Week 1			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals		Week %'s		Phase Totals		Phase %'s	
		Date	30-Dec-07	31-Dec-07	1-Jan-08	2-Jan-08	3-Jan-08	4-Jan-08	5-Jan-08	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
Aerobic Training		Planned	60	40		60	40		60	260		100.0		260		100.0	
	1	Actual	0	32		50					82		78.8		82		78.8
		Planned								0		0.0		0		0.0	
	2	Actual									0		0.0		0		0.0
		Planned								0		0.0		0		0.0	
	3	Actual		22							22		21.2		22		21.2
		Planned								0		0.0		0		0.0	
	4	Actual									0		0.0		0		0.0
		Planned								0		0.0		0		0.0	
	5	Actual									0		0.0		0		0.0
Intensity			L	M		M	M		M								
Details					Recovery			Recovery		4 hrs 20 min	1 hrs 44 min			4 hrs 20 min	1 hrs 44 min		
Comments			Took the weekend off. Major training starts Jan 1														
Stats		Weight	190.6		190.6		189.2										
		Sleep															
		Nuitrition															
		Comments															
Anerobic Training		Planned		40			40			80							
	ST-1	Actual		0			40				40						
		Planned								0							
	ST-2	Actual									0						
		Planned								0							
	LPSS	Actual									0						
		Planned								0							
		Actual									0						
		Planned								0							
		Actual									0						
										80	40						
Yoga	Runner's	Planned								0							
	Yoga	Actual									0						
		Planned								0							
	Hatha	Actual									0						
		Planned								0							
	Yin	Actual									0						
		Planned								0							
	Ashtanga	Actual									0						
		Planned								0							
		Actual									0						
										0	0						
Massage		Planned								0							
	Regular	Actual									0						
		Planned				30				30							
	ART	Actual				30					30						
										30	30						
										110	70						

Overall Comments: