

Running Naked Weekly Training Stats

Monday, October 22, 2007

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

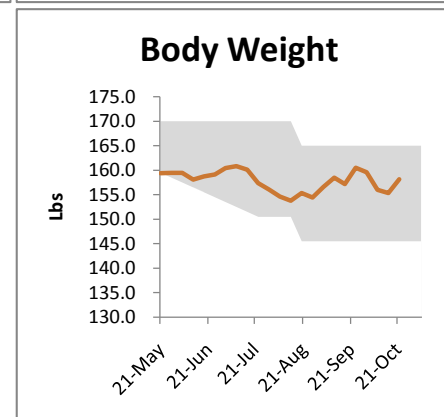
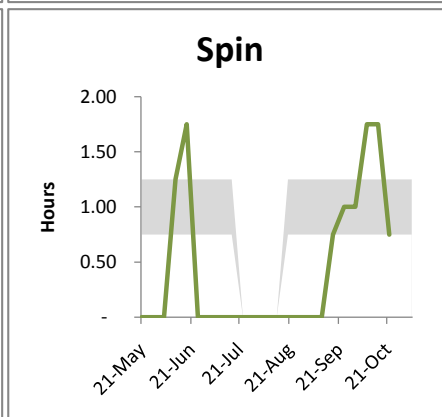
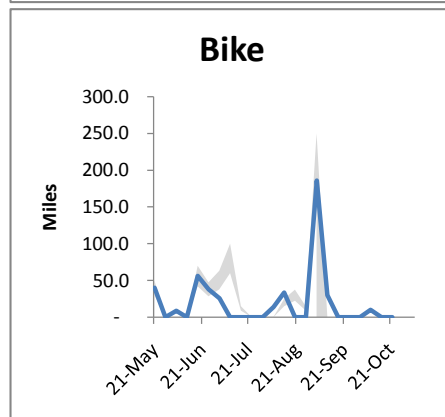
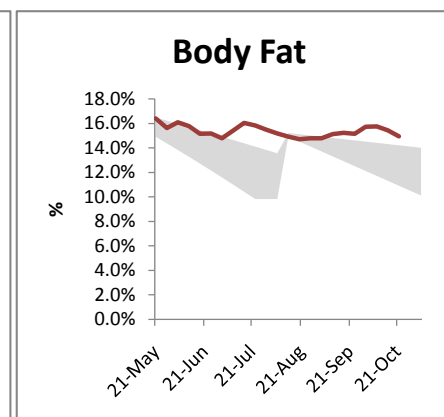
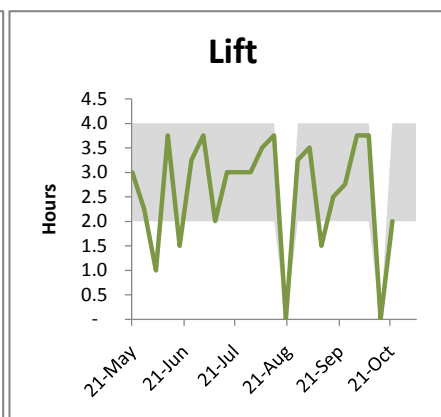
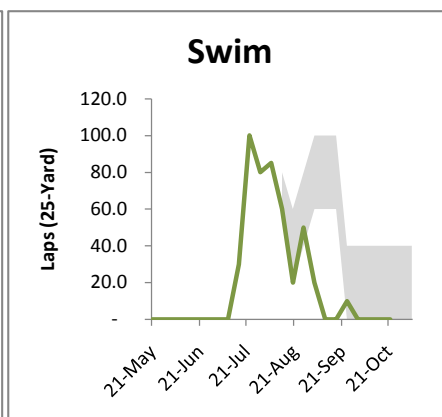
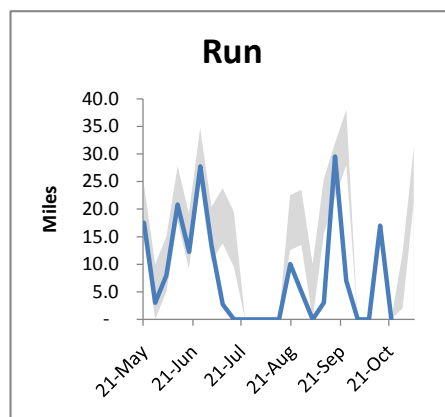
Through

Sunday, October 28, 2007

= Target Zone

GOAL: NYC MARATHON NOVEMBER 4, 2007

Tendonitis in leg is making running impossible



Metric	Units	Type	Amount	Change
Run	Miles	Total	-	(17.00)
Bike	Miles	Total	-	-
Swim	Laps	Total	-	-
Spin	Hours	Total	0.8	(1.00)
Weight Room	Hours	Total	2.0	2.00
Weight	Pounds	Avg	158.2	2.80
Bodyfat	%	Avg	14.9%	-0.21%

	10/22	10/23	10/24	10/25	10/26	10/27	10/28
Run	-	-	-	-	-	-	-
Bike	-	-	-	-	-	-	-
Swim	-	-	-	-	-	-	-
Spin	-	0.75	-	-	-	-	-
Weight Room	0.50	0.50	-	1.00	-	-	-
Weight	157.4	157.6	156.2	156.4	-	160.8	160.8
Bodyfat	14.1%	14.2%	15.3%	15.0%	0.0%	15.6%	15.4%