Week 3			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Totals		Week %'s		Phase Totals		Phase %'s	
		Date	13-Jan-08	14-Jan-08	15-Jan-08	16-Jan-08	17-Jan-08	18-Jan-08	19-Jan-08	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
Aerobic Training		Planned	120	40	50	30	60		50	350		88.4		930		91.0	
	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		7.6		60		5.9	
	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		4.0		32		3.1	
	5	Actual									0		#DIV/0!		0		0.0
Intensity			M	M	M	M	M		M	6 hrs 36 min	0 hrs 0 min			17 hrs 2 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								0							
	ART	Actual									0						
										0	0						
										80	0						

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

Overall Comments: