

Running Naked Weekly Training Stats

Monday, November 05, 2007

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

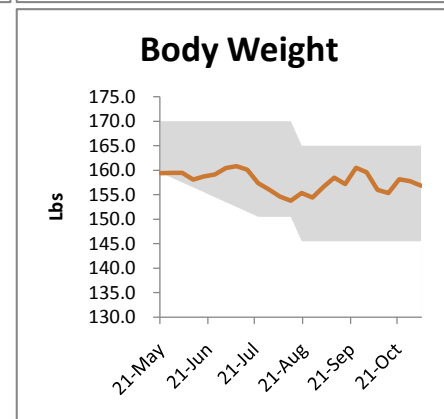
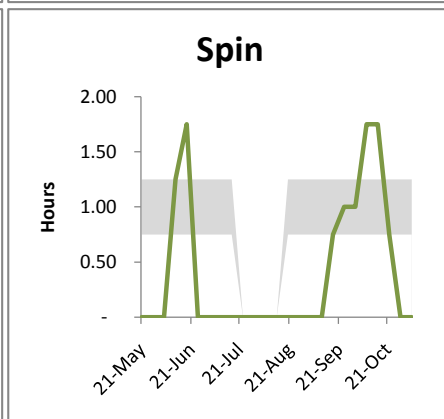
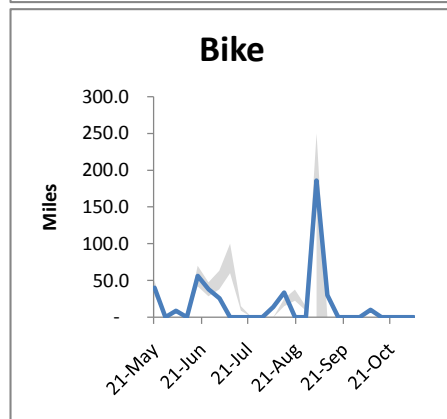
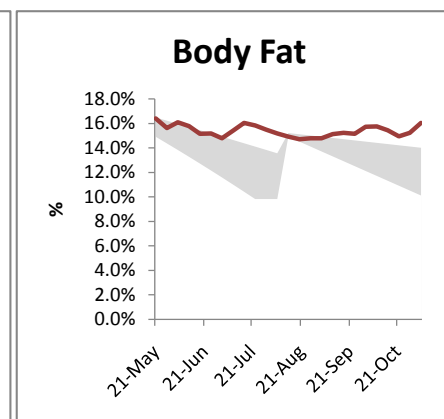
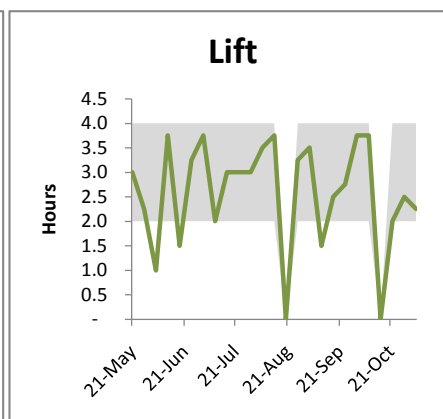
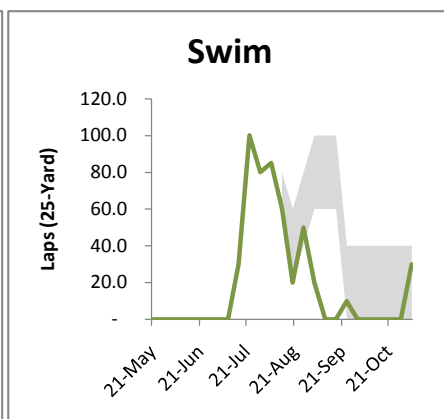
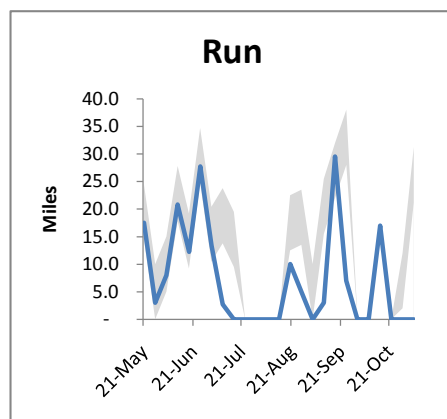
Through

Sunday, November 11, 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	30.0	↑ 30.00
Spin	Hours	Total	-	→
Weight Room	Hours	Total	2.3	↓ (0.25)
Weight	Pounds	Avg	156.9	● (0.93)
Bodyfat	%	Avg	15.9%	● 0.60%

	11/05	11/06	11/07	11/08	11/09	11/10	11/11
Run	-	-	-	-	-	-	-
Bike	-	-	-	-	-	-	-
Swim	5.00	10.00	5.00	10.00	-	-	-
Spin	-	-	-	-	-	-	-
Weight Room	1.00	0.50	0.75	-	-	-	-
Weight	158.2	156.0	156.0	156.5	157.0	157.5	-
Bodyfat	15.9%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%