, 3 h sleep, 5 to 2AM

xHr on last hill 162 at 12mph

xxxHr on Second hill 163 at 15-17mph

August

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 1  Run/Bike  (Hard) 11/2 | 2  Bike 45min Easy | 3  Swim 1600yds | 4  Bike 56\*  11/2 |
| 5  Run/Bike  WOW!  Hot and hard  11/2 | 6  Bike 45min | 7  Day Off\*\*\*  Hot | 8  2700y  Very ‘ot! | 9  Run/bike  Run 40min/  Bike 1r (1x mont)  Very ot! | 10  Day off  Very ot | 11  Bike 56\*\*\*\*  Very ‘ot!  PM Bike 30min |
| 12  Bike 30min | 13  Day off/Plummer | 14  Bike 30m  Swim 1500y | 15  Swim  1800 y | 16  Jog/walk 1’our | 17  Swim 1500y | 18  Bike 56 |
| 19  Swim  2350 y | 20  Day off | 21  Run 1/  Bike 20min | 22  Bike 45min  (1xMont) | 23  Run  1  Bike 30min | 24  Swim  1500y | 25  Day Off |
| 26  Day Off | 27  Day Off  CLASSES BEGIN | 28  Day Off | 29  Day Off | 30  Day Off | 31  Day Off |  |

Week 1 Week 2 Week 3

Run 2/2h Run 2/2 Run 1/1

Bike 4/3 Bike 5/3 Bike 3/3

Swim 2/3400y Swim 1/2700y Swim 3/4800 (

Very ‘ot week Very ‘ot week

\*massage night before, felt okay up last three hills (155hr/2nd ill

\*\*tired during Week 1

\*\*\*tired two naps

\*\*\*\*very ‘ot, David raced whole way

September

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1  Ran 30min/bike 30min |
| 2  Swim 1500y | 3  Day Off | 4  Swim 2000 yds | 5  Day Off | 6  Swim 2400 yds | 7  Run 45min PM | 8  Bike 45min (easy) |
| 9  Swim 2000y | 10\*  Day Off | 11\*  Day Off | Day Off | 13  Run 45”  Bike 30’ | 14  Day Off  105Temp | 15  Swim  2700y  101Temp |
| 16\*\*  Bike 1’  (1xMont) | 17  Day Off | 18  Run 1’ | 19  Day Off | 20  Swim 3200y | 21  Day Off\* | 22  Run 1 |
| 23  Swim 2300y | 24  Day Off | 25  Run PM  45”  Spin 15” | 26  Day Off | 27  Swim 2300y | 28  Day Off | 29  Run 1’  Spin 30” |
| 30  Swim 1500\*\* |  | Week 1  Run 1 45”  Bike 1 45”  Swim 3  (5900y) | Week 2  Run 1 45”  Bike 1 30”  Swim 2  4700y | Week 3  Run 2 2’  Bike 1 1’  Swim 1  3200y | Week 4  Run 2 1 45”  Bike 2 45”  Swim 2  4600y |  |

\*muscle spasm, wole left side and bac left

\*\*Didn’t ave it.

Oct

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1  Day Off | 2  Swim  2850y | 3  Day Off | 4  Run 40min | 5  Day Off | 6  Swim 1500y |
| 7  Run 40min/  Bike 15m | 8  Day Off | 9  Swim 1000y | 10  Day Off | 11  Run | 12  Day Off | 13  Spin 30min |
| 14  Run/Bike | 15  Day Off | 16  Swim 1800 y | 17  Day Off  Sick | 18  Day Off  Sick | 19  Day Off  Sick\* | 20  Day Off  Sick |
| 21  Spin 30 min | 22  Day Off\*\*  Sick stomac | 23  Day Off  Sick | 24  Day Off | 25  Run/walk 30” | 26  Day off | 27  Swim 1650y |
| 28  Run/walk 40’’ | 29  Day off | 30  Swim 1650y | 31  Day off  (slept 10’) | 1  Day off  (tired) | 2  Jog/walk\*\*\* | 3  Swim 2450 |
|  |  | Week 1  Run 1  Bike 0  Swim 3  5850y | Week 2  Run 2 1’  Bike 2 45”  Swim 1000 | Week 3  Run 1  Bike 1  Swim 1800y  SICK | Week 4  Run 1 30”  Bike 1 30”  Swim 1  1650 y | Week 5  Run 2 1”  Bike 0  Swim 2  4100 ys |

\*Alex Operation

\*\*Sick stomach

\*\*\*Mostly walk

November

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1  Day off | 2  Walk/jog w/ grad students | 3  Swim 2450y |
| 4  Run 40min | 5  Day Off | 6  Swim 800y  Spin class | 7  Day Off | 8  Day Off | 9  Day Off | 10  Day Off |
| 11  Swim  1200 y | 12  Swim  2050 y | 13    Day Off | 14  Day Off | 15  Day Off  Sick again! | 16  Sick | 17  Sick |
| 18  Sick | 19  Sick | 20  Sick | 21  Sick | 22  Sick | 23  Sick | 24  Sick |
| 25  Sick | 26  Sick | 27  Sick | 28  Sick | 29  Sick | 30  Sick | 1  Sick |

December

Sunday Mon Tues Wed Thur Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1 |
| 2  Swim  1000y | 3  Off | 4  Swim  1200y | 5  Off | 6  Off | 7  Off | 8  Swim  1500y |
| 9  Off | 10  Swim 1500 | 11  Off | 12  Off | 13  Off | 14  Spin 35min  Wt lift | 15  Swim  1650y |
| 16  Bike  30min | 17  Bike 30min  Wt lift arms | 18  Day Off | 19  Bike 45min  Wt lift legs | 20  Swim 1650y | 21  Bike 60min | 22  Swim 1650y |
| 23  Day Off | 24  Bike 45min | 25  Run/jog 1h | 26  Day Off | 27  Swim 2000y | 28  Bike 45 min  Wt lift | 29  Swim 1500yds |
| 30  Bike 30min | 31  Drive to Phoenix/Sedona |  |  |  |  |  |

January 2013

Sunday Mon Tuesday Wed Thursday Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1  Day Off | 2  Spin 45 min | 3  Spin 45 min  Wt lift | 4  Spin 20min | 5  Drive home (8 hours) |
| 6  Swim 1500 yds | 7  Bike 40min | 8  Swim 1600y | 9  Bike 50min | 10  Day Off | 11  Bike 1hr | 12  Swim  1700 yards  Swim 4800yd  Bike 3 |
| 13  Day Off | 14  Swim 2200y | 15  Bike  1 hr | 16  Day Off | 17  Day Off | 18  Swim 2600yds | 19  Bike 40Min (1xMont)  Spin 30min  Sw 4800y  B 3 |
| 20  Swim 1600yds | 21  Spin 1 hr | 22  Day Off | 23  Day Off | 24  Day Off | 25  3200yds | 26  Bike (2x Mont)\*  Sw 4800yd  B 2 |
| 27  Spin 1hr | 28  Swim 1700yd | 29  Day Off | 30  Swim 1600 yds | 31  Day Off | 1  Swim 2700yd | 2  Bike  1 +  Sw 6000  Bike 2 |
| \*  Very hard second time |  |  |  |  |  |  |

Feb

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1  Bike 1h  (1xMont) | 2  2700yds |
| 3  Bike 1h+ (2x Mont) | 4  Swim  1100y (foot cramp) | 5  Day off | 6  Day Off | 7  Day Off | 8  Swim 2650y | 9  Bike 1h |
| 10  Bike 1h 10min | 11  Swim 2500y | 12  Day Off | 13  Bike 30min | 14  Day Off | 15  Swim 2550  3x25y  (20,17,15)! | 16  Bike  1hr +  (1 hill in back ahhh) |
| 17  Bike  1h + | 18  Day Off | 19  Day Off | 20  Day Off | 21  Day Off | 22  Swim  2650 y | 23  Bike 56 |
| 24  Swim 1500y | 25  Bike 30’  Abs  \*Knee hurt | 26  Day Off | 27  Day Off | 28  Day Off | 29  Day Off |  |

March

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1 | 2  Swim 2500yds  \*knee pain worse |
| 3  Swim 1500 yds  \*Knee pain worsening | 4  Swim  2000ys  \*Knee pain continues | 5  Day Off | 6  Doctor  Cortisone shot | 7  Day Off | 8  Day Off | 9  Swim 2000y |
| 10  Palm Springs | 11  Swim  1500y | 12  Day Off | 13  Swim  1600 y | 14  Day Off | 15  Swim 1600y  Massage | 16  Day Off |
| 17  Swim  1600y | 18  Swim 1600y  (2 intervals: 45,40) | 19  Day Off | 20  Swim 1600y | 21  Day Off | 22  Day Off  Massage | 23  Day Off |
| 24  Swim 1600yd | 25  Swim  1600 yds | 26  Day Off | 27  Swim 2400y  (2x100 at 1:30, 4x25 back) | 28  Day off | 29  Day Off  \* | 30  Swim  2400yd  \*  (200 breath every 5th stroke) |
| 31  Day Off  Pool Closed  Massage  \* |  |  |  |  |  |  |

\*Tingling left leg

April

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 1  Swim 1600y  \* | 2  Day Off  (Massage)  \* | 3  Swim 2000y \*  50, 100, 200 at :45, 1:35, 3:00) | 4  Spin 10min  Wt Lift | 5  Swim 1600y | 6  Swim 1600y |
| 7  Spin 15”  Wt Lift | 8  Massage and  Day Off | 9  Day Off | 10  Swim 1600y | 11  Bike 20” | 12  Swim 2100y | 13  Spin 30”  Wt Lift |
| 14  Swim 2600yds | 15  Massage and  Day Off | 16  Day Off | 17  Spin 30”  Wt. Lift | 18  Swim 1650y | 19  Bike 30min | 20  Day Off |
| 21  Swim 2500y | 22  Spin 30 min  Wt lift 30 min | 23  Day Off | 24  Jacuzzi and swim 400y | 25  Day Off | 26  Swim 1650 y | 27  Spin 40min  Wt lift 30min |
| 28  Day Off | 29  Day Off | 30  Day Off | 1  Swim  1800 yd | 2  Bike 30min | 3  Swim 1500y | 4  Spin 45m  Wt lift |
| 5  Swim 2300y | 6  Day Off | 7  Day Off | 8  Swim 1500y  (200 int) | 9  Spin 1h10m  Wt lift :30 | 10  Swim  1000y |  |

\*Tingling left leg continues

May

Sun Mon Tues Wed Thur Fri Sat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 1  Swim  1800 yd | 2  Bike 30min | 3  Swim 1500y | 4  Spin 45m  Wt lift | Swim 3300yds  Bike 1h15m  Wt lift 1 |
| 5  Swim 2300y | 6  Day Off  Massage | 7  Day Off | 8  Swim 1500y  (200 int) | 9  Spin 1h10m  Wt lift :30 | 10  Swim  1000y | 11  Bike 40min | Swim  4800yd  Bike 1h 50m  Wt lift 1 |
| 12  Swim 2300y | 13  Day Off  Massage | 14  Day Off | 15  Spin 45min  Wt lift 45 min | 16  Day Off | 17  Swim 3000y | 18  Spin 45 min  GRADUATION  Swim 300y | Swim 5300y  Bike 1h30m  Wt lift 1 |
| 19  Swim  2000y | 20  Day Off  Massage and then later  Pm Back hurts, can’t sleep, leg tingles, up in middle of night | 21  Spin 45 min  Wt lift 45 min | 22  Swim 450y | 23  Swim 2200 yds | 24  Spin 45min  Wt lift 45 min | 25  Swim 600y  Jacuzzi | Swim 5300y  Bike 2x/1.5h  Wt lift 2x |
| 26  Swim 1500y  Visit Jo, Jacuzzi and pool | 27 | 28  Bike 45 min/1xMtz | 29  Swim 2000y | 30  Bike 1 h /2x Mtz  Swim 1300y | 31  Swim 1000 yds | 1 | Swim 4/5800y  Bike 2x/1.75h |

June

Sun Mon Tue Wed Thursday Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1/8\  Day Off// |
| 2  MtB (mt. laguna 11/2 h | 3  Day Off | 4  Swim 2500y | 5  Bike 1h  2xMtZ  Massage | 6  Day Off | 7  Swim 1600y + practice turns | 8  MTB (mt laguna/climbed back road)  11/2h |
| 9  Spin 30min,abs and easy legs | 10  Swim 2000y/800wu | 11  Day Off  Massage | 12  Swim 1650y | 13  Bike 1h  (2xMtz) | 14  Swim 3200 y/1200pull  +1000pull paddles | 15  Swim 600 ys (very easy) |
| 16  Bike 11/2h  (3xMtz)  Swim 600y easy | 17  Day Off | 18  Bike 45 min (1x Mtz)  Massage\* | 19  Swim  2500y | 20  Mtb Mt Laguna  11/2h  Swim  600 yds | 21  Swim 2000y | 22  Day Off |
| 23  Bike 1h easy | 24  Swim 2400y | 25  Bike 1h  (2x Montz) | 26  Day Off | 27  Bike 1h  2xMtz | 28  Swim 2500y  2x200 wfloats 3;05, 2x25 1@19,15 | 29  Day Off  \*\* |
| 30  Bike 2h  (2x Montz, 2x short steep hill | Week 1  Swim 2/4100y  Bike 3x 4hs | Week 2  Swim 4/7450y  Bike 2x 11/2h | Week 3  Swim 4/5700y  Bike 3x4hs | Week 4  Swim  2/4900  Bike 3/3 |  |  |

* Back pain PM after massage.
* Hot

July 2013

Sunday Mon Tue Wed Th Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 30  Bike 2h | 1  Day Off  Massage | 2  Swim  2200y | 3  Swim  1600y | 4  Bike >2hs  (3xMtz) | 5  Swim 800y  \* | 6  Day Off |
| 7  Bike Coronado  1h45+\*\*  Swim 300y | 8  Day Off  Massage | 9  Swim 3000y+  (fast 1000) | 10  ? | 11  ? | 12  Swim 2800y | 13  Bike 56 |
| 14  Day Off | 15  Day Off  Massage | 16  Day Off | 17  Bike 30min | 18  Swim 2000y  (1000y/wu) | 19  Day Off | 20  Bike 56  2h |
| 21  Swim 3000y | 22  Day Off  Massage | 23  Swim  1500y | 24  Bike 45min  (1xMtz | 25  Swim 2200y  1000y/wu | 26  Day Off | 27  Bike 56  2h |
| 28  Bike 40min  Swim 1600y | 29  Day Off | 30  Day Off | 31  Bike 30 min |  |  |  |
| Week 1  Swim 3/4400y  Bike 2x 4hs |  |  |  |  |  |  |

\*Shampooed rug, very tired and sore.

\*\* Very windy and very hard 140s on way back

August 2013

S M T W Th F S

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1  Swim 1600y | 2  Drive to El Paso | 3  Swim 800y |
| 4  Bike 1h | 5  Day Off | 6  Drive to San Diego | 7  Day Off | 8  Swim 1500y | 9  Day off | 10  Bike 56 |
| 11  Day Off | 12  Bike to School | 13  Swim 1700y | 14  Bike to School | 15  Bike 1 h +2x Mtz | 16  Day Off  Sick | 17  Day Off  sick |
| 18  Bike 30min Easy  \*still sick | 19  Bike to School | 20  Bike 40min  1xMtz  Felt great | 21  Day Off | 22  Day Off  Sick Again | 23  Bike to School | 24  Day Off |
| 25  Bike 1h 1xmtz  Swim 1000y | 26  Day Off  \*HR Irbeat | 27  Day Off | 28  Day Off | 29  Day off  Visit Dr | 30  Day Off | 31  Bike Very Easy 40min |

September 2013

Sun Mon Tuesday Wed Thu Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Swim 1700y | 2  Bike 40min | 3  Day Off | 4  Day off | 5  Day off | 6  Swim 2100y | 7  Bike 1h+  (1xMtz) |
| 8  Swim 2700y | 9  Day Off | 10  Day Off | 11  Day Off | 12  Bike 1h+  (2xMTz)  Hot &H | 13  Swim 1500y  H&H | 14  Bike 1h+  (1xMTz)  H&H |
| 15  Swim 1500y  H&H | 16  Day Off  Sleepy tired  Cooled Off | 17  Swim 2100y  Tired before I swam felt good swimming and after but tired early PM | 18  Day Off  Just wiped out PM, sat in chair, but then stayed up until 1 finishing a book | 19  Bike 40min  Low HR and very tired, cold symptoms PM | 20  Day Off  Cold or allergy | 21  Swim 2500yds  Seems like a cold |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  |  |  |  |  |  |  |

Sun Mon Tue Wed Thur Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4  Bike/jog  1h | 5  Bike 56 |
| 6  Swim 800y | 7  Day off | 8  Day off | 9  Day Off | 10  Day Off | 13  Swim 2500y | 12  Bike 56 |
| 13  Run/Jog 30min | 14  Day off | 15  Day off | 16  Day Off | 17  Bike 45min  1 (xlong hill) | 18  Swim  1750 y | 19  Bike 56 |
| 20  Swim 2600y | 21  Day Off | 22  Bike 20min | 23  Day Off | 24  Run/Walk  1h +  Suicides 1x5  1x50,70,100  Bike 20min | 25  Swim  1750y | 26  Bike  56 |
| 27  swim | 28 | 29 | 30 | 31  1mi w/u  2/50,70,100  suicides |  |  |

November

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1  Swim | 2  Bike 56 |
| 3  Swim | 4  Day off | 5  Day off | 6  Day off | 7  1mi w/u  2x50,70,100  Suicides  2x40 | 8  Swim  1500yds | 9  Bike 56 |
| 10  Spin 30min | 11  Swim  2300 yd | 12  Day off | 13  Day off | 14  1mi w/ u  2x50/70/100  Suicides  2xsteps | 15  Swim  1500y | 16  Bike 56 |
| 17  Swim easy  400y | 18  Day off | 19  Day off | 20  Day off | 21  1mi w/u  2x50/70/100  2x50, 1x40  3xsteps (24’) | 22  Swim  1850y | 23  Bike 56  Pooped! |
| 24  Swim | 25  Day Off | 26  Day Off | 27  Day off | 28 | 29  Swim | 30  Bike 56 |
|  |  |  |  |  |  |  |

December 2013

Sunday Mon tues Wed Thur Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Swim | 2  Day off | 3  Day Off | 4  Day off | 5  R/W/S/St | 6  Swim  1500y | 7  Rain Day Off |
| 8  Bike 56 | 9  Day Off | 10  Day Off | 11  Day Off | 12  Run/Walk/Strides/Steps | 13  Swim  1600y | 14  Bike 56 |
| 15  Bike 1h (1x Mont) | 16  Day Off | 17  Swim 2100y | 18  Day Off | 19  Rain/ Day Off | 20  Run/Walk/Steps  /Strides 1h+ | 21  Bike 56 |
| 22  Swim 1500yds | 23  Day Off | 24  Run pm | 25  Bike 2 ½ hr | 26  Run w/ Junko | 27  Swim 400y/jacuzz | 28  Bike 56 |
| 29  Tennis ½ hr, could hardly move | 30  Wiped out!!! | 31  Day Off |  |  |  |  |

January 2014

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 1  MTB 1h 40min | 2  Day Off | 3  Jog/Stride 30min  Swim 800y | 4  Bike 56  (new bike) |
| 5  Swim 1050 y Easy | 6  Day Off | 7  Day Off | 8  Day Off | 9  Run  2x50,70,100  2x steps (1,2) 1h+ | 10  Swim 1500yds  Jacuzzi x3! | 11  Bike 56 |
| 12  Swim 800 y with paddles | 13  Day Off | 14  Bike 1h  (1xMtZ) | 15  Run  Wu4/50,  3x steps  90degrees | 16  Swim  800y | 17  Tired, spent afternoon lying in bed | 18  Bike 56  (what a difference) |
| 19  Bike 1h very easy | 20  Day Off | 21  Day Off | 22  6x Steps  Bike 30min | 23  Day Off | 24  Swim 1600y | 25  Bike 56 |
| 26  Bike 45min  (very hungry) | 27  Day Off | 28  Day Off | 29  Day Off | 30  Run/jog (pm)  6x50, 1x steps | 31  Swim  1600y |  |

February 2012

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 26 | 27  Day Off | 28  Day Off | 29  Day Off | 30  Run/jog (pm)  6x50, 1x steps | 31  Swim 1600 yd | 1  Bike 1h |
| 2  Swim 1800y | 3  Day Off | 4  Day Off | 5  Run/Jog  2x50,70; 1x 150y,  2 times steps | 6  Day Off | 7  Swim 2150 yds | 8  Bike 56  Seemed really hard |
| 9  Spent most of day horizontal,  Ice, self-massage, roller | 10  Day Off  Legs felt better | 11  Day Off  Legs felt worse???? | 12  Bike 40 min easy | 13  Swim  2050 yds  Cut class | 14  Bike 30 min easy | 15  Bike 1h+  (1 long hill, very bottom) |
| 16  Day Off | 17  Bike 56  Felt really good | 18  Day Off | 19  Day Off | 20  Bike 30min  Very, very easy | 21  Swim 1550 y | 22  Bike 56  Felt really good! |
| 23  Day Off | 24  Bike Trainer 30” | 25  Day Off | 26  Bike Trainer 40”  Swim 1600y | 27    Day Off | 28  Bike trainer 45” | 1  Day Off |

March 2014

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1  Day Off |
| 2  Bike Trainer 45”  Swim 1500y  (1000 free) | 3  Day Off | 4  Day Off | 5  Bike 45”  trainer | 6  Day Off | 7  Day Off | 8  Bike 56  Hard ++++ |
| 9  Swim 1500y | 10  Day Off | 11  Bike trainers  45” | 12  Bike trainer  45 “ | 13  Day Off | 14  Swim 1600y | 15  Bike 56  Not as hard |
| 16  Bike  45” | 17  Day Off | 18  Bike  Trainer  35” | 19  Day Off | 20  Bike Trainer 40” | 21  Swim  1750y | 22  Bike 56  medium |
| 23  Bike easy 30”  Sleepy | 24  Day Off | 25  Bike  Trainer 45” | 26  Day Off | 27  Swim 2000y | 28  Bike 1h (1xMontz) | 29  MTB Mt. Laguna 2hs  1xOHwy8 |
| 30  Swim  1750 y | 31  Day Off |  |  |  |  |  |
|  |  |  |  |  |  |  |

April 2014

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3  Bike 1h+  1x (back hill) | 4  Swim 1900 yd | 5  Bike 56  Felt okay, last hill 160. |
| 6  Day Off  Rested all day | 7  Day Off | 8  Bike  1h  (1xMontz) | 9  Day Off | 10  Bike Trainer  45” | 11  Swim  1800yds | 12  Bike 56 |
| 13  Day Off  Rested all day | 14  Day off | 15  Bike trainer  35 min | 16  Day off | 17  Bike 45”  1xmont | 18  Swim 1600y | 19  Bike 56  Good up Sapporo hill  Good up 1 and 2 hr 165 |
| 20  Bike Easy 45 “ + | 21  Day Off | 22  DNR | 23  Day Off | 24  DNR | 25  Swim 1500 yds | 26  Bike 56 |
| 27  Bike Easy  45” | 28  Day Off | 29  DNR | 30  Day Off |  |  |  |

May 2014

Sunday Mon Tue Wed Thu Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1  DNR | 2  Swim 1900y | 3  Bike 56  Very hot, but felt strong riding at steady pace |
| 4  Bike easy 45”+  Upset stomach | 5  Day Off  US | 6  Bike Trainer PM  35” easy  US | 7  Day Off  US | 8  Day Off  US  Diarrhea | 9  Bike AM  35” Very Easy  US  Swim 1850 yd felt strong????  Went with it | 10  Bike 56  Road last hill 2x and sprinted at the end  \* legs tired, kind of hurt |
| 11  Bike easy  40min | 12  Day Off | 13  Bike 50+ including 1 long hill  95 degrees | 14  Day Off, but biked for 20min | 15  Bike 40min in 97 degrees | 16  Swim 1800 yds | 17  Bike 56  Still pretty hot!  Graduation |
| 18  Bike Easy  30”  Really bad pinched nerve, hardly slept | 19  Spin 45 “ (one long hill int 7”)  Wt lift | 20  Swim 500y  Neck still painful | 21  Day Off | 22  Spin 45min | 23  Swim  2100 yds | 24  Bike 56  21/2 hrs  2x first 2 hills  Feel, hurt hip. |
| 25  Bike Easy  40min | 26  Bike 56 | 27  Day Off | 28  Swim 1600 y | 29  Day Off | 30  Bike 40 “ very easy  Swim 1650y | 31  Bike 56  Rode with mike, moderate pace, felt strong.  **No sleep , neck pain**  1h all night |

June 8, 2014

Sun Mon Tues Wed Thu Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Bike 56  Felt leg I was doing leg presses that were too heavy | 2.  Day Off | 3  Bike 40min  Very Easy  **No sleep** at all, stomach upset | 4  Day Off | 5  Swim 1800y  **Couple hours of sleep,** animals kept waking me up | 6  Bike 11/2h  (2x short hill, 1x long hill)  Felt hard.  Felt dehydrated with high body temp all day | 7  Bike 56  Didn’t feel good at all, kept hr low but still felt hard |
| 8  Day Off | 9  Day Off | 10  Swim 1550y  At Hank’s Club HARD | 11  Bike 1h  (1x Mtz) | 12  Bike 1/14  (1xMtz, 1xs/short)  **Bad Nights Sleep** | 13  Day Off | 14  Bike 56 felt strong,  160 up Sapporo, just 10 meters back,\*\* |
| 15  Bike 45” very, very easy | 16  Day Off | 17  Swim 1650 long course, two 100 meter pulls avg 1:40 | 18  Bike 1h 20 min  (1x Mtz and 1xss) | 19  Day Off | 20  Day Off  **Cortisone Shot** | 21  Bike 56 <3hrs  What a difference, warmer and **no sleep**, but still, sucking wind at 142 up Sapporo hill, then we road across 15\*\*\* , kept good pace up 1,2,3 but slower than last week and higher hr |
| 22  Bike 45” Very Easy  Finished 59 with lower Hr than started 70 | 23  Swim 1550 y  500wu/f &400/2x25fr/bs/500fp/50wd | 24  Bike 1h easy, low | 25  Bike 1 h 15”  2xMTZ (second medium hard effort | 26  Spin 40min, easy | 27  Bike Mt. Laguna, 2hs +  2 hard efforts + did long hill/old road at end  Hr 120-140 on climb | 28  Day Off  Slept a lot of day, started feeling better in late afternoon.l |
| 29  Bike 1h +easy w/ few easy hills  Swim 2400y  800w/u | 30  Day Off  Nikki very sick, very stressful day |  |  |  |  |  |
|  |  |  |  |  |  |  |

\*\* 140 to 150 through horse trail, kicked ass/ pulled David along path by homes/125 up hill 1/ 160 up hill 2, 22mph at bottom, then 19 for awhile, then 16/17/160 up hill 3, 11mph right before last steep part/ the road to top of subdivision/ -100 when finished/on way out drafted off Jim at 23mph downhill into wind w hr 96. This should be measure.

\*\*\*and up another steep hill, felt like body temperature went way up. WTF but had terrible nights sleep

July

Sun M T W TH Fr Sat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 1  Bike 2h  30” spin, 11/2 on bike (4 x Mtz-3 low medium, 1 medium).  Leg muscles kind of stretchy, rt knee sore | 2  Bike 30” Easy | 3  Bike Trainer 40”  Swim 850y | 4  Bike 2hs+  3x Montz medium (120,127 131), 2 easy hills, and 2 p/us, | 5  Day Off | Total  Bike 6hs  Swim 3200y  \*High stress |
| 6  Bike Mt Laguna 21/2 hs  2x 40 min climb | 7  Day off | 8  Bike 30”+ Easy | 9  Spin 40”  Swim 2100yds | 10  Day Off | 11  Spin 1hr easy | 12  Bike 56 2hs  90%AR  10% Medium  Legs still sore and hr elevated | Total  Bike 61/2  Swim 2100y  \*not recovering |
| 13  Bike 11/2hs  (1xMTZ) 90%+low aerobic | 14  Day off  Legs tight | 15  Day Off | 16  Bike 30” very easy | 17  Bike 3hs Mt Laguna  1/50” climb, first mile really steep. | 18  Bike 45”  Swim 2000y | 19  Day Off  April came by and spent time with Alex | Total  Bike 53/4  Swim 2000 |
| 20  Bike 1h40”  1x MTZ, 90% easy but felt hard, tired afterwards.    Alex doing worse | 21 -11  Day Off  Legs tired  Alex doing worse | 22 -10  Bike  Spin 1hr Easy  Swim 800y  Vet diagnose, acute anemia, fluids, B12, Comfortis | 23-9  Bike 56  Legs still tight  **Dinner Fritz** | 24-8  **Day Off**  **Meeting 11:30**  **Alex not getting better** | 25-7  Swim 1600y  Alex very sick,  Vet for steroid and fluids | 26-6  Bike 1h  **p/u Car at 7 Avis**  **Alex died** |  |
| 27 | 28 | 29  Drive to El Paso | 30  Bike 30” Trainer | 31  Drive to Crested Butte | 1  Bike Gothic Road 11/2h | 2 |  |

August 2014

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| August 2014 | | | | | | | | | | | | |
| Sun |  | Mon |  | Tue |  | Wed |  | Thu |  | Fri |  | Sat | |
|  |  |  |  | Drive to El Paso  Bike 45” |  | Spin 30min on trainer |  | Drive to Crested Butte |  | 1  Bike Gothic Road 11/2 hr |  | 2  Bike Snodgrass  2 ½ hrs | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
| 3  Bike Washington Gulch 2hs |  | 4  Drive to El Paso |  | 5  Bike 15” |  | 6  Drive to San Diego |  | 7  Sleep all day |  | 8  Bike 30 “ Easy |  | 9  Bike 50”  Swim 1000y | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
| 10  Day Off |  | 11  Bike 35” |  | 12  Swim 1500y |  | 13  Day Off |  | 14  Bike Trainer  45” |  | 15  Swim 1900y |  | 16  Day Off | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
| 17  Bike 1h 20min  (1xMontz)  130hr |  | 18  Day Off |  | 19  Day off |  | 20  Spin  30 min |  | 21  Day Off |  | 22  Day Off  Bike to School |  | 23  Spin 40min | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
| 24  Swim 2100y |  | 25  Day Off  Bike to School |  | 26  Day Off  Bike to school |  | 27  Day Off  Bike to school |  | 28  Day Off |  | 29  Swim 2400y |  | 30 | |
|  |  |  |  |  |  |  |  |  |  |  |  |  | |
| 30 |  | 31 |  |  |  |  |  |  |  |  |  |  | |