Week 4		Date	Sunday 20-Jan-08	Monday 21-Jan-08	Tuesday 22-Jan-08	Wednesday 23-Jan-08	Thursday 24-Jan-08	Friday 25-Jan-08	Saturday 26-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		40		60	40		60	200		83.3		1130		89.5	
	1	Actual									0		#DIV/0!		82		78.8
		Planned								0		0.0		0		0.0	
	2	Actual									0		#DIV/0!		0		0.0
		Planned	40							40		16.7		100		7.9	
	3	Actual									0		#DIV/0!		22		21.2
		Planned								0		0.0		0		0.0	
	4	Actual									0		#DIV/0!		0		0.0
		Planned								0		0.0		32		2.5	
	5	Actual									0		#DIV/0!		0		0.0
Intensity				M		M	M		M								
Details			10KM Race		Recovery			Recovery		4 hrs 0 min	0 hrs 0 min			21 hrs 2 min	1 hrs 44 min		
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

Overall Comments:

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