

Sheet1

Date	Activity Planned	Duration	Duration (mins)	Distance (km)	Approx Pac	Weight (lbs)
09/14/11	Swim		30	1	30.00	
09/17/11	Run		40	5.8	6.90	243
09/18/11	Swim		30	1	30.00	
09/20/11	Swim	24	24	1.05	22.86	
09/20/11	Bike	48	44	15.26	2.88	
09/22/11	Run	24	0			
09/23/11	Swim	40	40	1.4	28.57	
09/24/11	Bike	80	82	26.6	3.08	
09/26/11	Run	40	41	5	8.20	
09/27/11	Bike	53	54			241
09/27/11	Swim	26	0			
09/29/11	Run	26	26	3.96	6.57	
09/30/11	Swim	44	44	1.75	25.14	
10/01/11	Bike	88	88			243
10/03/11	Run	44	44	5.94	7.41	
10/04/11	Swim	29	29	1.25	23.20	241
10/04/11	Bike	58	61	19.68	3.10	
10/06/11	Swim	48	49	2	24.50	
10/07/11	Run	29	26	4.1	6.34	
10/08/11	Bike	97	97	30.46	3.18	
10/10/11	Run	48	0			
10/11/11	Swim	17	17	0.75	22.67	
10/11/11	Bike	35	35	10.15	3.45	
10/13/11	Swim	29	29	1.25	23.20	
10/14/11	Run	17	17	2.76	6.16	
10/15/11	Bike	58	101	33.13	3.05	
10/17/11	Run	49	48			
10/19/11	Run		30			
10/22/11	Bike	97	113	37.03	3.05	
10/25/11	Bike		33	9.25	3.57	
10/25/11	Run		27	4	6.75	
11/13/11	Run		26	4.05	6.42	232
11/14/11	Run		26	4.26	6.10	
11/19/11	Run		34	5.19	6.55	
11/21/11	Bike		46			
11/21/11	Run		6			
11/23/11	Jilian		24			
11/27/11	Run		27	4.27	6.32	
11/30/11	Run		50	7	7.14	
12/03/11	Run		30	4.6	6.52	
12/07/11	Run		54	7.57	7.13	
12/09/11	Run		26	4.22	6.16	
12/18/11	Bike		47			
12/21/11	Run		50	7.24	6.91	
12/23/11	Bike		33	15	2.20	
12/23/11	Swim		14	0.5	28.00	
12/26/11	Run		25	3.86	6.48	
12/31/11	Run		64	10	6.40	

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01/05/12	Run		37	5.75	6.43	232
01/07/12	Jillian		24			
01/08/12	Swim		22	1	22.00	
01/19/12	Jillian		45			
01/22/12	Bike		27	8	3.38	
01/22/12	Run		17	2.45	6.94	
	Run		45	7.2	6.25	
	Run		30	3.4	8.82	
02/03/12	Run		45	6	7.50	
	Run		33	5	6.60	231
02/09/12	Swim	30	31	1.4	22.14	
02/11/12	Bike	35	37			
02/14/12	Swim	30	30	1.4	21.43	
02/14/12	Run	30	30	4.5	6.67	
02/15/12	Bike	45	47 Troy			
02/16/12	Run	45	45	5.15 Intervals		228
02/18/12	Bike	60	50 Mylea	Intervals		
02/20/12	Swim	20	21	1		
02/20/12	Bike	30	30	8 Heartrate		
02/22/12	Run	25	25	4.3	5.81	
02/23/12	Bike	35	41	16.5	2.48	
02/27/12	Bike	55	59	20.5	2.88	230
02/27/12	Run	30	34.5	5	6.90	
02/29/12	Run	30	31	4.6	6.74	
03/02/12	Bike	45	46.5	18.5	2.51	
03/04/12	Swim	20	20	0.9	22.22	
03/06/12	Bike	15	16.5	6	2.75	
03/08/12	Bike	0	13	5	2.60 Wet!	
03/08/12	Run	15	18	2.86	6.29	233