Week 2		Date	Sunday 6-Jan-08	Monday 7-Jan-08	Tuesday 8-Jan-08	Wednesday 9-Jan-08	Thursday 10-Jan-08	Friday 11-Jan-08	Saturday 12-Jan-08	Week Totals Planned	Week Totals Actual	Week %'s Planned	Week %'s Actual	Phase Totals Planned	Phase Totals Actual	Phase %'s Planned	Phase %'s Actual
Aerobic Training		Planned	90	40	50	30	60		50	320		87.4		580		92.7	
	1	Actual									0		#DIV/0!		82		78.8
		Planned								0		0.0		0		0.0	
	2	Actual									0		#DIV/0!		0		0.0
		Planned				30				30		8.2		30		4.8	
	3	Actual									0		#DIV/0!		22		21.2
		Planned								0		0.0		0		0.0	
	4	Actual									0		#DIV/0!		0		0.0
		Planned			8				8	16		4.4		16		2.6	
	5	Actual									0		#DIV/0!		0		0.0
Intensity			M	M	M	M	M		M	6 hrs 6 min	0 hrs 0 min			10 hrs 26 min	1 hrs 44 min		
Details					4x2'z5/4'z1 then LZ1	Hold MZ3 then LZ1		Recovery	4x2'z5/4'z1 then LZ1								
Comments																	
Stats	Weight																
	Sleep																
	Nuitrition																
	Comments																
Anerobic Trianing		Planned		40			40			80							
	ST-1	Actual									0						
		Planned								0							
	ST-2	Actual									0						
		Planned								0							
	LPSS	Actual									0						
		Planned								0							
		Actual									0						
		Planned								0							
		Actual									0						
										80	0						
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									0						
										30	0						
										110	0						

Notes:
1. Edit formulas in columns P and Q
2. Edit formula in D2

Overall Comments: