

Running Naked Weekly Training Stats

Monday, September 17, 2007

<http://blog.abclarke.com/>

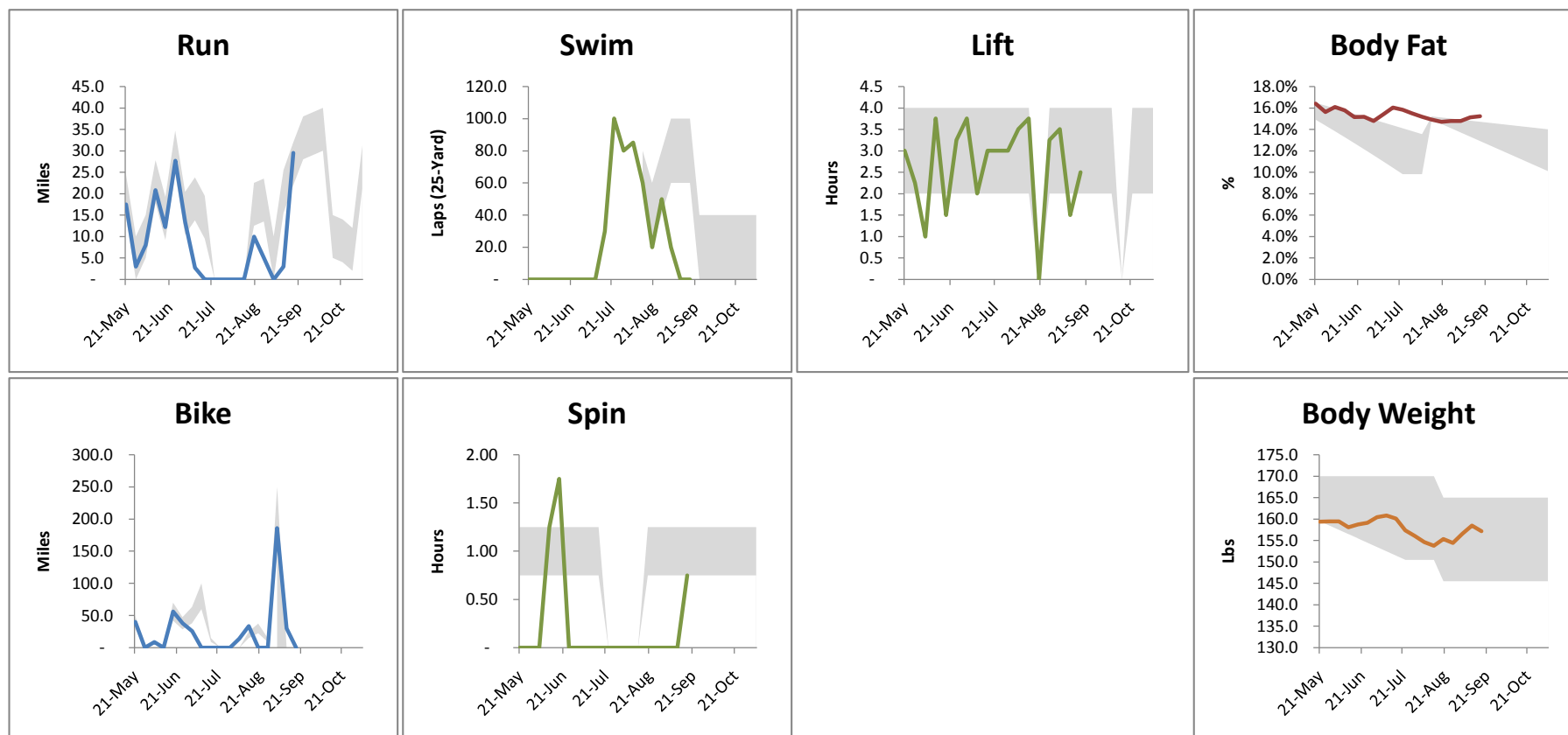
Through

Sunday, September 23, 2007

= Target Zone

GOAL: NYC MARATHON NOVEMBER 4, 2007

Pain in lower right leg, but new shoes helping...



Metric	Units	Type	Amount	Change
Run	Miles	Total	29.5	↑ 26.50
Bike	Miles	Total	-	↓ (30.00)
Swim	Laps	Total	-	→ -
Spin	Hours	Total	0.8	↑ 0.75
Weight Room	Hours	Total	2.5	↑ 1.00
Weight	Pounds	Avg	157.2	↓ (1.25)
Bodyfat	%	Avg	15.2%	↓ -0.02%

09/17	09/18	09/19	09/20	09/21	09/22	09/23
2.00	5.00	6.00	-	6.50	-	10.00
-	-	-	-	-	-	-
-	-	-	-	-	-	-
-	-	-	-	-	0.75	-
0.75	0.75	1.00	-	-	-	-
157.8	156.6	155.6	157.2	159.6	156.0	157.8
15.8%	15.5%	14.7%	15.4%	14.7%	15.7%	14.7%