TRAINING

Date	Cycling Distance	Cyling Time	Avg Speed	Max Speed	Elevation Gained(ft)	Avg Power	Max Power	Avg Heart Rate
1/1/2008	37	2:40:00			3700			128
1/2/2008	20	2:00:00						127
1/3/2008	50	2:53:00			2000			118
1/4/2008								
1/5/2008	60	3:48:00			3500			131
1/6/2008								
1/7/2008	15	1:30:00			200			118
total	182	12:51:00	0		9400	0	0	622
avg	36	2:34:12	0	0.00	2350.00	0	0	124.40
1/8/2008	20	1:30:00			400			118
1/9/2008	26	1:40:00		36	300	263	768	141
1/10/2008	40	2:19:00			1800			120
1/11/2008								
1/12/2008	65	4:22:00			4500			131
1/13/2008	**12**	**0:31:57**	**23**	**38**	**300**	**260**	**858**	**164**
1/14/2008	10	1:13:00						64
total	173	11:35:57	23		7300	523	1626	738
avg	29	1:55:59	23	24.67	1460	262	813	123
1/15/2008	20	1:19:00						101
1/16/2008	32	1:49:00		35	400	239	694	131
1/17/2008	20	2:00:00			2000			120
1/18/2008	65	3:50:00			4000			122
1/19/2008								
1/20/2008								
1/21/2008	44	3:10:00			1200			121
total	181	12:08:00	0		7600	239	694	595
avg	36	2:25:36	0	32.56	1900	239	694	119
1/22/2008	65	3:38:00			4000			122
1/23/2008								
1/24/2008								
1/25/2008								
1/26/2008								
1/27/2008								
1/28/2008	20	0:00:00						106
total	85	3:38:00	0		4000	0	0	228
avg	43	1:49:00	0	32.56	4000	0	0	114
1/29/2008	10	1:00:00						106
1/30/2008								
1/31/2008	20	1:31:00			1031			119
2/1/2008	20	1:27:00			1300			124
2/2/2008								
2/3/2008								
2/4/2008	42.04	2:45:00	15	44.1	3005	140	300	128
total	92.04	6:43:00	15		5336	140	300	477
avg	23	1:40:45	15	38.33	1779	140	300	119
2/5/2008	35.46	2:24:00	14.6	36.3	2621	100	280	125
2/6/2008	20.12	1:08:00	16.4	39.1	200	164	530	131
2/7/2008	39.64	2:41:00	15.6	37.4	2975	140	300	130

TRAINING

2/8/2008	50.15	3:05:30	15.9	42.5	2641	140	300	121
2/9/2008	36.00	1:51:47	16.1	37.7	1689	140	360	121
2/10/2008	**20**	**1:10:00**	**16**	**38**	**600**	**268**	**868**	**164**
2/11/2008	28.63	1:49:00	15.6	38.9	1463	120	280	110
total	230	14:09:17	110.2		12189	1072	2918	902
avg	33	2:01:20	15.74	39.15	1741	153	416.86	128.86
2/12/2008	55.9	3:37:19	15.1	39.5	4150	140	274	120
2/13/2008	30	1:45:00	16	38	600	260	820	154
2/14/2008								
2/15/2008	35.38		14.8	36.9	2158	120	260	115
2/16/2008								
2/17/2008								
2/18/2008	63.62	3:57:27	16	37.8	4334	120	320	130
total	184.90	9:19:46			11242	640	1674	519
avg	46.23	3:06:35	15.48	38.05	2810.50	160.00	418.50	129.75
2/19/2008	35.65	2:26:00	14.3	37.2	1984	120	260	107
2/20/2008	12	0:30:00	14	25	200	120	290	120
2/21/2008	32.8	2:11:26	14.7	39.6	1712	140	300	110
2/22/2008	54.74	3:30:23	15.3	37.9	2844	100	340	128
2/23/2008	50.62	3:18:03	15	43.9	3658	140	440	119
2/24/2008	48.32	3:16:21	14.5	39	2995	120	280	115
2/25/2008	54.27	3:00:00	7:12:00	39.7	3221	140	300	119
total	288.4	18:12:13	104.1		16614	880	2210	818
avg	41.20	2:36:02	14.87	37.47	2373	126	316	117
2/26/2008	59.36	3:54:08	14.9	43.2	4747	140	340	117
2/27/2008	32	2:00:00	15.9	36	650	175	793	151
2/28/2008	34.83	2:09:41	15.8	42.3	2132	120	400	113
2/29/2008	39.18	2:34:15	15	36.5	2532	120	300	118
3/1/2008	56.9	3:47:58	14.7	36.5	4179	120	280	106
3/2/2008	**15**	**1:10:00**	**21**	**42**	**600**	**263**	**633**	**164**
3/3/2008	10	1:10:00	12	22	100	100	150	112
total	247.27	16:46:02	109.3		14940	1038	2896	881
avg	35.32	2:23:43	15.61	36.93	2134	148	414	126
3/4/2008	23	2:00:00	13.1	32	1105	100	120	106
3/5/2008	33	2:15:54	14.3	42.4	1860	100	300	111
3/6/2008	30.51	2:06:30	14.2	35.5	1755	120	280	112
3/7/2008	100.7	5:34:19	17.7	48.7	4632	120	420	118
3/8/2008	96.00	5:41:50	15.17	37.62	4000			118
3/9/2008	20.00	1:13:41	16.3	24.5	800			103
3/10/2008	20.00	1:13:41	16.3	24.5	800			103
total	323.21	20:05:55	107.07		14952	440	1120	771
avg	46.17	2:52:16	15.30	34.79	2136	110	280	110
3/11/2008	53.16	4:08:03	14.1	33.72	2000			108
3/12/2008	81.14	5:18:46	15.27	37.8	3000			117
3/13/2008	35.95	2:02:12	17.3	48.2	1850	140	400	119
3/14/2008	58.63	4:14:18	13.5	35.8	3920	100	280	110
3/15/2008								
3/16/2008								
3/17/2008	35	2:34:05			3000			120
total	263.88	18:17:24	60.17		13770	240	680	574

TRAINING

avg	52.78	3:39:29	15.04	38.88	2754	120	340	115
3/18/2008	49.45	2:51:28	17.2	37	3000	780	138	125
3/19/2008	25	1:50:00	18	37	600	239	679	127
3/20/2008	38.91	2:40:15	14.3	42.2	2988	120	300	111
3/21/2008	17.3	1:09:42	14.6	33.4	1076	120	260	108
3/22/2008	77.27	5:00:17	15.1	42.5	4540	100	560	125
3/23/2008	75.9	5:26:15	13.7	43.4	7142	120	280	120
3/24/2008	15.28	1:04:01	14	26.8	682	100	200	101
total	299.11	20:01:58	106.9		20028	1579	2417	817
avg	42.73	2:51:43	15.27	37.65	2861	226	345	117
3/25/2006	47.38	3:24:21	13.6	36	1822	80	260	114
3/26/2008	8.25	0:30:00	15	32		200	3710	103
3/27/2008								
3/28/2008								
3/29/2008								
3/30/2008								
3/31/2008								
total	55.63	3:54:21	28.6		1822	280	3970	217
avg	27.82	1:57:11	14.30	36.39	1822	140	1985	109
4/1/2008								
4/2/2008								
4/3/2008	23.41	1:37:00	14.2	38.5	1256	120	320	119
4/4/2008	21.64	1:37:22	13.1	39.5	1236	100	260	112
4/5/2008	35.23	2:31:29	13.7	34.3	1984	120	260	129
4/6/2008	13.13	1:07:18	11.5	25.2	597	80	220	101
4/7/2008								
total	93.41	6:53:09	52.5		5073	420	1060	461
avg	23.35	1:43:17	13.13	34.38	1268	105	265	115
4/8/2008								
4/9/2008	11:45	1:34:11	13.4	34.3	1082	100	260	98
4/10/2008	22.23	1:28:37	14.8	32.9	1099	100	280	114
4/11/2008								
4/12/2008	36.00	2:07:42	16.6	39.6	1758	140	400	127
4/13/2008								
4/14/2008								
total	79.72	5:10:30	44.8		3939	340	940	339
avg	26.57	1:43:30	14.93	35.60	1313	113	313	113
4/15/2008								
4/16/2008								
4/17/2008								
4/18/2008								
4/19/2008								
4/20/2008								
4/21/2008								
total	0	0:00:00	0		0	0	0	0
avg	0.00	0:00:00	0.00	0.00	0	0	0	0
4/22/2008								
4/23/2008								
4/24/2008								
4/25/2008								

TRAINING

4/26/2008								
4/27/2008								
4/28/2008								
total	0	0:00:00	0		0	0	0	0
avg	0.00	0:00:00	0.00	0.00	0	0	0	0
4/29/2008								
4/30/2008								
5/1/2008								
5/2/2008								
5/3/2008	6							
5/4/2008								
5/5/2008	**16.29**	**1:11:41**	**13.4**	**28.4**	**629**	**80**	**240**	
total	22.29	1:11:41	13.4		629	80	240	0
avg	11.15	1:11:41	13.40	28.40	629	80	240	0
5/6/2008	6.00	0:30:00	15.00	28	350	100	220	
5/7/2008	16.55	1:09:05	14.10	29.7	718	100	280	
5/8/2008	19.05	1:39:21	11.13	35.4	1348	80	240	128
5/9/2008	21.56	1:29:17	14.20	30	1069	100	240	123
5/10/2008	39.03	2:40:43	14.3	35.8	2493	120	300	134
5/11/2008	30.15	2:09:04	13.7	36.4	1745	100	280	124
5/12/2008	21.3	1:33:40	13.4	37.5	1197	80	220	105
total	153.64	11:11:10	95.83		8920	680	1780	614
avg	21.95	1:35:53	13.69	33.26	1274	97	254	123
5/13/2008	25.42	1:50:41	13.50	29.7	1102	80	260	103
5/14/2008	25.00	1:40:00	27.00	36.5	600	268	700	120
5/15/2008	35.35	2:09:16	16.10	43.1	1712	120	360	130
5/16/2008	20.87	1:29:50	13.70	42.4	1141	100	280	111
5/17/2009								
5/18/2009								
5/19/2008	13	1:00:17	13.3	33.4	610	80	200	97
total	119.64	8:10:04	83.6		5165	648	1800	561
avg	23.93	1:38:01	16.72	37.02	1033	130	360	112
5/20/2008	21.39	1:39:09	13.70	36	1349	100	240	109
2/21/2008	31.07	2:15:15	13.50	37.9	3215	120	280	136
5/22/2008	35.10	2:34:20	13.40	37.6		100	260	116
5/23/2008								
5/24/2008	55.35	4:04:06	13.4	36.4	4183	100	280	116
5/25/2008	54.97	3:57:03	13.7	38.9	3982	100	300	117
5/26/2008	54.6	4:00:36	13.4	39.4	4078	100	360	108
total	252.48	18:30:29	81.1		16807	620	1720	702
avg	42.08	3:05:05	13.52	37.70	3361	103	287	117
5/27/2008								
5/28/2008	26.13	1:45:16	14.60	41.3	1364	120	320	112
5/29/2008	35.14	2:02:41	16.90	40.9	1797	120	380	142
5/30/2008	48.37	3:16:35	14.50	39	2706	120	300	128
5/31/2008	57.66	3:43:12	16.2	49.7	3477	160	400	127
6/1/2008	**24**	**1:30:00**	**23**	**32**	**600**	**268**	**705**	**162**
6/2/2008	15.13	1:18:01	11.4	21	856	60	360	83
total	206.43	13:35:45	96.6		10800	848	2465	754
avg	34.41	2:15:57	16.10	37.32	1800	141	411	126

TRAINING

6/3/2008	35.35	2:30:05	13.90	36.9	2598	100	300	117
6/4/2008	25.00	1:40:00	14.00	30	1200	100	240	106
6/5/2008	15.00	0:49:00	14.00	30	700	100	200	108
6/6/2008		1:12:00						
6/7/2008								
6/8/2008								
6/9/2008								
total	75.35	6:11:05	41.9		4498	300	740	331
avg	25.12	1:32:46	13.97	32.30	1499	100	247	110
6/10/2008	25.00	1:35:00	24.00	35	0	200	400	152
6/11/2008	30.00	1:35:00	24.00	35		200	400	142
6/13/2008								
6/14/2008								
6/15/2008								
6/16/2008	24	1:15:00						114
6/17/2008								
total	79	4:25:00	48		0	400	800	408
avg	26.33	1:28:20	24.00	35.00	0	200	400	136
6/18/2008								
6/19/2008								
6/20/2008								
6/21/2008								
6/22/2008								
6/23/2008								
6/24/2004								
total	0	0:00:00	0		0	0	0	0
avg	0.00	0:00:00	0.00	0.00	0	0	0	0
6/25/2008	31.24	2:53:25	10.60	50	4658	140	300	138
6/26/2008	39.00	3:45:00	10.20	44.2	5840	120	320	127
6/27/2008	25.40	2:13:25	11.20	42.6	3077	140	460	22
6/28/2008	7.46	0:45:54	9.60	38.3	1240	60	180	78
6/30/2008	42.00	4:16:11	9.7	45.8	6325	140	340	135
7/1/2008								
7/2/2008								
total	145.10	13:53:55	51.30		21140	600	1600	500
avg	29.02	2:46:47	10.26	36.82	4228	120	320	100
7/3/2008	46.74	2:54:21	15.70	38.3	2493	120	360	127
7/3/2008	30.36	1:56:12	15.40	31.1	816	100	300	113
7/4/2008	43.43	2:19:28	18.30	35.7	1614	140	680	138
7/4/2008	52.37	2:44:34	18.80	36	1548	140	380	140
7/5/2008	58.87	3:23:46	17	34.3	2211	120	380	132
7/6/2008	52.88	2:46:35	18.7	41.1	1788	140	420	140
7/7/2008	17.68	1:26:44	12	32.8	505	80	240	118
total	302.33	17:31:40	115.90		10975	840	2760	908
avg	43.19	2:30:14	16.56	35.61	1568	120	394	130
7/8/2008								
7/9/2008	16.56	1:10:20	13.90	27.5	593	100	240	93
7/10/2008	42.00	2:23:59	16.40	39.2	1942	120	460	122
7/11/2008	**12.40**	**0:30:06**		**33**	**300**	**268**	**615**	**155**
7/11/2008	12.4	0:58:00	12	32	300	120	240	100

TRAINING

7/12/2008	56.49	4:03:36	13.7	36.8	3842	80	280	116
7/13/2008	57.55	4:12:50	13.4	41.7	4885	100	300	121
total	197.40	13:18:51	69.40		11862	788	2135	707
avg	32.90	2:13:08	13.88	35.03	1977	131	356	118
7/14/2008								
7/15/2008	42.55	2:21:20	17.77	43.4	1975	160	380	140
7/16/2008	22.88	1:47:17	12.50	31.2	1085	80	220	101
7/17/2008	36.93	2:18:09	15.70	39	1666	120	460	129
7/18/2008	13	0:50:00	12	31	200	100	240	112
7/18/2008	12.4	0:30:08	24	33	300	268	675	154
7/19/2008	60	3:54:10	14.5	41.5	4540	100	360	129
total	187.76	11:41:04	96.47		9766	828	2335	765
avg	31.29	1:56:51	16.08	36.52	1628	138	389	128
7/20/2008	81.69	5:53:34	13.60	41	7073	100	280	118
7/21/2008								
7/22/2008	38.70	1:51:18	20.50	37.8	1801	200	480	151
7/23/2008	30.00	2:37:00	12.00	44	3700	120	240	108
7/24/2008	33.43	1:51:36	17.6	40.7	1561	140	420	130
7/25/2008								
7/26/2006	77.32	5:23:26	14.2	41.7	7000	100	460	128
total	261.14	17:36:54	77.90		21135	660	1880	635
avg	52.23	3:31:23	15.58	41.04	4227	132	376	127
7/27/2008	30.71	2:26:09	12.40	37.8	1587	80	440	96
7/28/2008								
7/29/2008	42.50	2:19:30	18.00	42.4	1534	220	480	129
7/30/2008	25.00	1:20:00	26.00	34	300	270	600	138
7/31/2008	38.00	2:00:00	17.00	35	1781	120	270	125
8/1/2008	25.56	1:35:15	15.8	42.5	1164	120	300	112
8/2/2008	98.31	6:34:04	14.6	40.7	7011	100	460	129
total	260.08	16:14:58	103.80		13377	910	2550	729
avg	43.35	2:42:30	17.30	38.73	2230	152	425	122
8/3/2008	84.7	5:25:15	15.3	33.4	3205	100	300	107
8/4/2008		0:00:00						
8/5/2008	43.25	2:45:36	15.40	35	1988	140	380	102
8/6/2008	25.00	1:21:00	22.00	35	600	220	575	109
8/7/2008	36.58	2:07:32	16.90	40.9	1781	120	460	125
8/8/2008	**26.45**	**1:32:38**	**16.8**	**39.6**	**2034**	**160**	**440**	**134**
8/9/2008	57.34	3:14:00	17.4	39.5	3339	200	420	121
total	273.32	16:26:01	103.80		12947	940	2575	698
avg	45.55	2:20:52	17.30	37.23	2158	157	429	116
8/10/2008	44.74	3:12:07	13.7	44.1	4900	140	320	112
8/11/2008								
8/12/2008	41.74	2:15:09	18.20	39.7	1958	200	480	125
8/13/2008	26.03	1:50:10	13.90	34.4	1040	80	240	93
8/14/2008	36.87	2:12:43	16.40	40.3	1594	100	440	125
8/14/2008	13.78	0:53:02	15.3	26	213	100	200	100
8/15/2008	83.25	6:26:15	12.7	42.5	9520	120	280	123
8/16/2008	59.63	4:40:56	12.5	39.6	6443	140	300	112
total	306.04	21:30:22	102.70		25668	880	2260	790
avg	43.72	3:04:20	14.67	38.09	3667	126	323	113

TRAINING

8/17/2008	63.49	4:20:35	14.30	42.5	6036	100	400	114
8/18/2008								
8/19/2008	18.17	1:16:06	14.00	37.9	1184	120	280	102
8/20/2008								
8/21/2008								
8/22/2008								
8/23/2008	48.29	2:47:56	16.9	38.8	1436	120	360	97
total	129.95	8:24:37	45.20		8656	340	1040	313
avg	43.32	2:48:12	15.07	39.73	2885	113	347	104
8/24/2008	47.79	2:43:51	17.2	43.9	1850	120	400	125
8/24/2008	13.19	0:54:38	14.5	24.5		117	462	62
8/25/2008	21	1:15:00	17.4	28.2	400	160	320	108
8/25/2008	**49.83**	**2:17:35**	**24**	**44**	**1814**	**140**	**480**	**160**
8/26/2008	35.18	1:54:17	18.5	38.5	400	134	549	112
8/26/2008	25.13	1:42:57	14.3	33.6	925	100	220	104
8/27/2008	14	1:05:00	16	28	100	100	545	95
8/27/2008	**12.4**	**0:30:03**	**24**	**38.5**		**275**	**722**	**160**
8/27/2008	16.44	1:10:52	14.4	24.8	104	118	496	95
8/28/2008	15	1:15:00	10	22	150	100	120	94
8/28/2008	**45**	**1:48:39**	**27**	**48**	**1814**	**140**	**480**	**154**
8/29/2008	52.47	2:57:38	15.6	39.6	1171	120	540	103
8/30/2008	31.83	2:21:58	13.2	36	2654	100	1120	98
total	379.26	21:57:28	226.10		11382	1724	6454	1470
avg	29.17	1:41:21	17.39	34.58	1035	133	496	113
8/31/2008								
9/1/2008	20.61	1:27:51	13.80	33.1	1328	120	280	112
9/2/2008	44.00	2:24:01	18.00	45.8	2050	160	440	102
9/3/2008	25.00	1:21:00	25.00	31.9	600	280	665	154
9/4/2008	37.42	2:10:29	18.00	43	1683	180	460	120
9/5/2008	8	0:30:00						
9/6/2008	**30**	**1:39:00**	**25**	**33.8**	**600**	**268**	**745**	**164**
total	165.03	9:32:21	99.80		6261	1008	2590	652
avg	27.51	1:35:23	19.96	37.52	1252	202	518	130
9/7/2008	**25**	**1:15:00**	**26**	**35.5**	**600**	**278**	**828**	**164**
9/8/2008								
9/9/2008	41.03	2:04:12	19.50	39	1988	220	440	133
9/10/2008								
9/11/2008	50.92	3:32:21	15.10	43.4	3870	140	360	125
9/12/2008		2:03:14						113
9/13/2008	58.62	4:31:49	12.7	47.8	7770	120	320	130
total	175.57	13:26:36	73.30		14228	758	1948	665
avg	43.89	2:41:19	18.33	41.43	3557	190	487	133
9/14/2008	80.65	5:22:42	14.6	36	5446	120	240	114
9/15/2008		1:24:55						121
9/16/2008	**20.00**	**1:00:00**	**22.00**	**34**	**0**			**134**
9/17/2008	**25.00**	**1:25:00**	**19.10**	**35.8**	**3156**	**180**	**380**	**150**
9/18/2008	15.00	1:00:00			0			125
9/19/2008	48.02	2:03:14	16.2	40.9	2742	120	460	113
9/20/2008	54.06	3:36:57	14.6	37.4	2887	120	460	
total	242.73	15:52:48	86.50		14231	540	1540	757

TRAINING

avg	40.46	2:16:07	17.30	36.82	2372	135	385	126
9/21/2008	52.82	3:45:05	13.8	40.1	4511	140	320	114
9/22/2008								
9/23/2008	**15.00**	**1:15:00**	**28.00**	**33**	**0**			**140**
9/24/2008	**24.00**	**1:25:00**	**19.20**	**36**	**3500**	**180**	**420**	**156**
9/25/2008	15.00	1:00:00			0			125
9/26/2008	15	1:04:00						162
9/27/2008	104	5:32:00	18.1	39.7	4225	120	340	128
total	225.82	14:01:05	79.10		12236	440	1080	825
avg	37.64	2:20:11	19.78	37.20	2447	147	360	138
9/28/2008	49.41	3:48:17	12.7	40.3	3221	100	240	103
9/29/2008	12.00	2:30:12						106
9/30/2008	52.60	3:49:14	13.50	53.1	4278	140	460	109
10/1/2008	20.00	1:36:00			0			112
10/2/2008	25.00	1:29:00	18.00	36	0			116
10/3/2008	75.52	5:41:13	13	57	8000	140	440	117
10/4/2008								
total	234.53	18:53:56	57.20		15499	380	1140	663
avg	39.09	3:08:59	14.30	46.60	3100	127	380	111
10/5/2008	32	2:15:00	15	36	600			108
10/6/2008	36.00	2:45:00	15.00	38.8	2191	120	340	121
10/7/2008	**7.00**	**2:04:16**	**13.60**	**38.3**	**0**	**180**	**380**	**140**
10/8/2008	**25.00**	**1:43:16**	**26.00**	**38**	**600**			**140**
10/9/2008	**10.00**	**1:32:20**	**15.00**	**33**	**0**			**127**
10/10/2008	**38.37**	**2:22:16**	**17.2**	**48.6**	**2106**	**140**	**400**	**134**
10/11/2008	6	1:00:15			700			110
total	154.37	13:42:23	101.80		6197.00	440.00	1120.00	880.00
avg	22.05	1:57:29	16.97	38.78	885.29	146.67	373.33	125.71
10/12/2008	25	2:06:24			1800			121
10/13/2008	**5.00**	**0:32:00**			**700**			**121**
10/14/2008	**7.00**	**2:04:16**	**13.60**	**38.3**	**0**	**180**	**380**	**140**
10/15/2008								
10/16/2008								
10/17/2008	6	0:55:00			700	100	200	
10/18/2008								
total	43.00	5:37:40	13.60		3200.00	280.00	580.00	382.00
avg	10.75	1:24:25	13.60	38.30	800.00	140.00	290.00	127.33
10/19/2008								
10/20/2008	15.29	1:01:14	14.7	33.5	700	100	260	115
10/21/2008	14.56	1:00:00	14.3	32.4	587	100	240	111
10/22/2008	12.9	0:48:22	15.7	33.1	574	120	240	114
10/23/2008	15	1:00:00						
10/24/2008	15.75		13.9	36.7	905	100	280	124
10/25/2008	72.11	4:07:17	17.2	45.9	3766	120	440	124
10/26/2008	20.8	1:33:19	13.1	32.5	613	100	240	52
total	166.41	9:30:12	88.90		7145.00	640.00	1700.00	640.00
avg	23.77	1:35:02	14.82	35.68	1190.83	106.67	283.33	106.67
10/27/2008	22.1	1:32:02	14.2	36.8	1171	100	260	109
10/28/2008	14.53	1:03:34	14.1	34.4	700	100	260	79
10/29/2008	25	1:00:00	19.6	34.6	600	184	634	126

TRAINING

10/30/2008	35.8	2:04:58	16.9	38.9	1669	120	380	132
10/31/2008								
11/1/2008	69.14	4:09:02	16.4	46.5	3809	100	480	121
11/2/2008	10	1:16:46						103
total	176.57	11:06:22	81.20		7949.00	604.00	2014.00	670.00
avg	29.43	1:51:04	16.24	38.24	1589.80	120.80	402.80	111.67
11/3/2008	15	1:06:00						104
11/4/2008								
11/5/2008	8							122
11/6/2008	4							109
11/7/2008	15	1:47:18						133
11/8/2008	64.88	3:44:34	17	44.1	3179	120	480	137
11/9/2008	6							
total	112.88	6:37:52	17.00		3179.00	120.00	480.00	605.00
avg	18.81	2:12:37	17.00	44.10	3179.00	120.00	480.00	121.00
11/10/2008								
11/11/2008	12	1:02:00						103
11/12/2008	27	1:22:00	24	33	600	248	711	128
11/13/2008	12	1:42:04						114
11/14/2008								133
11/15/2008	64.88	3:44:34	17	44.1	3179	120	480	137
11/16/2008	6							
total	121.88	7:50:38	41.00		3779.00	368.00	1191.00	615.00
avg	24.38	1:57:39	20.50	38.55	1889.50	184.00	595.50	123.00
11/17/2008	15	1:06:00						104
11/18/2008								
11/19/2008								
11/20/2008								
11/21/2008								
11/22/2008	50.52	3:03:06	16.2	38.8	2178	100	400	120
11/23/2008	45.9	3:06:47	14.5	41.1	3280	140	280	112
total	111.42	7:15:53	30.70		5458.00	240.00	680.00	336.00
avg	37.14	2:25:18	15.35	39.95	2729.00	120.00	340.00	112.00
11/24/2008	24.26	1:29:28	13.3	34.7	1100	100	280	104
11/25/2008	35.16	2:25:04	14.3	38.2				
11/26/2008	12	1:05:32						159
11/27/2008	41.88	2:08:51	16.4	42.5	1673	100	380	105
11/28/2008								
11/29/2008	38.17	2:20:07	16.1	39	1728	120	400	117
11/30/2008								
total	151.47	9:29:02	60.10		4501.00	320.00	1060.00	485.00
avg	30.29	1:53:48	15.03	38.60	1500.33	106.67	353.33	121.25
12/1/2008	23.85	1:34:36	14.8	39.6	1286	120	260	123
12/2/2008								
12/3/2008								
12/4/2008	21.78	1:24:00	15.3	36.8	1243	120	260	139
12/5/2008	19	1:15:00	14	38	1024	120	260	128
12/6/2008								
12/7/2008	30.85	1:50:11	13.8	33.9	1102	80	240	91
total	95.48	6:03:47	57.90		4655.00	440.00	1020.00	481.00

TRAINING

avg	23.87	1:30:57	14.48	37.08	1163.75	110.00	255.00	120.25
12/8/2008	18.08	1:13:59	14.4	35.9	1240	100	280	113
12/9/2008								
12/10/2008	25.81	1:41:02	15.1	36	1249	120	260	110
12/11/2008	17.47	1:06:48	15.4	37.1	741	120	240	104
12/12/2008	15	1:50:08			1000			
12/13/2008								
12/14/2008	61.62	3:53:10	14	39	3713	100	320	120
total	137.98	9:45:07	58.90		7943.00	440.00	1100.00	447.00
avg	27.60	1:57:01	14.73	37.00	1588.60	110.00	275.00	111.75
12/15/2008								
12/16/2008	24.1	1:36:04	14.8	32	1062	100	260	120
12/17/2008								
12/18/2008	37	2:34:31	13.6	37.7	2828	120	280	116
12/19/2008	34.75	2:35:09	13.2	37.8	1757	80	300	112
12/20/2008	49.48	3:08:00	15.5	38.2	2847	80	440	125
12/21/2008	40.69	3:03:23	13.1	40.4	4281	100	300	117
total	186.02	12:57:07	70.20		12775.00	480.00	1580.00	590.00
avg	37.20	2:35:25	14.04	37.22	2555.00	96.00	316.00	118.00
12/22/2008								
12/23/2008								
12/24/2008								
12/25/2008								
12/26/2008								
12/27/2008								
12/28/2008	25	2:00:00	13.1					
total	25.00	2:00:00	13.10		0	0	0	0
avg	25.00	2:00:00	13.10	0.00	0	0	0	0
12/29/2008	21.56	1:49:51	11.5	40.7	1863	80	220	93
12/30/2008	9.64	1:00:30	11.4	29	800			121
12/31/2008	23.12	2:47:16	8.2	30.8	2700			103
total	54.32	5:37:37	31.10		5363.00	80.00	220.00	317.00
avg	18.11	1:52:32	10.37	33.50	1787.67	80.00	220.00	105.67
YEAR TOTALS	8710.66	624.21	3276.04		476531.00	27495.00	78682.00	29854.00
WEEKLY AVERAGES FOR 2008	31	6	14	34	1952	124	371	110

TRAINING

Max Heart Rate	Avg Cadence	Energy Expenditure	% Fat	Lowest temp	Highest temp	Swimming	Yoga	Weight Room
169		1763	40%					
163		1252	50%					0:45:00
169		1760	30%					
							1:00	
173		2878	30%					
151		650	65%					0:45:00
825	0	8303				0:00:00	1:00:00	1:30:00
165	0	1661	43%			0:00	1:00	0:45
142		450	65%				0:45:00	
169	98	850	30%					
175		1394	50%					
								0:45:00
177		3302	40%					
171	**96**	**604**	**10%**					
101		123	60%					0:45
935	194	6723				0:00:00	0:45:00	1:30:00
156	97	1121	43%			0:00	0:45	0:45
137		559	60%					0:30:00
169	95	1363	30%					
159		1409	55%					
155		2505	50%					
								0:45:00
157		2020	45%					0:45:00
777	95	7856				0:00:00	0:00:00	2:00:00
155.4	95	1571	48%			0:00	0:00	0:40
156		2374						
150		725	50%					
306	0	3099				0:00:00	0:00:00	0:00:00
153	0	1550	50%			0:00	0:00	0:00
150		450	50%					
152		1023	50%					
161		982	50%					0:45:00
164		1927	40%					0:30:00
627	0	4382				0:00:00	0:00:00	1:15:00
157	0	1096	48%			0:00	0:00	0:37
163		1661	50%	49.00	60.00			
165	78	862	30%	50.00	53.00			
166		1968	50%	49.00	71.00			

TRAINING

160		1906	40%	57.00	84.00			
159		1188	50%	60.00	78.00			
172	**96**	**698**	**25%**					
148		952	50%	66.00	89.00			0:45:00
1133	174	9235				0:00:00	0:00:00	0:45:00
162	87	1319	42%	55.17	72.50	0:00	0:00	0:45
160		1910	45%	49.00	82.00			
167	96	1200	40%	58.00	65.00			
157		1340	50%	58.00	75.00			
172		2940	30%	59.00	77.00			
656		7390				0:00:00	0:00:00	0:00:00
164.00	96	1848	41%	56.00	74.75	0.00	0.00	0.00
149		1254	50%	51.00	62.00			
152	70	450	50%					0:25:00
157		1241	50%	55.00	66.00			
177		2628	45%	49.00	62.00			
175		2337	50%	53.00	64.00			
159		1923	45%	49.00	69.00			
150		1379	55%	64.00	80.00			0:45:00
1119	70	11212		321.00	403.00	0	0	1:10:00
160	70	1602	49%	53.50	67.17	0:00	0:00	0:35
152		2391	55%	58.00	84.00			
182	98	1291	30%					
157		1350	55%	44.00	62.00			0:20
157		1583	55%	58.00	82.00			0:30:00
156		2336	50%	49.00	66.00			
172	**95**	**672**	**25%**	**58.00**	**64.00**			
139		200	55%	78.00	80.00			
1115	193	9823		345.00	438.00	0:00:00	0:00:00	0:50:00
159	96.5	1403	46%	57.50	73.00	0:00	0:00	0:25:00
154		802	50%	57.00	64.00			
149		1363	50%	57.00	71.00			
157		1146	50%	48.00	69.00			
169		3379	45%	48.00	85.00			
152		2450	55%					
142		581	50%					0:30:00
142		581	50%					0:30:00
1065	0	10302		210.00	289.00	0:00:00	0:00:00	1:00:00
152	0	1472	50%	52.50	72.25	0:00	0:00	0:30:00
150		2004	55%					
167		3433	55%					
172		1412	45%	46.00	66.00			
152		2401	55%	48.00	84.00			
176		1613	35%					
817	0	10863		94.00	150.00	0:00:00	0:00:00	0:00:00

TRAINING

163	0	2173	49%	47.00	75.00	0:00	0:00	0:00:00
181		2055	35%					
173		912	45%					
179		1431	55%	69.00	100.00			
147		590	50%	51.00	71.00			0:30:00
168		3536	50%	44.00	87.00			
152		3426	40%	53.00	94.00			
135		444	55%	76.00	109.00			
1135	0	12394		293.00	461.00	0:00:00	0:00:00	0:30:00
162	0	1771	47%	58.60	92.20	0:00	0:00	0:30:00
156		1822	50%	69.00	103.00			
133		258	55%					
289	0	2080		69.00	103.00	0:00:00	0:00:00	0:00:00
145	0	1040	53%	69.00	103.00	0:00	0:00	0:00:00
161		1033	45%	66.00	80.00			0:30:00
164		604	55%	64.00	75.00			0:30:00
157		1493	50%	64.00	80.00			
140		340	55%	64.00	71.00			
622	0	3470				0:00:00	0:00:00	1:00:00
156	0	868	51%			0:00	0:00	0:30:00
146				67.00	76.00			
159				67.00	89.00			
176		1499	35%	53.00	91.00			
481	0	1499				0:00:00	0:00:00	0:00:00
160	0	1499	35%			0:00	0:00	0:00:00
0	0	0	0%			0:00:00	0:00:00	0:00:00
0	0	0	0%			0:00	0:00	0:00:00

TRAINING

						0:30:00		
						0:30:00		
						0:30:00		0:30:00
0	0	0	0%			1:30:00	0:00:00	0:30:00
0	0	0	0%			0:30	0:00	0:30:00
						0:30:00		0:30:00
						0:30:00		0:30:00
						0:30:00		
						0:30:00		
						0:30:00		
				55.00	**73.00**	**0:20:00**		**0:20:00**
0	0	0	0%			2:50:00	0:00:00	1:20:00
0	0	0	0%	55.00	73.00	0:28	0:00	0:26:40
						0:30:00		0:20:00
				62.00	69.00			
160		918	50%	60.00	85.00			0:20:00
162		857	40%	57.00	66.00			
166		1248	40%	58.00	75.00	0:30:00		
162		1492	45%	64.00	78.00			
141		760	55%	53.00	69.00			0:20:00
791	0	5275				1:28:00	0:00:00	1:00:00
158	0	1055	46%			0:30	0:00	0:20:00
156		992	55%	44.00	71.00			
173	101	939	40%					0:20:00
171		1162	35%	57.00	75.00			
150		824	50%	67.00	78.00			
						0:30:00		
143		395	55%	60.00	78.00			
793	101	4312				0:30:00	0:00:00	0:20:00
159	101	862	47%			0:30	0:00	0:20:00
152		775	55%	57.00	78.00			0:20:00
174				78.00	91.00			0:30:00
154		1538	50%	66.00	80.00			
163		2971	50%	49.00	76.00			
156		2384	45%	57.00	80.00			
161				64.00	82.00			
960	0	7668				0:00:00	0:00:00	0:50:00
160	0	1917	50%			0:00	0:00	0:25:00
								0:30:00
161		1013	45%	46.00	66.00			0:30:00
171				46.00	60.00	0:20:00		
162		2232	55%	71.00	96.00			0:20:00
170		2633	40%	53.00	80.00			
169	**95**	**900**						
123		383	60%	75.00	94.00			
956	95	7161				0:20:00	0:00:00	1:20:00
159	95	1432	50%			0:20	0:00	0:26:40

153		1432	45%	58.00	71.00			
148		796	55%					
143		415	55%					
444	0	2643				0:00:00	0:00:00	0:00:00
148	0	881	52%			0:00	0:00	0:00:00
179		923	25%		95.00			
181		1298	30%		95.00			
						0:20		
						0:30		
						0:30		0:30
175		711	40%			0:30		
535	0	2932				1:50:00	0:00:00	0:30:00
178	0	977	32%			0:27	0:00	0:30:00
0	0	0				0:00:00	0:00:00	0:00:00
0	0	0	0%			0:00	0:00	0:00:00
165		2149	30%	64.00	105.00			
161		3088	35%	74.00	92.00			
163		1572	45%	66.00	96.00			
121				66.00	94.00			
162		2432	35%	55.00	111.00			
772	0	9241				0:00:00	0:00:00	0:00:00
154	0	2310	36%	65.00	99.60	0:00:00	0	0:00:00
171		2303	35%	71.00	96.00			
158		1124	50%	78.00	93.00			
171		2300	35%	75.00	85.00			
171		2800	35%	73.00	91.00			
168		2800		78.00	109.00			
171		2800	35%	64.00	78.00			
148		450	55%	67.00	75.00			
1158	0	14577				0:00:00	0:00:00	0:00:00
165	0	2082	41%	72.29	89.57	0:00:00	0	0:00:00
139		601	55%	76.00	89.00			
168		1796	40%	60.00	71.00			
168		**494**	**25%**	**68.00**	**75.00**			
139		437	55%	68.00	75.00			

TRAINING

152		2421	50%	71.00	94.00			
156		2721	50%	67.00	102.00			
922	0	8470				0:00:00	0:00:00	0:00:00
154	0	1412	46%	68.33	84.33	0:00:00	0	0:00:00
								0:30:00
171		1374	45%	67.00	85.00			0:30:00
140		698	55%	96.00				
175		1296	40%	60.00	89.00			
143		396	55%	60.00	67.00			
168		493	25%	60.00	67.00			
218		2842	40%	60.00	84.00	0:20:00		
1015	0	7099				0:20:00	0:00:00	1:00:00
169	0	1183	43%	67.17	78.40	0:20:00	0	0:30:00
151		2310	45%	62.00	93.00			
								0:20:00
175	1615	25		67.00	85.00			
133		1332	55%	67.00	80.00			
172		1432	40%	53.00	75.00			
173		3916	45%	67.00	105.00	0:20		
804	1615	9015				1:20:00	0:00:00	0:20:00
161	1615	1803	46%	63.20	87.60	0:20:00	0	0:20:00
171		886	55%	76.00	93.00			
						0:20		0:20:00
185		1600	30%	62.00	80.00			0:20:00
169		863	30%	60.00	80.00			0:20:00
170		1435	45%	62.00	85.00			
155		764	55%	73.00	84.00			0:20:00
173		4000	45%	62.00	102.00			
1023	0	9548				0:20:00	0:00:00	1:20:00
171	0	1591	43%	65.83	87.33	0:20:00	0	0:20:00
148		2627	55%	66.00	100.00			
								0:20:00
166		1340	45%	69.00	89.00			
163		717	45%	75.00	85.00			0:20:00
170		1435	50%	62.00	93.00			
168		**1136**	**40%**	**66.00**	**82.00**			
169		2102	40%	62.00	85.00			
984	0	6730				0:00:00	0:00:00	0:40:00
164	0	1346	44%	66.80	86.80	0:00:00	0	0:20:00
161		1532	50%	57.00	91.00			
								0:20:00
173		1680	30%	66.00	82.00			0:20:00
131		641	60%	84.00	94.00			0:20:00
173		1447	40%	60.00	74.00			
140		354	60%	93.00	102.00			
154		4094	45%		111.00			
151		2518	55%	78.00	102.00			
1083	0	10734		76.00		0:00:00	0:00:00	1:00:00
155	0	1789	48%	76.20	94.17	0:00:00	0	0:20:00

TRAINING

170		2509	40%	57.00	89.00			
								0:15:00
136		581	55%	71.00	89.00			
154				55.00	73.00			
460	0	3090				0:00:00	0:00:00	0:15:00
153	0	1545	48%	61.00	83.67	0:00:00	0	0:15:00
172		1768	40%	57.00	80.00			
108	72	367	60%					
163		419	40%	66.00	73.00			
179		**1757**	**25%**	**69.00**	**87.00**			
158	84	914						
139		816	55%	71.00	85.00			
154	95	375	60%					
177	**90**	**479**	**25%**					
138	74	353	50%	75.00	89.00			
119		256	60%	73.00	98.00			
180		**1817**	**25%**	**73.00**	**98.00**			
172		1628	45%	69.00	93.00			
171		973	60%	66.00	94.00			
2030	415	11922				0:00:00	0:00:00	0:00:00
156	83	917	45%	68.78	88.56	0:00:00	0	0:00:00
153		839	50%	80.00	98.00			
166		1340	45%	69.00	85.00			0:20:00
169	101	900	30%					
165		1408	45%	58.00	84.00			
171	**103**	**1200**	**25%**					
824	204	5687				0:00:00	0:00:00	0:20:00
165	102	1137	39%	69.00	89.00	0:00:00	0	0:20:00
169	**103**	**670**	**25%**					
								0:20:00
169		1620	30%	64.00	78.00			
170		1435	50%	142.00	76.00			
159		1150	45%					
153		3396	40%	71.00	94.00			
820	0	7601				0:00:00	0:00:00	0:20:00
164	0	1900	41%	92.33	82.67	0:00:00	0	0:20:00
141	103	3273	50%	55.00	94.00			
152		902	45%					
168		**500**	**30%**					
168		**947**	**25%**	**57.00**	**76.00**			
159		1150	45%	55.00	73.00			
		3396	40%	69.00	94.00			
788	103	6895				0:00:00	0:00:00	0:00:00

TRAINING

158	103	1379	37%	60.33	81.00	0:00:00	0	0:00:00
				71.00	85.00			
			45%					
171		**500**	**30%**					
168		**972**	**30%**	**64.00**	**76.00**			
171								
174		4121	40%	42.00	98.00			
684	0	5593				0:00:00	0:00:00	0:00:00
171	0	1864	36%	53.00	87.00	0:00:00	0	0:00:00
134	103	1761	60%	44.00	96.00			
213		1182	50%					
220		2036	60%	60.00	85.00			
158		857	49%					
154		772	40%					
148		3466	55%	53.00	78.00			
1027	103	8313				0:00:00	0:00:00	0:00:00
171	103	1663	51%	56.50	81.50	0:00:00	0	0:00:00
136		945	55%					
152		1421	40%	69.00	87.00			
172		**1083**	**30%**	**73.00**	**87.00**			
170		**1144**	**30%**					
173		**913**	**42%**					
176		**1472**	**35%**	**58.00**	**87.00**			
165		490	40%					
1144.00	0	6523				0:00:00	0:00:00	0:00:00
163.43	0	1087	36%	66.67	87.00	0:00:00	0	0:00:00
165		1237	35%					
172		**448**	**30%**	**46.00**				
172		**1083**	**30%**	**73.00**	**87.00**			
								0:30:00
509.00	0	1531				0:00:00	0:00:00	0:30:00
169.67	0	766	30%	59.50	87.00	0:00:00	0	0:30:00
154		443	50%	69.00	82.00			0:30:00
148		635	50%	71.00	89.00			0:30:00
146		559	40%	76.00	84.00			
148		624	50%	75.00	112.00			0:30:00
171		2458	40%	62.00	98.00			
138		612	50%	58.00	89.00			
905.00	0	5331				0:00:00	0:00:00	1:30:00
150.83	0	889	47%	68.50	92.33	0:00:00	0	0:30:00
156		858	55%	69.00	102.00			0:30:00
114		240	60%	55.00	69.00			0:30:00
170	85	758	40%					0:30:00

TRAINING

170		17	35%	57.00	71.00			
174		2777	45%	58.00	73.00			
147		627	55%					
931.00	85	4419				0:00:00	0:00:00	1:30:00
155.17	85	884	47%	56.67	71.00	0:00:00	0	0:30:00
145		538	50%					0:30:00
148		259	50%					0:30:00
167		249	50%					0:30:00
166		1349	35%					
177		2694	35%	69.00	91.00			
803.00	0	4551				0:00:00	0:00:00	1:30:00
160.60	0	1138	43%	69.00	91.00	0:00:00	0	0:30:00
156		509	50%					
169	100	939	15%					
160		995	45%					0:30:00
166		1349	35%					
177		2694	35%	69.00	91.00			
828.00	100	6486				0:00:00	0:00:00	0:30:00
165.60	100	1297	36%	69.00	91.00	0:00:00	0	0:30:00
145		538	50%					
170		2109	45%	62.00	87.00			
159		1773	55%	51.00	71.00			
474.00	0	3882				0:00:00	0:00:00	0:00:00
158.00	0	1941	50%	56.50	79.00	0:00:00	0	0:00:00
145		538	50%	60.00	69.00			
168		975	25%					
170		1986	50%	53.00	67.00			
161		1629	55%	62.00	82.00			
644.00	0	4590				0:00:00	0:00:00	0:00:00
161.00	0	1530	43%	57.50	74.50	0:00:00	0	0:00:00
160		1169	40%	73.00	87.00			0:30:00
								0:30:00
								0:30:00
159		400	50%	64.00	71.00			0:30:00
152		300	55%	68.00	72.00			0:30:00
146		1048	60%	60.00	67.00			
617.00	0	1748				0:00:00	0:00:00	2:30:00

TRAINING

154.25	0	583	55%	64.00	70.00	0:00:00	0	0:30:00
163		984	45%	60.00	69.00			0:30:00
								0:30:00
153		992	60%	60.00	71.00			0:30:00
145		603	50%	67.00	80.00			0:30:00
171		2468	45%	55.00	62.00			
632.00	0	4063				0:00:00	0:00:00	2:00:00
158.00	0	1354	52%	60.67	71.00	0:00:00	0	0:30:00
								0:30:00
159		1032	50%	51.00	62.00			0:30:00
158		1629	45%	46.00	66.00			0:30:00
164		1550	50%	51.00	66.00			
181		2383	40%	51.00	69.00			
155		2022	45%	39.00	78.00			
817.00	0	8616				0:00:00	0:00:00	1:30:00
163.40	0	1723	46%	47.60	68.20	0:00:00	0	0:30:00
0	0	0				0:00:00	0:00:00	0:00:00
0	0	0	0%	0.00	0.00	0:00:00	0	0:00:00
132		715	60%	64.00	93.00			0:30:00
165		689	40%					0:30:00
161	55	1601	50%					
458.00	55.00	2290				0:00:00	0:00:00	1:00:00
152.67	55.00	1145	45%	64.00	93.00	0:00:00	0	0:30:00
39537.00	3602.00	317166.90				10:28:00	1:45:00	35:05:00
148	57	1296	41%	43	57	0:04:20	0:02:01	0:16:31

TRAINING

Comments						
rode Angeles crest with Mike Lukich, scary windy						
mtn biked						
Did the morning group ride from Starbucks on Kanan and TO Blvd. really cold. Was in the top 5 in both th						
Simi ride but it rained a lot yesterday so only 11 of us. I hung in with the group on all the climbs even Norw						
TT was rained out wrote all day						
Want to get 100 situps Got 60 today						
Did TT with Mike and Debra. Head wind coming back, Debra broke her pedal and Mike's seat came undo						
Morning ride, freezing, 3rd on the hill, then something wrong with my bike.						
Getting close to 100 sit-ups. Did 70 today						
Simi ride, did pretty well and stayed close to the lead group						
Got 1st in the public 45+ class. Very windy, 12 minutes out but almost 20 minutes coming back leg						
waisted from the weekend took it real easy						
finally got 80 sit ups today then started my training for the longet Time Trial at 20.5 miles. It took me 53.20						
Really windy so rode the MTB bike and flatted down "Back Bone" so had to walk and then road the flat fro						
rode from the gym to las virgenes to pch, encinal back to gym. Windy on the way home but beautiful day.						
Taught my class						
Taught my class						
rode from home to ls virgenes to encinal in the cold 55 degrees and rain saw luckich for a minute						
poured rain						
poured rain and I drove to pleasanton						
poured rain						
Taught my class						
Taught my class						
rode with Greg Isaaccs and Mike Lukich in St Monica. Freezing Kind of sick						
sick						
went to the doctor. I have bronchitis. On antibiotics						
don't feel well. It was only 53degrees outside						
cold and windy. Saw the entire CSC team training for the tour of california and I say Tyler Hamilton. Felt w						
raining and cold + it was super bowl Sunday						
trained with Tina Payne and the did the Rock Store						
Climbed the rock store						
Rode my TT bike. Lost a lot of fitness from being sick and not training because of the rain.						
Rode the rock store						

TRAINING

beautfirul day. About time!						
Finally nice day. Breezy, ride easy to strarbacks at Las Virgenes						
Raced Lake Piru TT. Won my category for 30.51						
tired from shooting all weekend						
beautfirul day. Rode from home-kanan-cornell-mulhulland-lalibu cyn-pch- encinal-home						
practiced my TT on the cold bch, Saw the CSC team. Real windy						
REST DAY						
felt tired from not sleeping on Valentines Day						
Taught my class						
Taught my class						
My chain broke 5 miles from home. Debra gave me a ride, started again. Did potrero to Malibu Cyn. Saw c						
very cool but nice						
Felt like crap from filming last night with no sleep						
gears broke so I had to stop at a bike shop to fix them						
it poured on me. Cold, wet and windy. Was not fun						
rode wth a big group to see the tour of california at balcom canyon						
Got rained on again						
beautiful day. Starting to feel some fitness						
vigenes to encinal						
Did 20 mile with lukich and Debra. Went fast						
Did the morning group ride from Starbucks on Kanan and TO Blvd. really cold. Got a flat right before the c						
rained on me the whole way. Flatted twice again! Just put on new tires yesterday too						
Lake Piru Time Trial - super windy 45-50 mph gusts. Pulled my back picking up Mufasa before the						
Back was killing me today, My body was crooked, never saw my body like that before						
rode with Debra. My back still hurting a lot. Can't put any power in the pedals						
back still hurtng. Weak						
back still hurting						
did the Solvang century with Kristi Queypo. If she hadn't been here I would have gone. I'm glad I did thoug						
rode all the way to the marina, winding and all I had was my 39x23						
recovering						
recovering						
went real easy, something wrong with the drive train so I had to cut the ride short. 4th bike in the shop!!!						
rode to Hollywood for rehearsal						
left at 5:45am in the pitch black and cold. Got 4th on the hill in the group ride.						
rode with Lukich up encinal canyon. Have a little saddle sore						
Taught my class; Back is killing me						
Taught my class						
Rode with Eric and Mike IN Monecito; back hurts alot						

TRAINING

Rode group ride with my brother Eric and Mike						
Did TT with debra and Mike on my new Specialized transition. Was tired from the day before						
did the rock store						
just rode to the gym						
Sundance Group ride. Noone could beat in the climbs Came up Portero 17% in a head wind at 4 mph AR						
beautiful day. It is Easter. Did Piuma,						
Just rode home for lunch						
rode malibu and rock store						
leaving for Brazil today so rode my TT bike for a while						
Travelled to Brazil						
Travelled to Brazil						
Worked in Brazil and torqued my knee bad						
Worked in Brazil						
Worked in Brazil						
Worked in Brazil						
Worked in Brazil						
Felt like a swollen blow fish from no sleep, no exercise and ate like a pig in Brazil						
exhausted						
Knee is swollen and killing me						
knee is very swollen and painful. Couldn't ride. Need to ice and rest.						
knee is swollen						
knee still swollen						
knee still swollen						
Knee still swollen and road with debra						
knee swollen got MRI need knee surgery						
Was registered for the Mulhulland Challenge so did some of it. Knee is really swollen now						
knee swollen						
knee swollen						
Got knee surgery						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						
recouperating						

TRAINING

recouperating						
recouperating						
recouperating						
Still have weird clicking and inflamation						
rode to Dan Petersons						
finally could ride a little 19 days after my surgery						
was tired today, back was hurting						
just happy to ride						
feeling better						
Could stand up on the pedals today						
Road with a sweet woman from England named Naomi and then got to swim with Debra						
had a great ride						
it drizzled on me the whole time at 5:30am						
cold						
Did a 10k TT today. Went pretty hard. I'm back!!!! Almost exactly a month from surgery						
Did the Thursday morning group ride. Wasn't very good for me, got dropped in the climb to the sprint and						
knee was sore from the last two days so took it easy						
Taught my certification course						
Taught my certification course but legs are extremely sore from the medicine ball demonstation, swam wit						
rode, but super tired and knee bothered me						
tired as hell						
Rode Piuma and Schurren with Lukich. Felt heavy and out of shape but the knee held up						
did the rock store						
took a rest. Stressed at work,tired and knee was sore						
saw Terry Holbrook today, rode Malibu, PCH and encinal cyn						
almost same exact ride as yesterday						
did the same ride. Las virgenes to PCH up encinal home						
Gave the knee a rest						
Did the Thursday morning group						
Met Mike Lukich with his client Linda and ran into Kim Lyons. What a sweet girl.						
Did Sundance group ride. Very hard						
Did Piru TT. Time was 31:29. Not a good time but my knee held up and doesn't hurt. Got the call frc						

TRAINING

did the rock store						
was really tired and stressed about leaving to Qatar and then Italy						
had no time and was flying that day to Qatar						
rode the stationary in Qatar. It sucked						
waisted						
waisted jet lag is brutal. When I'm supposed to go to bed I'm going to work and visa versa						
fell asleep at 4:30pm and woke up at 1am. Didn't know what to do with myself						
Rode today with the junior national cycling team. Not haven slept in about 5 days, no riding, swollen knee						
Really windy and hot, but at least my body wasn't so swollen. Stayed with everyone and even contested th						
Ran into Ahmed (Jassims frined at the 4 seasons)						
Almost tore my left pec off during burpees with a bunch of young Qataris. That never happened to me befo						
Left Qatar						
Arrived in Venice, Italy						
Hung out in Venice super tired						
Rode the Passo Valparola then the gardena						
Rode the Stelvio,the highest paved road in Italy 48 switchbacks! Brutal but epic!						
Rode the Gardena to the base of Passo Selva then went into town						
Felt very tired. Just rode into town with Eric and Mike Toppell						
MARATONA DLES DOLOMITES 8500 crazy cyclists. I did the short course. My knee, back and ches						
drove from the dolomites to venice with Eric and Mike Toppell						
drove from Venice to Lake Como						
Brent told me where the group ride was so I rode with about 10 people to Lugano in Switzerland						
second ride of the day alone lake Como with tiziano. Awesome went by Geroge Clooney's villa Wow						
Rode with the group ride to Minaggio then took the ferry to B ellagio. Hard ride.						
Rode with 12 guys; Italy, Switzerland, Italy, Switzerland. Lake como and Lake lugano						
Rode with Tiziano to Porlezza and Lake Piano, Switzerland. Beautiful						
Did the group ride. Brent rode too. It was fast and then it poured on us. It was exciting						
Last day and last ride by myself in Como. Was overcast						
fly home from Lake Como to LA. Was up for 24 hours straight						
Jet Lag big time. Rode easy to the gym and back						
did group ride but head hurt from the jet lag. Not mentally strong and pec stil hurts						
TT with Mike and Cathy, not a bad time for not trying to hard or touching my TT bike for over a mor						
warm and cool down for the above TT						

TRAINING

felt sick last night almost had a fever and was congested so went easy						
did Mulhulland, Las Virgines and Latigo, rode a few miles with Cathy and Mike Lukich						
was tired so took the day off						
Did the Las Casitas Group ride: FAST .Two good attacks but paid for it later. Coldn't contest the sprint onl						
Got up late so didn't go the mountains as planned. Was pretty fried from yesterday so I took it easy. Pec is						
Did the group ride. Got 7th in the climb and 8th in the sprint. Better than last week. Hungry all the time. Die						
warmup and cool down for my TT. Very overcast and almost raining						
2 seconds slower than last week. Kathy and Mike weren't there. Did the TT on my own						
Sundance Group ride. Got 3rd up West Lake, 1st down Mulholland and fourth up yuerbabuena.Crashed b						
Got up late, so didn't go as far as I had planned. Las Virgines to Topanga to Mulhulland, up Stunt, down F						
did a little core in the gym						
Did Las Casitas group ride. It was faster than last week. Threw up again. Got 4th in the spint						
Angeles Crest with Mike Lukich. Just beautiful. Easy climbing day. Left early						
Thursday morning group ride. 6th in the hill, 3rd in the sprint. Waking up in the middle of the night with leg						
Flew to Oakland to teach "Functional Training" in Pleasanton						
Did the Sundance ride. Got 3rd on first climb (piuma), 1st down Stunt, 2nd in the spring and 3rd up Rock S						
legs were really fatigued from yesterday. Met up with a group and did a couple good efforts but was tired s						
day off of the bike						
Did the Las Casitas Group ride: FAST .6th in the hill and 3rd in the sprint. The lead out was at 38.0 mph a						
TT on PCH did a 28:57!!!						
Tuesday morning ride got 6th on the hill put go dropped on the sprint						
rode easy with Kimball Theoret today but I fell on my Mtn bike but only got some road rash on my left fore						
Sundance Ride. Did 50 miles with the group so I did Portrero, Pch, climbed Mulhulland, down encinal up l						
rode by myelf to deliver a wallet in St, Monica I had found climbing latigo the day before.						
rest day						
Las Casitas ride. Felt tired and flatted so no one waits, ended up riding alone						
TT terrible time. Too tired from being up with Ron visiting						
Thursday morning ride, everyone was out. Got 9th on the hill and almost won the sprint.						
Did my first Fast Friday ride! Very fun They have 5 different sprint section where you get points. Di						
Sundance ride to Somas. No one could climb with me. In the rollers, I dropped the 5-man break. Felt good						
Rode Tuna Canyon with Gabriel and Henry. Tuna has sections that are 18%!						
rested						
Las Casitas ride. Felt great. 2nd first hill, third second hill and then WON the SPRINT!						
Took it easy today						
Thursday morning ride, got 4th in the hill and had the wrong gear for the sprint but got third						
rode in portervillewille with Kimball and Mike. HOT						
rode from Badger to Kings Canyon with Mike and Kimball. Left knee started to hurt at 5 hours and 7500 f						
Rode from California hot springs to Ponderosa with Mike Lukich and Kimball at high elevation.						

TRAINING

MY Birthday. Rode with Jack, Chuck and Stuart from The "Fast Friday" team. Rode Piuma and Latigo						
rested. Was beat from the last week						
Metabolic Testing with Dr. Falsetti. RHR 29 bpm. VO2 55.4, Max watts 400, AT 154 bpm at 300 watts						
Travelled to St. Johan, Austria for the Master Worlds						
Travelled to St. Johan, Austria for the Master Worlds						
rode the Worlds course in the rain with Eric and Grant						
Did the course twice with Eric and Grant a lot of cyclists arriving.						
easy spin on the TT bike with Grant and Eric after our massage worked on the bike position						
rodes to the bike store with Grant and eric to fix our bikes						
1st race. Did great, but cramped on the hill in Schwent. Could have placed but the guy in front of m						
rode with Eric , Grant and Kenny Fuller who is a 2-time olympian and 3-time world champion on the TT co						
rode the course alone and took photos. Good fat burning ride						
warm up for time trial						
TT was a nigthmare. Water bottle cage came loose in the warm-up. For some reason, my front brak						
cool down						
warm-up before Master World road race						
Master World Road Race. Attacked three times but couldn't catch the break						
last day in Austria. Rode with a an italian girl named Lina. Nice girl						
travelled from Austria to LA						
rode easy with Mike Lukich						
Las Casitas ride. Felt tired and flatted and no one waits, ended up riding alone						
Did a 29:19 TT with Mike Lukich. Felt good going out but legs felt crappy coming back						
Thursday morning ride.. Got 7th on the hill and 5th in the sprint.						
Just rode the stationary in Pleasanton before teaching my workshop on Program Design						
Had the fasted time at the Lake Piru 40k TT 59:42 my split was 29:24. My hips hurt a lot						
Won my category with a 29:07 time. I wanted to be in the 28 minute range but went out to fast. My s						
took the day off which was a mistake for training but good for work						
Las Casitas ride. Legs felt like lead. I should've ridden yesterday. Got 6th in the sprint though						
drove to park city utah						
rode to Hamas very beatuiful, then did the royal street hill climb on my own. Can get any oxygen. Park city						
Did a mountain bike ride, it was beautiful. Got lost a couple of times the altitude is hard for me						
Did Little Cottonwood Cyn and Big Cottonwood Cyn. Little Cottonwood is shorter and steeper with 5 up to						
rode to hamas and then the SR 152 towards Mirror lake. Beautiful gradual climb of about 1-2%. You climb						
Crashed on the downhill and broke my rear axel and mangled my left knee. My poor left knee. Pretty sore						
Depresing day. Lasted only 15 minutes in the Class A category Crit. First crit of the year, altitude, s						
Better day, DMV crit in Category B. Knee felt better and was one of the stronger riders						
Tried to to a Time Trial at the Salt Air course. Couldn't mentally get motivated. My knee hurt a lot						
Did Fast Friday ride at home. Got 5th in 1st sprint, 3rd in second sprint, 4th on the climb (but led the whole						
Tried to find the Simi Valley ride but never saw them. Did three or four intervals. Knee hurts!						

TRAINING

rode to Malibu then climbed Latigo with greg Isaacs and came home westlake blvd. knee still sore and kn						
Did the crit at the speedway again in Category A. Knee still swollen, just couldn't recover fast enou						
Better day. DMV crit, was in the front for a while but still don't recover quickly enough for the attac						
Some many things went wrong between the carpet cleaners, no hot water and waiting 2.5 hours at the bik						
Did the Salt Air Time Trial course with the new wheel. Don't have a computer so I don't really know how fa						
Did the Heber Century. When I got in they asked me if I had done the 62 miles? Nope. The 50 miles? Nop						
Tried to ride to Mirror lake with Erik Schlobohm and Natalie but her back was hurting and so was my knee						
Did the "13 Scout Camp" MTN Bike Loop in Brian Head. Could barely breath. Started at about 10,000 ft. g						
Road to Cedar Breaks National Monument 10,421ft YIKES! Just beautiful though. My shifting broke so for						
Haven't been sleeping because of the altitude, woke up very early, out of breath as if a large hand wouldn						
Did 30 -.30 second intervals in sets of 10 with 5 minute in between each set of 10. pretty hard to do alone.						
long hard ride at high altitude in the mountains alone. Looked like snow all day. Rode down to Parawon ar						
The bike shop locked my bikes up and closed so I hung out for 90 minutes went to the police but to no ava						
finally got my bikes back. Did and easy spin						
Met Cathy and Mike in St. George and did the hill climg in 14:47. then did the TT course and registered						
Won the GOLD MEDAL in the Hill Climb! YEAH. MHR=172 Avg HR:162 at 15% fat. IT was hard						
Won the Gold medal and set a new course record for the TT in my division at 57:58 avg HR 162 (96						
Won the Gold Medal in the Criterium + the first prime. Would have won the second prime but I miss						
Won the Gold Medal in Road Race. Broke away at the wall but they caught me, then broke away ag						
Rode the mtn bike hill climb and down hill couse in the cold and the rain. It was Mufasa's first mtn bike rid						
Rode the mtn bike cross country first with Mufasa; 11.5 miles, he was tired so put him away and did the c						
Crashed on the hill climb amd lost the gold by .14 seconds. Wore my full motorcyle leathers on the						
Was in the lead at first but washed out in a corner.kept the leader in my sights but flatted at the be						
Took the day off from the trip home yesterday. Leg really swollen and black and blue						
leg is swollen						
leg is swollen and really ugly						
Taught my workshop and leg looks infected						
Trying to ice and heal because I'm in the lead for the overall. If I place in the to three tomorrow I will win th						
Taught my workshop and leg looks infected						
leg hurts an is swollen. Went to doctor and got a tetanus shot						
leg hurts and now my shoulder is killing me from the shot						
getting better but leg still friggin hurts!!!						
spun						
Flatted twice and ran out of CO2 cartridges. Had to have Aron come and get me.						
Simi Valley ride. Got dropped right before 7 minute hill. Leg got all red and puffy						
went to the Piru TT course with Mike, Cathy and Debra and just spun						
Trying to ice and heal because I'm in the lead for the overall. If I place in the to three tomorrow I will win th						
Just rode to West lake easy						
felt crappy,						
Did a TT with Debra and Mike but felt terrible,. Can't breathe and very tired. At 18 minutes I had to let up						

TRAINING

Did the Thursday morning ride. Not motivated at all. Could barely get out of bed at 5:20am to ride in the da						
couldn't get motivated to do anything						
Did the Simi Valley ride. Almost four hours in the pouring rain!						
mtn biked with Cathy and Michael						
not motivated today was supposed to race a TT but it was raining						
didn't ride						
Tried to do a tt but terribly windy						
on a mtn bike ride and a ranger gave me a $50 for riding my bike on a trail. My back tire blew up so it cost						
Mtn biked. Saw a little coyote						
Simi Valley Ride. Flatted before the rest stop so had to time trial to get back on. Saw Mike before the hill s						
super windy and got up really, really late						
Couldn't ride because the Indian programmers are leaving tomorrow						
Just mountain biked with Mufasa in Wildwood (the end of my street)						
Did a TT but just not motivated						
on a mtn bike by the house and saw a waterfall						
Mtn biked. Saw a little coyote						
Simi Valley Ride. Flatted before the rest stop so had to time trial to get back on. Saw Mike before the hill s						
super windy and got up really, really late						
went to NY						
Went to NY						
Went to Ny						
Simi valley ride but wasn't very strong. Didn't do very well Pinched nerve in my lower back						
Road with Henry and Gabe and did Balcomb canyon 21%! Pinched nerve in my lower back						
Just rode and did some errands. Read a little with Debra. It was cold Back is killing me, can barely lift my						
Rock store but back still hurts.						
mtn biked in the rain. Back is still killing me						
Did the group ride Back is annoyingly painful						
Back is killing me. Took the day and spent it with my Mother						
Tried to do the Simi Ride but back was killing me						
Couldn't ride back killing me						
Couldn't ride back killing me						
Couldn't ride back killing me						
Back is murder						
back is still hurting						
back is still hurting						
back still hurts, road with Debra						

TRAINING

Just rode around the back is bad still						
Didn't ride, too windy and back is hurting						
back still hurts						
just rode to the gym						
went on a mtn bike with Mike and Cathy						
just tooled around on the mtn bike with Mufasa						
finally feeling better beautiful day but cold						
Just rode around the back is bad still						
went easy						
Didn’t ride, It was windy, freezing and raining						
Did the Rock Store						
Rode home through hidden valley and the Mufasa ran all the way to the gym (8 miles, first time)						
Simi valley ride but didn't do the whole ride.						
Rode with Henry and Gabe up Rock Store, down Encinal up Mulhulland						
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
Xmas vacation						
rode with Eric						
Rode with Lukich on the beach and met Danilo Deluca! Felt really weak						
Mtn biked by the house						
motn biked with Mufasa then Mike Lukich						

e hill and the sprint

vegian grade

ne

s were fried from yesterday

). Debra rode as well. Mike had a dentist appointment

ont tire. Not fun

veak

cathy and Mike

climb then another flat on the way home. AARGH

race. Won my category 33:51

gh. Front brake flew off at 40+ and hit me in the face. Luckily I grabbed and it didn't go into the front whe

RGH

couldn't catch back on

th Debra

om Qatar

and 95 degrees and windy made it really tough. My heartrates were through the roof. Of course since th
he sprint.

ore. Can barely lift my arm now. Just not my year. Rode with the team again. Thank god these guys don

st were killing. **My brother saved me the whole day!**

nth

TRAINING

y threw up once!
s stll hurting
eting is rough
y myself going uphill. Hurt my pec again. What an idiot.
Piuma to Mulhulland, up the Rock Store down West Lake, home Waking up in the middle of the night wit
ache
Store and then rode with Mike and Cathy up Encinal. Hot day
so came home
nd I didn't have the gears to go around
arm then she fell just barely riding at 2mph and hyperextended her elbow. Ouch!
atigo, down to rock store back up rock store but started to cramp so climbed Kanan to Sundance to pick
dn't get any because I didn't know where they were. Had a great time Got dunked for a body Fat T
d
eet. Had a blow out on the back tire, but was luckily going uphill not downhill and mike was there with ca

s

ne almost crashed. Maybe top 15

urse. What a nice guy. I asked a lot of questions and learned a lot. Grant helped me with my position ar

ke started schreechng like a monkey. Chain ring got locked up in the start house then locked up a

split was 13:14 so I paid for it on the way back

y is at 6600 ft!

14%. Knees hurt a little

) from 6000 -10,000 ft in 32 miles. I did 24 of them

, actually eveything is pretty sore

swollen knee and fast category. Sucked! Only lasted 13 minutes. Depressing

e way) and won the down hill sprint

umb

ıgh to stay with the pack. Depressing

ks. Haven't trained that way all year. The Daugherty's came and Rosie too

:e shop I couldn't get motivated to ride so I came home iced the knee (it still hurts! And I'm tired of it)

ıst I went. I think I did 10 miles in 24:30. knee felt much better

ɔe. 100 miles? Yep. Wow, you're one of the first people, let us give you a pin. Knee hurt a little after that

:. Beautiful day

ɡot lost twice and fell three times. Beautiful scenery and saw a deer.

: the last 15 miles I couldn't get into my two easiest gears for the uphill and the last four harderst gears f

ı't let me out of bed. Almost felt naucious. Drove 30 miles to Cedar City to fix the bike, drove back to Par

.

nd the climbed back. The last 5 miles were brutal. Grades of up 15% with a head wind, cold, over 9000

ail. Then it snowed about 12 inches so no ride today.

% of my max) MHR 170 bpm 15% fat. Very challenging course; hilly, windy and crappy road surfa

sed a turn and went off the course. It took me two laps to catch the pack!

ain with another guy on the downhill but they caught us before the sprint. I outsprinted everyone

e though and he loved it. Very gnarly course. Extremely technical

ourse again, plus the hill climb and down hill again. Beautiful today1

: downhill. Was a mistake because I could barely move. Lost Gold by .54 seconds and silver by .1

ginning of the last lap. New tire so I couldn’t get the tire off and then broke my tire iron getting ib

ıe overal

ıe overal

ark. Crawled up the hill but got fourth in the sprint.

t me a bunch or money today to not ride

so went back with him

so went back with him

legs

TRAINING

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el or I would have been road kill. I have a guardian angel who is a cyclist.								

TRAINING

TRAINING

heir all around 17 years old they start out like a bat out of hell. The first 20k was done in about 24 minute

n't go very hard

:h leg ache

: up Kimball who had been dropped earlier in the ride. Great workout!

Test. 157 lbs at 3.5 % pretty sick. On 4/30 after right before knee surgery i was 10.1% which was tl

ar to save me. all of this was at hight altitude in the Seqouias.

nd I went to the bike shop to lower my bars

again at 7k into the TT. Had to stop to get it back on, wnet off again but the chain dropped again i

or the downhill

awon to do a TT but after 30 minutes of warming up on my trainer i had a flat tire. A brand new sow up!!

ft of elevation and at 70 miles. Barely could keep 4 miles per hour!

ce

for the win! This one was close.

9 seconds. Got the bronze. Leg is really swollen and looks really wierd. Iced, compressed and el

back on. Had to take the tire off to find the piece of plastic and then headed out again. Got bronz

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es and that was it for me. I flatted my front tire going around a corner in a tail wind but managed to stay u

he worst bodyfat test of my life

n between the small ring and the frame. had to stop again to use both hands to get it out. was dis

!! I had to drive up to Brian head to get my other wheel then drive 30 miles back to Cedar City to get it gl

evated rest of the day. took Advil every three hours.

e

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upright. It gave me the excuse I needed to bow out and spin with the rest of the team that was going eas

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sgusted								

ued! What a waste of a day. Couldn't get my heart rate over 158 bpm but filt like 180!

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