

Running Naked Weekly Training Stats

Monday, October 29, 2007

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

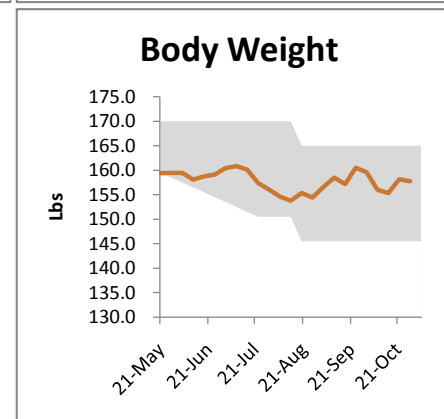
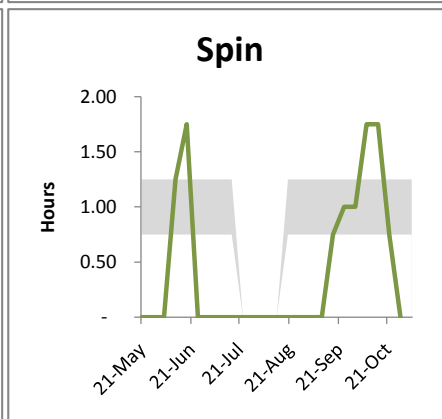
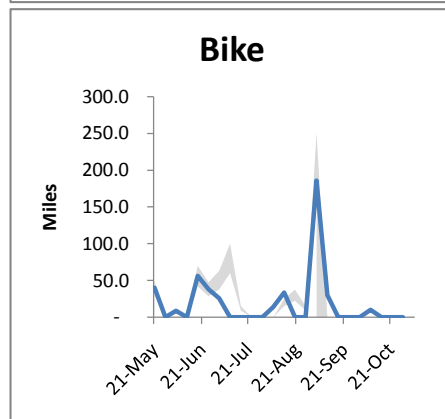
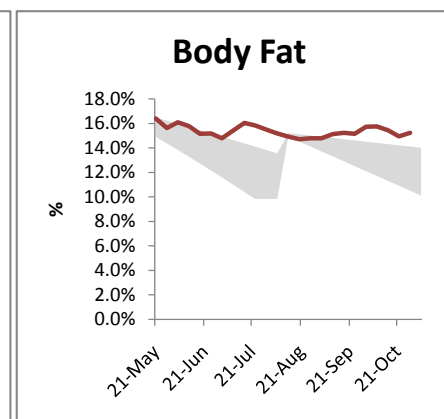
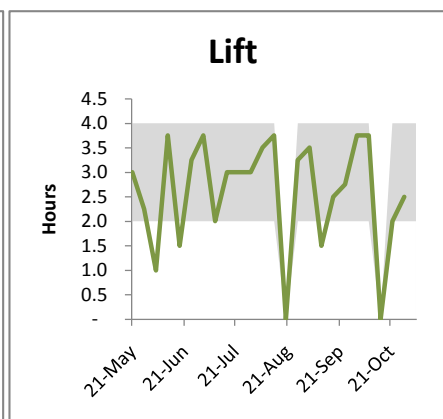
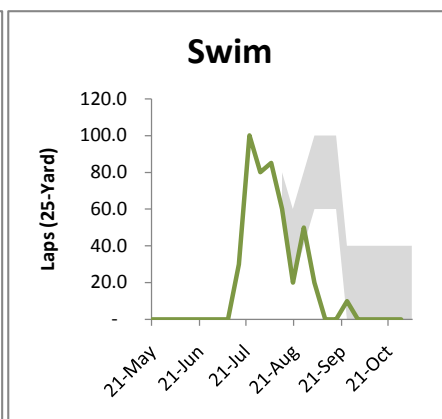
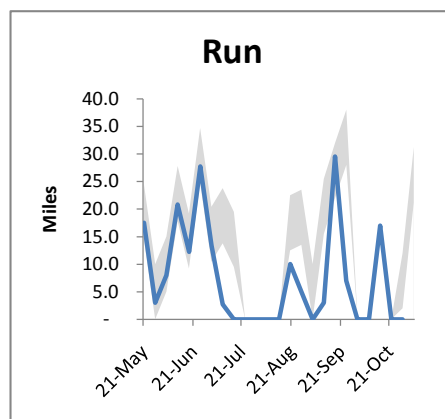
Through

Sunday, November 04, 2007

= Target Zone

GOAL: NYC MARATHON NOVEMBER 4, 2007

Tendonitis in leg is making running impossible



Metric	Units	Type	Amount	Change
Run	Miles	Total	-	→ -
Bike	Miles	Total	-	→ -
Swim	Laps	Total	-	→ -
Spin	Hours	Total	-	↓ (0.75)
Weight Room	Hours	Total	2.5	↑ 0.50
Weight	Pounds	Avg	157.8	● (0.40)
Bodyfat	%	Avg	15.2%	● 0.26%

	10/29	10/30	10/31	11/01	11/02	11/03	11/04
Run	-	-	-	-	-	-	-
Bike	-	-	-	-	-	-	-
Swim	-	-	-	-	-	-	-
Spin	-	-	-	-	-	-	-
Weight Room	1.50	-	-	1.00	-	-	-
Weight	161.8	162.0	158.6	157.6	155.0	154.2	155.4
Bodyfat	14.6%	14.8%	15.1%	15.0%	16.2%	15.2%	15.6%