

Running Naked Weekly Training Stats

Monday, August 20, 2007


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

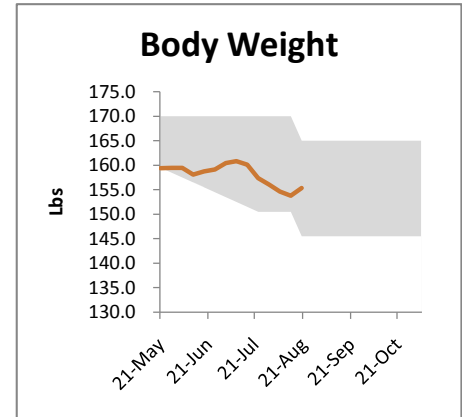
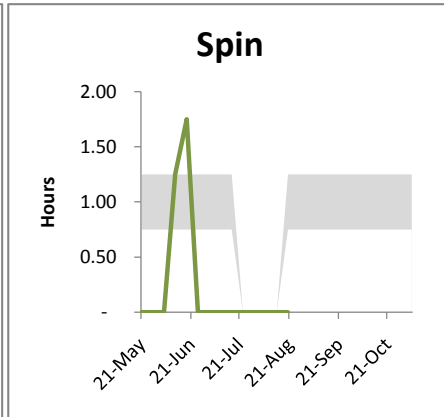
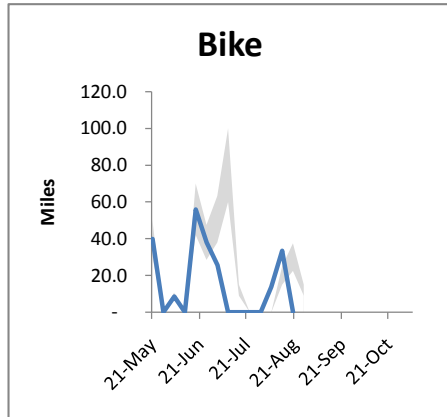
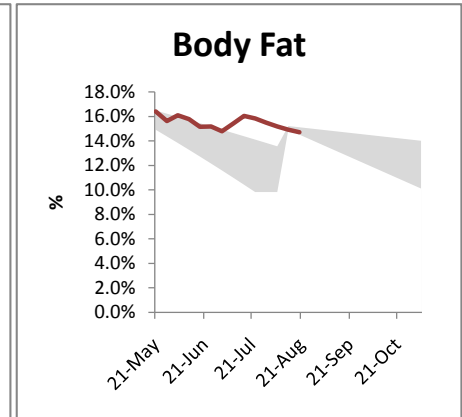
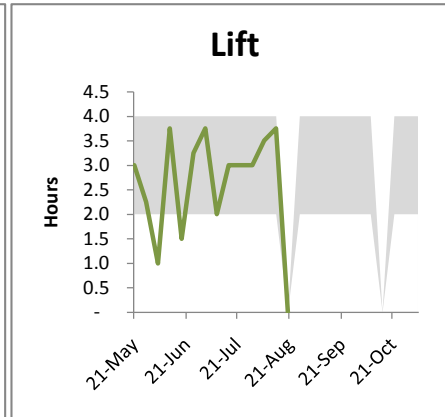
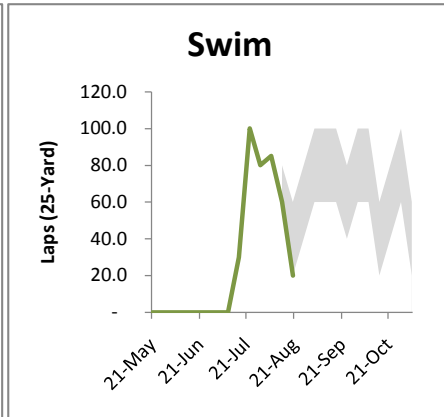
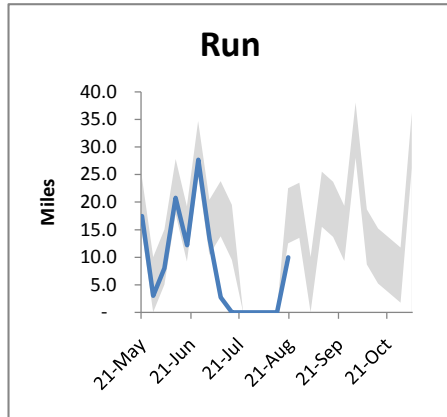
Through

Sunday, August 26, 2007

GOAL: NYC MARATHON NOVEMBER 4, 2007

Tendonitis in right leg puts goal at risk, but still possible

 = Target Zone



Metric	Units	Type	Amount	Change
Run	Miles	Total	10.0	↑ 10.00
Bike	Miles	Total	-	↓ (33.50)
Swim	Laps	Total	20.0	↓ (40.00)
Spin	Hours	Total	-	↓ -
Weight Room	Hours	Total	-	↓ (3.75)
Weight	Pounds	Avg	155.4	↓ 1.60
Bodyfat	%	Avg	14.7%	↓ -0.06%

	08/20	08/21	08/22	08/23	08/24	08/25	08/26
Run	-	-	-	-	-	10.00	-
Bike	-	-	-	-	-	-	-
Swim	-	-	-	20.00	-	-	-
Spin	-	-	-	-	-	-	-
Weight Room	-	-	-	-	-	-	-
Weight	157.0	155.8	155.2	155.2	155.8	155.8	153.0
Bodyfat	14.5%	14.5%	14.9%	14.9%	14.9%	14.9%	14.2%