

2025

API TEST BOOK

CASUAL ATHLETE

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RACES

| | |
|-----------------------------|---|
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|-----------------------------|---|

TRAINING LOG

| | |
|------------------|----|
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BACK MATTER

| | |
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2025

Year in Review

114

km

TOTAL DISTANCE

15

hours

TOTAL TIME

717

m

TOTAL ELEVATION GAIN

9

Activities

1.6 hrs

Avg Duration

8

Active Days

7:46

Avg Pace (min/km)

12.6 km

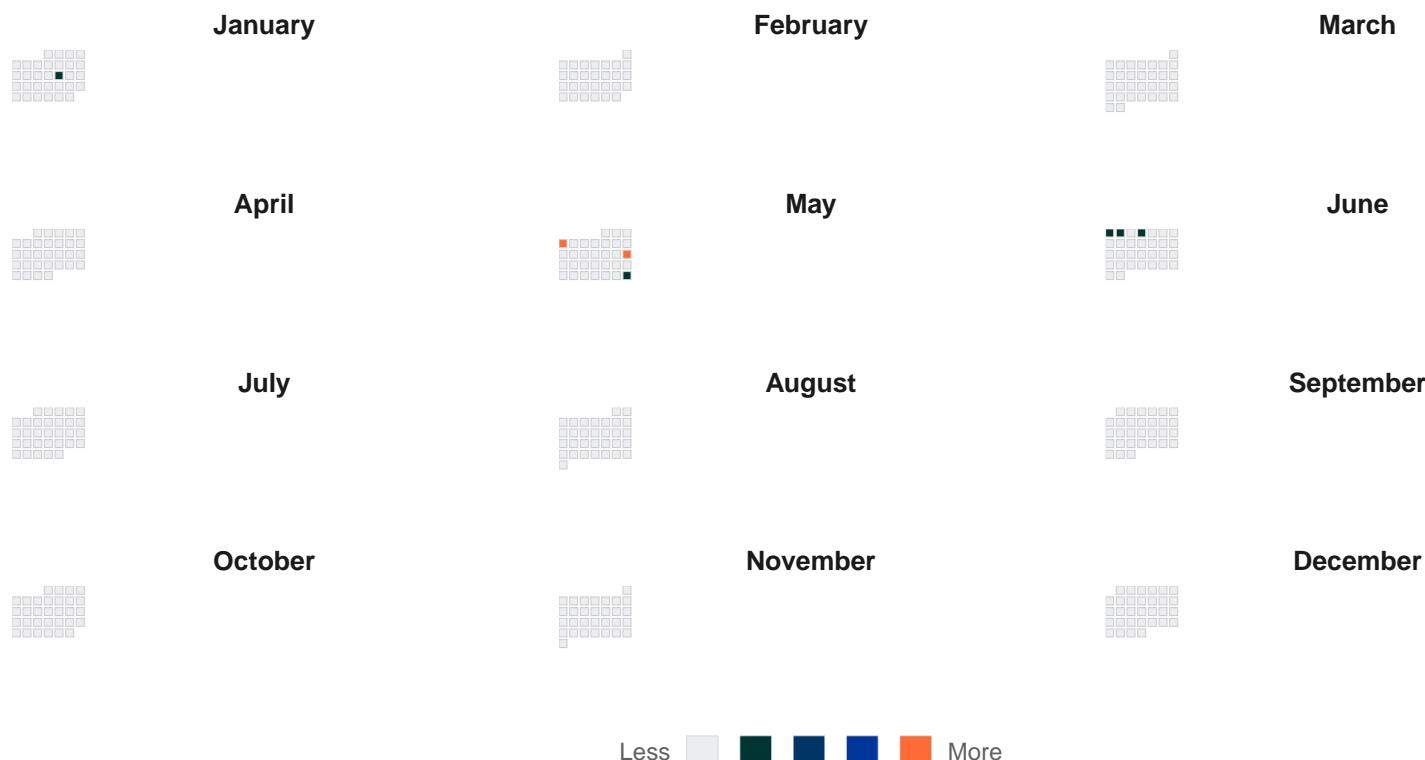
Avg Distance

1

Races

2025 Activity Heatmap

9 activities • Color by distance



114 km 15 hrs 717 m 9

Total Distance Total Time Total Elevation Activities

JANUARY

2025

| | | |
|----------|----------|------|
| 1 | 0.11 km | 2:52 |
| ACTIVITY | DISTANCE | TIME |

MAY

2025

3

ACTIVITIES

83.23 km

DISTANCE

9:53:47

TIME

TORONTO MARATHON (TRAINING)

SUNDAY, MAY 4, 2025
TORONTO

TORONTO MARATHON (TRAINING)

42.72

KILOMETERS

04:24:03

TIME

6:11

AVG PACE

LAT 40.7128° N

SCALE 1:50000

VECTOR BLUEPRINT • SATELLITE DATA UNAVAILABLE

JUNE

2025

4

ACTIVITIES

24.71 km

DISTANCE

4:24:24

TIME

AUGUST

2025

| | | |
|----------|----------|-------|
| 1 | 5.55 km | 20:24 |
| ACTIVITY | DISTANCE | TIME |

Activity Log

| DATE | ACTIVITY | DISTANCE | TIME | PACE | ROUTE |
|-------|---------------------------------|----------|---------|----------|---------------------------------------------------------------------------------------|
| 05/17 | "Comrades pace" dry run | 34.6 km | 4:01:00 | 6:58/km |  |
| 06/04 | Gentle 5k by the Tiber | 5.2 km | 33:04 | 6:24/km |  |
| 06/02 | Wandering through Rome | 9.4 km | 2:21:51 | 15:07/km |  |
| 05/31 | Anniversary hike | 6.0 km | 1:28:44 | 14:55/km |  |
| 01/16 | Morning Swim | 0.1 km | 2:52 | 26:06/km |  |
| 08/04 | Sprint tri — bike pt 2 | 5.6 km | 20:24 | 3:40/km |  |
| 06/01 | Stability and hot bath | 0.0 km | 30:58 | -- | |
| 06/01 | 5km steady (half-marathon pace) | 10.2 km | 58:31 | 5:45/km |  |

2025

114 km TRAVELED

14 hrs IN MOTION

717 m CLIMBED

9 ACTIVITIES

8 ACTIVE DAYS

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Strava Book