

# THE THREE STOOGES



1986 CALENDAR



# JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

436-1190  
BOB  
268-6355  
JENNY

224 ~~MILES~~  
MILES RUN  
IN JANUARY

12 DAYS NO RUNNING  
19 RUNNING  
DAYS  
224 MILES  
RUN  
11.7 MIL. DAY AVE.

1 6 MILES TOTAL  
2DN @ 13:49  
2BK @ 13:45  
LBS 2X10X4  
1956  
JOE BESSER BECOMES  
STOUGE, REPLACES  
SHEMP  
32 New Year's Day 6

2 NO RUNNING!  
LIFECYCLE SCRIPTS  
30:00 TOTAL  
LEVEL 5 RANDOM  
1000 yds Olympic  
REST ???  
32 0

3 8 TOTAL  
5 @ EZ LAST  
THREE @ 1800 HAT  
540/616/6104  
DEEP TISSUE MASSAGE  
AT SCRAPIS LBS 140  
239 1 8

4 NO RUNNING!  
STOMACH PULLING  
TOO MUCH...  
MORNY LBS 140  
63 0  
366 190

5 6 total  
2 @ 12:26  
609/617  
LBS 2X10X4  
62 16

6 ULTRASOUND  
MASSAGE  
2:00:00 @  
RANCHO SAHARA FE  
RICHARD  
TRAILS  
0 20

7 3X15X4 LBS  
NO RUNNING!  
LIFECYCLE @  
LEVEL 5 RANDOM  
REST DAY!  
52 10

8 2X15X4 > LBS  
8 total  
2DN @ 634/1308  
2BK @ 600/1159  
ULTRASOUND  
DEEP TISSUE  
54 2 8

9 3X15X4 > LBS  
6 total  
4 @ 6:30  
WK 8 HAS  
41 3 16

10 6 total  
2up @ 6:38  
2BK @ 542/541  
40 16

11 REST!!!  
NO RUNNING!  
LBS 3X15X4  
WORKING HARD  
FOR THE MONEY  
491 10  
246 140

12 3 HRS +  
20 total  
@ MSF @ RP  
GOOD RUN - CHARGED  
3 HILLS FOR TOTAL  
OF 22:00 6am  
0 20

13 6 total  
2DN @ 11:43 605/538  
2BK @ 12:46 630/606  
3X15X4 > LBS.  
58 16

14 NO RUNNING!  
REST DAY!  
SLEPT 9 HRS  
RAIN/LIGHT  
30 0

15 6 total  
2BK @ 12:36  
2DN @ 12:40  
ULTRASOUND  
MASSAGE 7 SCRIPTS  
0 8  
Martin L. King, Jr. Day

16 4:23:00  
PACIFIC COAST TRAIL  
LAGUNA MTS. @  
RICHARD - BEAUTIFUL  
DAY GOT LOST AT THE  
GOLF COURSE A LITTLE.  
3X15X4 LBS  
0 27

17 3X15X4 > LBS  
8 HRS. SLEEP!  
NO RUNNING!!  
NO PROBLEMS!  
FROM YESTERDAY!  
370 4 0

18 REST!  
NO RUNNING!!  
40 1952 0  
498 60

19 MISSISSIPPI BAY  
MARAATHON  
2:14:02 BROOKLYN  
16 total @  
EAST @ 6:10  
6:00 BACK NEGATIVE  
PASSED 14 TEST  
0 16

20 13 LBS  
(LITTLE STIFF)  
NO RUNNING!  
STRETCH > LIFECYCLE  
@ HOLD MY 10 MIN ON  
RANDOM LEVEL!  
NOT TOO BAD OVERALL  
CONSIDERABLE!!!  
0 0

21 45 total  
10 @ 6:19  
10 @ 5:45  
LEGS GOOD!!  
45 16

22 8 total  
L2MI @ 12:09  
JACUZZI/STEAM  
45 8

23 NO RUNNING  
TODAY!!!!  
3X4X15 LBS  
REST FOR LONG  
QUIT AM  
53 0

24 MRS. PEASEN  
944-7143  
753-0501  
200 RUIT  
WALK  
LJ COVE  
PROBLEMS/TUBED  
1975  
LARRY FINE  
0 20

25 LBS  
8 total  
3DN @ 6:25  
3BK @ 5:45  
WHAT HAPPENED?  
53 18  
196 160

26 NO RUNNING  
REST > REFUEL  
STRETCH  
JACUZZI 15:00  
48 0

27 NO RUNNING!  
REST > REFUEL  
STRETCH  
0 0

28 25 total  
PCT 50 TRAIL  
RICHARD  
SUPER DAY!!  
ROUGH TRAIL  
0 25

29 REST/RECHARGE  
and REFUEL  
46 0

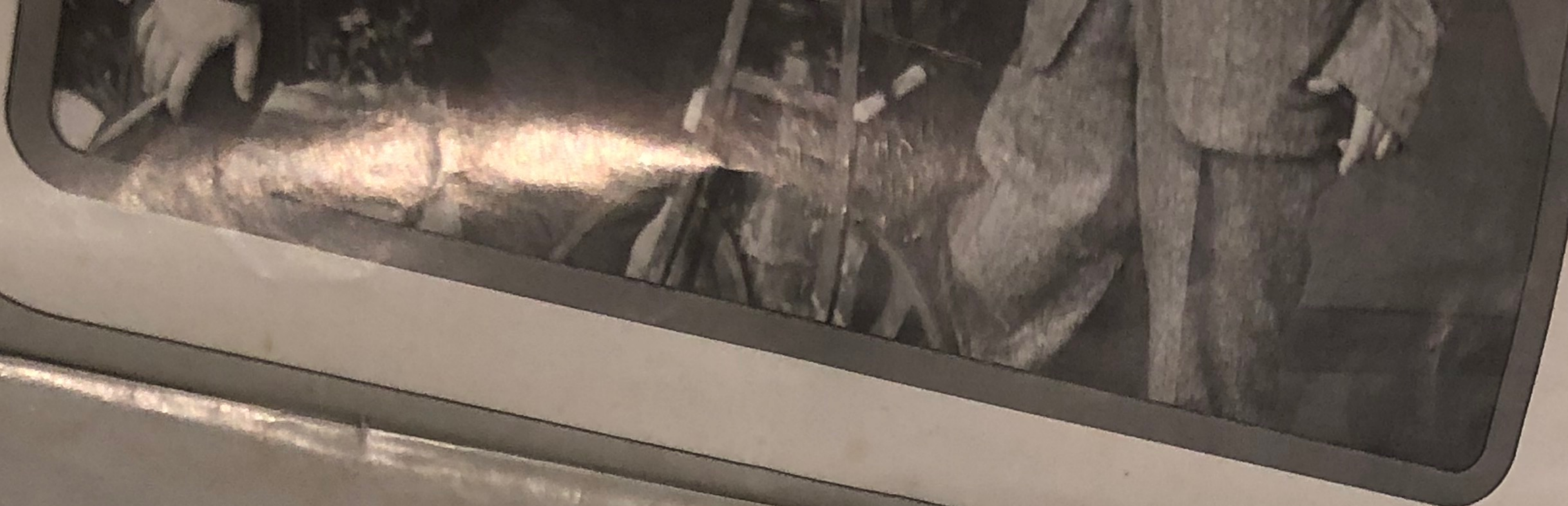
30 11 total  
6 @ VEZ  
5 @ 32:00/6:24  
LIGHT RAIN -  
to be good!  
52 11

31 14 @ 7:00  
CAUZIN!!!  
TIGER GT  
FAT 600  
271 14 50

\$ 1723  
GAINED  
WEIGHT.

72  
14





# FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

R/S  
454-0078  
  
619 571-7965

GARY VACA  
3/29 - 4/8

3/11 → 3/22  
PIAZA

MILES FOR FEB.  
155  
5.5 AVE  
28 1/2  
17 DAYS RUN AVE 9.1

1 LBS  
NO RUNNING  
WAC 8 HAS  
STRETCH REST  
FUEL LBS  
@ FIELDS  
IF YOU CAN LBS

2 (6) TOTAL  
L2MI @ 12:51  
WORK 9 HRS  
52 | 52 | 6 | 6  
Ground Hog Day

3 (8) TOTAL  
1mi @ 5:33  
PM @ EZ  
0 | 52 | 13 | 19

4 (11) TOTAL  
2:10 @ PT  
TRAIL RCTED  
ALBACALOTIA  
55 | 107 | 11 | 30

5 NO RUNNING  
18 HOLES PROGRAM  
AWSDO \$60  
TIARD  
97 | 204 | 0 | 30

6 AM (50) 6:22  
HIPS SOLE FROM  
GOLF BAG - OUCH!  
TIRED!! DINNER M.L.  
BIRTHDAY > PILES

7 NO RUNNING  
NO LBS  
TWO BTLs OF PILEY.  
HUNG OVER! PUSSE  
REST DAY TOTAL >

8 NO RUNNING  
REST!!!  
RECHARGE  
47 | 342 | 0 | 35

9 (5) TOTAL  
L2MI @ 12:36  
WORK 8 3/4 HRS.  
90 | 90 | 5 | 5

10 NO RUNNING  
VERY TIRED  
60 | 150 | 0 | 5

11 (5) TOTAL  
L3MI @ 6:18  
FEELING BETTER  
53 | 203 | 5 | 10

12 (5) TOTAL  
WARM-UP  
1/2 MI WARM-UP  
4MI > 6:14 / 6:09  
5:58 / 5:32  
23:53  
Ash Wednesday  
Lincoln's Birthday

13 NO RUNNING  
REST :: REST REST  
EAT GOOD NO PT  
NO SUGAR  
44 | 241 | 0 | 15

14 NO RUNNING  
NO PT NO SUGAR  
0 | 241 | 0 | 15  
St. Valentine's Day

15 P.C.T.  
50  
BOTTOM LINE > FINISH LINE  
30MI 3RD  
PLATE @ DROP OUT  
240 @ TURN AROUND  
0 | 241 | 35 | 50

16 NO RUNNING!  
RECHARGE  
REFUEL  
REST  
0 | 0 | 0 | 0

17 NO RUNNING!  
LBS TODAY.  
BEGIN LEG LBSX3  
Washington's Birthday

18 (6) 1ST. 6:35  
LST. 6:06  
LEGS GOOD ???  
818 | 76 | 6 | 6

19 (4) TOTAL  
@ VEZ  
HAIR CUT  
(LBS) X2  
32 | 320 | 4 | 10

20 (6) 2 @ 6:16 ON  
2 @ 6:21 BK  
77 FEELING GOOD  
BBACH 101  
28 | 359 | 0 | 16

21 LBSX2  
(4) 1/2 WARM UP  
1 @ 6:01 (50)  
1mi JOG  
1 @ 5:38  
1/2 WARM UP  
26 | 394 | 4 | 20

22 481-5725  
NO RUNNING  
REST/RECHARGE  
37 | 431 | 20 | 20  
Washington's Birthday

23 6AM (20) FRANCHI  
5 SURGES  
UPHILL > 28:40  
RCHAD > FJU > WRAK  
FEELING FINE MYSELF  
0 | 0 | 20 | 20

24 HANGOVERED  
(4) PCT.  
@ VEZ  
SANTA ANA  
BEAUTIFUL  
0 | 0 | 4 | 24

25 1/2 WARM UP  
(6) 2mi @ 11:38  
10MIN JOG  
2mi @ 11:04  
1/2 WARM UP  
50 | 58 | 6 | 30

26 NO RUNNING!  
LBSX2  
35 | 93 | 0 | 30

27 (4) 4 @ 6:25  
AVE  
51 | 321 | 6 | 36

28 1/2 WARM  
(14) 6 @ 4:37:10  
1mi JOG  
40 @ 3:57:00  
209  
32 | 401 | 14 | 50

\$ 1486





# MARCH

was  
PETERSEN  
944-7143

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

246 MILES FOR MARCH  
LBS > 9X  
22 @ BRUN >  
11.1 day AVE.

\* EVERYTHING IN LIFE.. IS SUBJECT TO CHANGE.  
@\*!#i

20-25 TRAILS  
8 > @ VEZ (LBS)  
8 > @ VEZ  
10 > @ SPEEDWORK  
8 > @ VEZ (LBS)  
10 > @ 330  
0 > @ REST (LBS)  
60-65

75 @ SPEEDWORK  
EZ HR.  
EZ HR.  
~~TRAILS~~  
TOTAL  
44517614  
#1  
3/19/19

3 EZ HR.  
45:00  
DECIDED TO STAGE COACH TO WIN.. SUB  
60 EZ = 45:00  
15X 20X LBS  
⑥ | 46 | 38

942-3703  
STEVE Q  
I'm Blowing the Wind

1 NO RUNNING  
REST > RECHARGES  
PHYSICALLY DOING GREAT.. VECTRICALLY??  
LBS X 2X15  
55 | 55 | 0 | 0

2<sup>3</sup> HIGHWAY 79  
DESCANCO TO JULIAN  
GOT TOTALLY WASTED AT THE PIONEER BARACH  
ARCH HIKE BACK SCAD  
MICHAEL 4:10 - 3:22-4:11  
ROUNDERIES

3 471-292  
NO RUNNING!!  
HANGOVER I JUST RESTED  
WEIGHT WREAK > REPAIR  
LBS X 2X20  
0 | 0 | 0 | 23

4 ⑧ TOTAL  
① VEZ 59:44  
OVERCAST... @ 600S  
...FEEL MUCH BETTER  
31 | 31 | 8 | 31

5 SPEEDWORK  
⑩ TOTAL  
20 MIN WARM-UP  
2 MI @ 10:56  
20 MIN JOB  
2 MI @ 11:06  
20 MIN WARM-DN  
31 | 62 | 10 | 41

6 ⑧ TOTAL  
① VEZ 54:00  
RECOVERY RUN  
LBS X 2X20  
47 | 109 | 8 | 49

7 ⑪ TOTAL  
1/2 WARM UP  
10 @ 63:00/6:18  
1/2 WARM UP  
49 | 158 | 11 | 60

8 NO RUNNING  
LBS X 2X20X7  
30 | 30 | 0 | 60

9 22 total @ PM  
PCTS CIRCUITS TO STADIUM BACK  
NEGATIVE  
4:25 BACK 2:07

10 NO RUNNING  
HILE FLAT GOT TIRED VESTERDAY  
PLANT TILL DARK  
NO GOOD IN PM  
2X20X7XBS  
0 | 0 | 22 | 22

11 ⑧ TOTAL  
① EZ 730  
STILL FLAT!!  
31 | 37 | 8 | 30

12 MILE REPEATS  
⑩ TOTAL 5:00-5:15 X 3  
2 MI WARM-UP  
1 MI INTO WIND 5:15  
1 MI JOG  
1 MI INTO WIND 5:21  
1 MI WITH WIND 5:02  
45 | 82 | 10 | 40

13 12 TOTAL  
① EZ  
12 @ EZ  
TRAILS @ PCHED  
37 | 29 | 12 | 52

14 Bummer  
NO RUNNING  
LBS > 2X20X7  
2X 60X1  
40 | 169 | 0 | 52

15 NO RUNNING  
2 @ P.K.  
CANYON  
7:45 DN  
7:00 BK  
43 | 33 | 8 | 60

16 LOMO 20-25  
6 mi LOOPS  
① TORREY PINES  
1-55:25 EZ warm-up  
2-41:27 SUB7  
3-41:28 SUB7  
4 55:33 PACE WALK  
WOZZY > BEET? and  
LACK OF H2O  
0 | 0 | 24 | 24

17 Bummer  
Y-MI ON SAND  
4-6 @ EZ  
① T.P. BK 730  
0 | 0 | 31 | 33  
1895  
SHEMP HOWARD BORN  
St. Patrick's Day

18 BAZAAR  
NO RUNNING  
REST  
36 | 36 | 0 | 33

19 MILE REPEATS  
① 5:00-5:15 X 2  
① 5:07 DN  
① 5:13 BK  
SANTA ANA STIFF  
LUGS FROM SV.  
50 | 86 | 8 | 48

20 BAZAAR  
45:00  
⑥ TOTAL  
① 7:15  
53 | 39 | 6 | 47  
First Day of Spring

21 10 @ 6:30  
45:00  
LBS  
NO RUNNING  
REST IN  
2X 8X20  
67 | 0 | 47

22 NO RUNNING  
60:00  
13 total  
12 @ 6:18  
EM. MARK > BAK  
64 | 27 | 13 | 60

23 Palm Sunday  
HO  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0  
10 @ EZ  
1:22:00  
Easter 30

24 EZ HR  
TRACE IN  
32 > BORRERO  
5:05:00  
EZ  
1969  
STOOGES  
LAST TV  
APPEARANCE 31

25 EZ HR.  
NO RUNNING  
2X 8X20X LBS  
33 | 33 | 0 | 32

26 4/4 @ 75  
⑧ TOTAL  
2 DN @ 12:40  
2 BK @ 12:30  
40 | 73 | 8 | 40

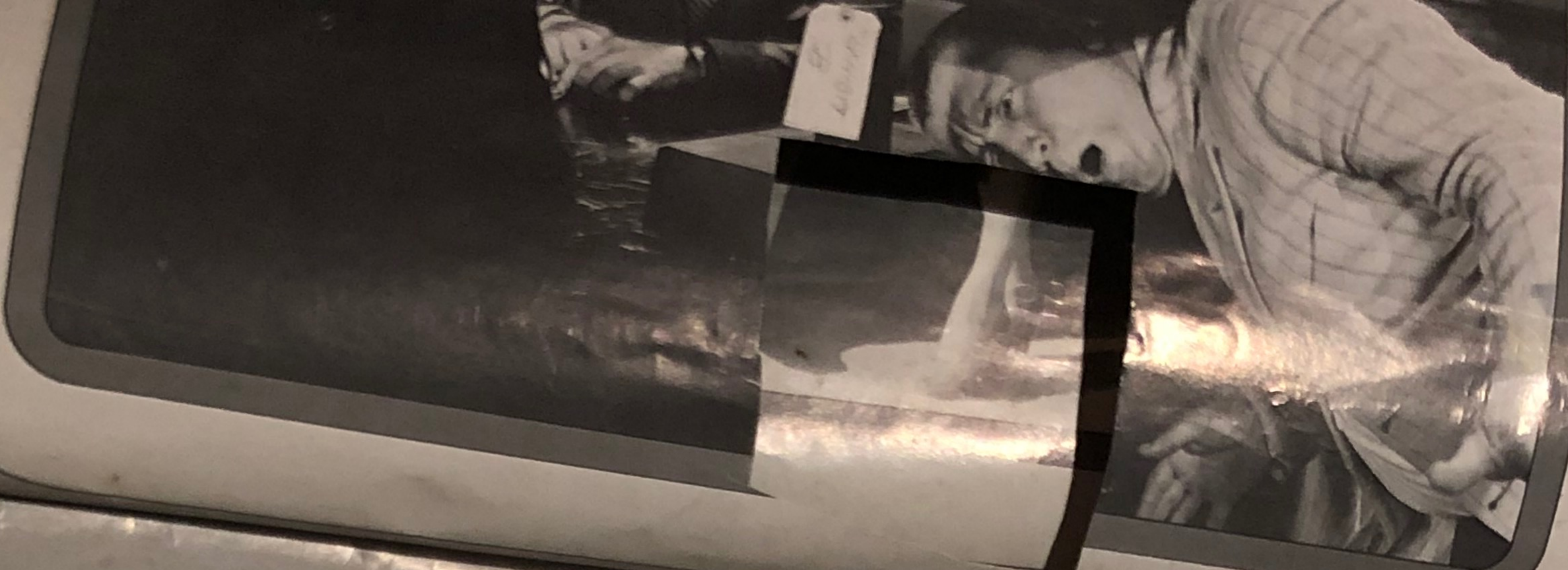
27 EZ HR  
NO RUNNING!  
REST W  
STEAM > 10:00.  
38 | 101 | 0 | 40

28 NO RUNNING  
REST W  
#1  
4:18  
Good Friday  
51 | 10 | 0 | 40

29 SAN JUAN  
CAPISTRANO  
OK  
38:35 > 10:04  
2ND 26-41  
#1  
45 | 46 | 3 | 10 | 50

IF THERES A WILL THERE IS A WAY "S IF THERE'S A WAY TO CHEAT THEY WILL!





# APRIL

NEW EPIRUS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours Slept</p>	<p>247 mi For April</p>	<p>1 141 LBS EZ HR. NO RUNNING TIRED &gt; MEX.</p>	<p>2 HD SPEED WORK EZ HR. 9 TOTAL 8 @ 4:51 &gt; 6:14</p>	<p>3 EZ HR. 10 45:00 DECIDED TO RUN STAGE COACH 100K TO WIN... SUB 9:45 6 @ 7:00 7 @ 7:00 X LBS (GREEN)</p>	<p>4 10 @ 6:30 NO RUNNING 9 TOTAL: 142 LBS 8 @ 5:33 &gt; BLADES &gt; 6:27</p>	<p>5 NO RUNNING LBS NO RUNNING &gt; BEST 2 X 20 X 5 X LBS</p>
<p>6 LONG 25-35 LONG 25-30 @ 7:30 35 @ BARRAGO UP SQUARE 1.5 mi @ 7:30</p>	<p>7 EZ HR NO RUNNING AM 6 @ EZ NO PROBLEMS... PM 5 mi RACE WALK @ DALL SUTTON</p>	<p>8 NO RUNNING LBS EZ HR. UP ALL NIGHT AT PAIN COLD &gt; HALLS COLET CALLED IN STOC... 2 X 5 X 20 X LBS</p>	<p>9 EZ HR. 6 @ 7:00</p>	<p>10 45:00 @ EZ 6 @ 7:30 WHITE PLAT NO HUBT</p>	<p>11 45:00 @ EZ 12 @ 7:30 LAST LONG BY STAGE COACH...</p>	<p>12 FASTEST MASTERS 33:33 &gt; STEPH MYRO 33:45</p>
<p>13 45:00 6 @ VEZ 48:00</p>	<p>14 45:00 6 @ 11:54 PACEWALK</p>	<p>15 45:00 6 2 @ 6:30</p>	<p>16 45:00 6 @ RACE PACE #1 8:00</p>	<p>17 NO RUNNING 143 LBS</p>	<p>18 NO RUNNING</p>	<p>19 NO RUNNING LBS (26) STAGE COACH 100K 10:34 &gt; 2ND PLACE OVERALL @ 9:00 PACE GOT LOST TWICE!! 9:15 WINNING? THANK! GOD! EMILY ONE</p>
<p>20 30-40 NO RUNNING STRETCHING PEEL GOOD</p>	<p>21 NO RUNNING LBS STARTING RIBS... OH... STEP ON DOG</p>	<p>22 EZ HR NO RUNNING SOME @ WORK LEGS BETTER</p>	<p>23 PACEWALK 6 mi @ 13:00 #1</p>	<p>24 EZ 45:00 6 TOTAL L2 mi @ 6:05 7:00 #1 E142</p>	<p>25 EZ 45:00 6 TOTAL L2 mi @ 7:00</p>	<p>26 NO RUNNING LBS 6 TOTAL L2 mi @ 6:25</p>
<p>27 LAGUNA BCH. 10K 5:34:00</p>	<p>28</p>	<p>29 EZ 45:00 6 @ 7:00 +15</p>	<p>30 HD SPEED WORK EZ 45:00 8 @ 7:00 10 @ 7:30 10 @ 8:00</p>	<p>(6) 19 291-6300</p>	<p>SUE KING 755 2458</p>	<p>191 286 447 6</p>

SPARK 7283-2017





# MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

[Blank]

203 mi. RUN  
21 DA. RUN  
9.6 mi. DA  
AVE.

4 DAYS  
301 mi.

25	(TRAIL)	30
8	(RUN)	30
13	(HHS)	30
0	(LBS)	30
0	(TRAIL)	30
0	(RUN)	30
0	(LBS)	30
0		30
64		69

1 45:00 EZ  
6 TOTAL  
EZ: SOME  
LOW 7'S

2 45:00 EZ  
REST...  
WILD, WILD,  
NO

3 45:00 EZ  
REST...  
WEST MARATHON  
RUNNING

4 NO RUNNING  
WILD WIND...  
3:10 1st. TOUGH RUN!  
4 0 0 2 8  
3:36 1975 > 22ND  
MOE HOWARD DIED

5 45:00 EZ  
NO RUNNING  
LBS 2X20  
8 16 16 0 0

6 45:00 EZ  
NO RUNNING  
LBS TODAY  
LEGS STIFF...

7 NO RUNNING  
6 TOTAL  
4 7:6:37  
BETA... 7:6:42  
8 15 10 6 34

8 45:00 EZ  
4 TOTAL  
10 5:43  
7 35 105 4 98

9 NO RUNNING  
6 TOTAL  
7 24 24 6 144

10 45:00 EZ  
6 25 25 6 50

11 EZ  
13 TOTAL 2HRS  
LAWNA MTNS  
DCT 5000 SUMMIT  
F10  
Mothers' Day 13

12 EZ  
6 TOTAL  
8 0 0 1 1

13 EZ  
NO RUNNING  
6 TOTAL  
6 0 0 0 19

14 EZ  
13 TOTAL  
6 0 0 6:59  
6 BACK 6:23  
8 2 2 13 32

15 EZ  
4 TOTAL  
4 0 VEZ  
2X 20X5XLS  
8 4 4 4 36

16 EZ  
4 0 VEZ  
8 32 100 4 40

17 EZ  
REST  
PROTOPIS and  
ROADSTREETS 10K  
7 26 26 0 40

18

19 6

20 10 5:06  
8 3 8 16

21 NO RUNNING  
LBS WORKOUT  
11 TOTAL  
10 6:47  
6:42  
6 7 10 27

22 TRACK  
8X400 75  
6 TOTAL  
VEZ  
6 5 5 6 93

23 1HAB EZ 78  
9 TOTAL  
20 12:04  
20 11:59  
222  
7 12 19 42

24 NO RUNNING  
LBS WORKOUT  
0  
LBS 2X20X5  
7 52 100 10 42

25 22 total 3:40:00  
SHAKE MIT

26 TOTAL LBS  
60 SUB. 7  
20 11:57  
7 1 1 1 30

27 NO RUNNING  
HEEL > DOLIBID  
ICE  
6 10 10 10 30

28 NO RUNNING  
LBS WORKOUT  
11 TOTAL  
10 7:06  
THREE STOOGES  
7 1 1 1 41

29 TRACK  
8X400 75  
11 TOTAL  
10 7:06  
HEEL 77  
8 1 1 1 52

30 NO RUNNING  
LBS  
0 1 1 1 52

31 NO RUNNING  
LBS WORKOUT  
13 TOTAL  
12 6:45  
12 00:20  
0 1 1 1 65

# UNITED 609 > 2:44 pm

755-6062





# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 25 @ 5:20 TRAILS NO RUNNING CARUSBAD 5000 13:31.9 STEVE SCOTT (WR) 4   0   0   0   0	<b>2</b> 1HA @ EZ > 8 30 @ EZ @ SIDE TO LOVE 20 @ RCHAD BLACKS FEET 3066 6   0   0   31   30	<b>3</b> PARTLEK @ LOMAS ?? NO RUNNING HEEL NOT BAD IT'S COOKING BETTER LBS WORKOUT 8   18   18   6   30	<b>4</b> NO RUNNING LBS WORK 9 TOTAL 80 @ 50:28 6:19 HEEL MUCH BETTER 6   26   44   9   39	<b>5</b> (TRACK) 10x44 @ 75 LBS 7 TOTAL 20 @ 6:30 HEEL BETTER! 7   13   17   7   46	<b>6</b> 1HA @ EZ > 8 6 TOTAL @ DAYBZ TIRED GAIN? 7   13   31   6   52	<b>7</b> NO RUNNING LBS WORK 13 TOTAL 12 @ 6:20 #1 6   14   14   13   65
<b>8</b> 25 @ 5:20 TRAILS NO RUNNING REST IN 8   0   0   0   0	<b>9</b> 1HA @ EZ > 8 NO RUNNING REST (NO LBS) 6   31   51   10   10	<b>10</b> LBS NEW EPIRUS 506 MI. ON LAST PAIR OF EPIRUS 6 TOTAL 20:12.5 20:12.5 7   14   6   6	<b>11</b> NO RUNNING LBS WORKOUT 6 TOTAL 20 @ 12:59 H1 SYSTEMS GO!! 8   24   46   12	<b>12</b> (TRAIL) 10x44 @ 75 NO RUNNING REST!!!! 8   1   0   12	<b>13</b> 1HA @ EZ > 8 NO RUNNING REST 7   1   0   12	<b>14</b> NO RUNNING LBS WORKOUT PALOS VERDES 2:52:17 10 @ 6:50 5 (30-34) 20 @ 6:45 22/04 (143 LBS) 30   0   0   48   140
<b>15</b> 25 @ 5:20 TRAILS REST 6   0   0   0   0 Father's Day	<b>16</b> NO RUNNING REST H2O OFF 50K OK!! 8   30   60   0   10	<b>17</b> PARTLEK @ LOMAS ?? H2O DELIVERY!!! LBS 6 TOTAL L2MI @ 12:58 7   10   8   8	<b>18</b> REST TIREDB TODAY. 8 @ VEZ 6   30   12   8   16	<b>19</b> (NO TRACK) 45 @ EZ 40 YRS. OLD PRAISE THE LOAD! MOVING TO THE CARLEBAD BEAT HOME LBS 6   10   15   12   1	<b>20</b> NO RUNNING HEADWATERS OK! 6:34 @ 6:05 @ 5:56 5:45 NO RUNNING 7   30   18   0   12	<b>21</b> NO RUNNING NO LBS 9 TOTAL L2M @ 12:43 7   11   11   13   30 First Day of Summer
<b>22</b> RAN 10 @ 5:20 TRAILS 5 @ 6:45 1 @ 5:40 @ 4:25 WK 7   14   15   6   6	<b>23</b> RUNNING 6 @ VEZ 8 @ 4:45 WK 7   10   18   6   12	<b>24</b> RECOVERY 30 TOTAL P.B. @ BACK 4:01:12 7   0   18   31   143	<b>25</b> RECOVERY NO RUNNING 6   21   10   9   0   143	<b>26</b> RECOVERY 8 @ 6:50 TOTAL L2MI @ 12:33 6   4   14   18   51	<b>27</b> RECOVERY NO RUNNING WORK 9/4 7   24   23   0   51	<b>28</b> RECOVERY 15 TOTAL 12 @ 7:15 20 @ 6:15 7   50   25   15   66
<b>29</b> 25 @ 5:20 TRAILS 20 @ 3:05 TOTAL @ CONNICO LOOP @ RCHAD 4:12 0   0   0   31   30	<b>30</b> 1HA @ EZ > 8 NO RUNNING REST MONTHLY 0   0   0   31   30	<b>31</b> 231 MI. TOTAL 18 DAYS RUN 12.8 AVE 89.9 WK. AVE				

TO DREAMS, HOPES, AND PROMISES... LET THERE BE HAPPY DAYS!



SUNDAY

MONDAY

TUESDAY

# JULY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Blank calendar box

1 FARTLEKING @ LOMAS  
6 TOTAL  
L2MI @ 12:08  
HAIRCUT  
24/24/6/6

2 NO RUNNING LBS WORKOUT  
6 TOTAL  
6:17  
2 @ 6:30  
LBS  
7 4/0/6/12

3 (TRACK) 10X440 @ 75  
6 TOTAL  
KUNTRIM  
6:03 L 5:43+11:42  
1mi @ 52  
5:13-5:12-7:11:15  
6 1/6/18

4 1HA @ EZ > B  
6 TOTAL  
@ 52  
NO PROBLEMS !!  
7 Independence

5 NO RUNNING LBS WORKOUT  
11 TOTAL  
6:45  
5/11/0/35

6 25/30 @ 52  
REST WEEK NO LONG RUNS > NEW SHOES GT II  
8.5 @ EARL  
@ SUB 6  
0/0/5/5

7 1HA @ 52 > 8  
6.5 @ EARL  
@ SUB 6  
0/0/0/15

8 FARTLEKING @ LOMAS  
NO RUNNING  
REST  
5/4/4/0/15

9 NO RUNNING LBS WORKOUT  
NO RUNNING  
REST  
6/5/0/0/15

10 (TRACK) 10X440 @ 75  
6 TOTAL  
@ 5:52  
7 4/1/6/21

11 1HA @ 52 > B  
NO RUNNING  
REST  
0/5/0/0/21

12 NO RUNNING LBS WORKOUT  
NO RUNNING  
REST  
CURLY JOE BORTA  
0/0/0/21

13 20/25 @ 52  
OXNAPD 50K  
LAST LONG RUN RUN WITH FRED  
2ND OLA  
1ST MASTER 3:35:57  
3/0/0/31/31

14 1HA @ 52  
(3HRS SLEEP)  
1/2 @ 6:30  
1/2 @ 7:30  
LM @ 6:26  
8/1/1/0/31

15 FARTLEKING @ LOMAS  
NO RUNNING LBS WORKOUT  
1/1/1/0/31

16 NO RUNNING LBS WORKOUT  
10 @ EZ  
JAN 7  
7/5/0/0/4

17 1HA @ 52 > B  
4 @ EZ  
30:00  
7/1/1/4/45

18 1HA @ 52 > B  
6 @ BCT  
6/5/2/6/51

19 NO RUNNING LBS WORKOUT  
2 mi @ 6:54  
FOR LAGOON COURSE  
8/3/2/2/53

20 NO RUNNING  
WEEK WORK  
0/0/0/0/0

21 6 TOTAL  
30:2  
30:5  
16:2  
7/1/1/6/6

22 NO RUNNING  
15 DAYS WORKED!!  
7/0/0/0/6

23 4 @ 52  
30:00  
6/5/1/4/10

24 0 TRAVEL TO OREGON MASSAGE > 1HA GOOD!!  
7/0/0/0/10

25 4 @ 52  
30:00  
7/0/0/4/14

26 HEADWATERS 50 MILE  
11:25:10 @ 55  
SORE FEET BUT FUN and TOUGH  
RICHARD BOYD  
5/0/0/5/69

27 NO RUNNING  
RECHARGE  
0/0/0/0/0

28 NO RUNNING  
RECHARGE  
1/0/0/0/0

29 (LBS)  
NO RUNNING  
REST  
7/0/0/0/0

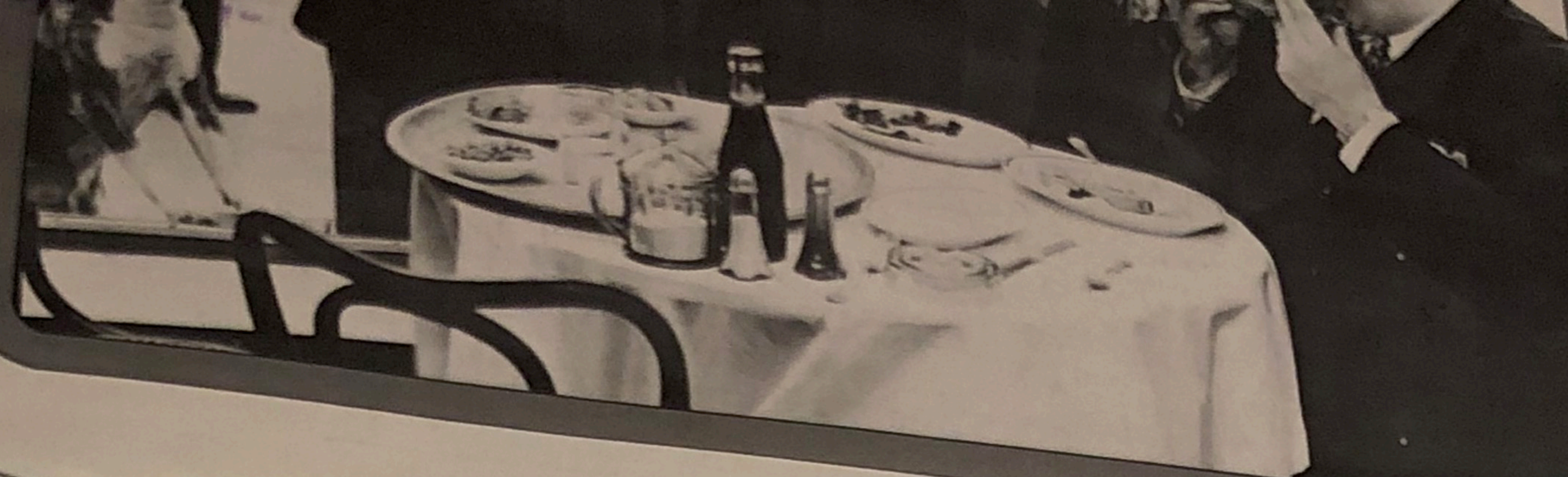
30 4.5 @ 30:12  
APX @ 30 PACE  
CARLSBAD LOOP  
7/1/1/4/4.5

31 L  
7.5 @ 52:46  
6 @ 42:35  
TAMPAK LOOP  
7/5/1/3/15/12

703-7161  
200 mi TOTAL

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# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		210 mi RUN			1 NO RUNNING (LBS WORKOUT) STRETCH... RECHARGE REST > VERY TIRED. WORK 9 HRS.	2 NO RUNNING WORK @ 9:00 REST > RECHARGE FEELING BETTER -- LONG TOMORROW MAYBE CRAIG?
3 20 @ 2:19:44 SWAMI'S TO T.P. DRIVING RANGE DOWN: 1:06:16 BACK: 1:13:28 PHYSICAL DOWN MENTAL BACK!!	4 NO RUNNING RECHARGE (LBS SOAK) VERY TIRED!	5 EZ HA 1 @ 6:34 STILL STIFF FEET SORE!	6 1/2 warm 1 @ 6:12 1 mi 30 1 @ 5:50 1/2 warm	7 1 mi warm + 1 @ 5:17 1 @ 5:10 1 @ 5:21 1 @ 5:41 1 @ 5:19 1 mi warm +	8 (LBS) 8 TOTAL TAMARA AK AVE 29:03 DOWN 27:01 BACK	9 REST! 10 NB TOMORROW NO RUNNING 9 HR WORK
7 0   0   20   20	7 0   0   10   10	6 35   35   8   28	6 4   15   4   32	6 23   38   10   42	7 13   20   18   50	6 15   26   0   50
10 30 @ SUNRISE HIGHWAY 14 mi MARK TO 29 mi 4:02:23 > 12 mi 14:05 4-6000'	11 4 @ VEZ ON BEACH FEET SORE LBS	12 6 @ TAMARA AK 3 @ 7:00 3 @ 6:30	13 SPEED WORK 3X mi @ 5:30 SPEED 5:35 - 5:29 - 5:22 DOUG!	14 top of TAMARA AK LM @ 5:58 LBS	15 FARTLEK LOMAS (EARN TEST) 1:30 WOODS LOOP SEPT A HAFD?	16 REST DAY WORK STARTS
7 0   0   30   30	7 0   0   14   34	6 19   19   1   40	6 19   19   1   49	6 17   16   55	7 20   11   3   68	6 14   30   168
17 31 @ SUNRISE 1/2 OF BY EARN TEST 1:56 up 4:11 200 CAL TRACED	18 NO RUN REST!	19 9 TOTAL TO CAROL BAD STATE PARK @ 9:07	20 SPEED WORK 3X mi @ 5:30 you'll EARN IT 5:14 > 5:33 > 5:19 > 5:22 AVE 8 TOTAL	21 CAR PAYMENT NO RUNNING REST SMM > SUNDAY SUB 2:50	22 FARTLEK NO RUNNING REST SMM	23 4 @ EZ 30:00
5 0   0   31   31	6 0   0   4   31	6 13   13   9   40	6 1   18   18	7 1   10   48	0   1   0   48	0   1   4   52
24 5 mi MONICA CITY 2:56	25 LAST DAY OF WORK 7:30 AM GROOMED SEMI-MAR @ FEET FEET NO RUNNING! REST	26 START VACATION (LBS) NO RUNNING! REST	27 NO SPEED TRAVEL DAY 4 @ 6:30	28 4 @ SUB 6:30	29 (LBS) 4 @ 6:10 6:18-6:11 6:06-6:06	30 CREEK WILDNESS RUN NO RUNNING REST
7 0   0   28   28	6 1   1   28	6 10   10   28	5 1   14   32	7 1   14   36	7 1   14   40	7 1   10   4
31						





# SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

P2 HAS

1 Mtn. Baldy  
Run to the top  
1st O/A 1st MASTER  
1:06:05  
NO PROBLEMS!  
8 | 10 | 19

2 RELOAD  
RECHARGE  
NO RUN!  
REST  
EVERYTHING PERS  
GOOD  
8 | 10 | 19

3 RELOAD  
REST  
NO RUN  
H LBS  
7 | 10 | 19

4 (TRACK)  
8@7:00  
STIFF!  
P1.5 HAS  
7 | 8 | 27

5 (TRACK)  
FRANCO  
6@42:44  
ERNST > 3 min and 44  
7 | 9 | 36

6 NO RUNNING  
REST > RECHARGE  
REFUEL  
7 | 10 | 36

7 25@3:25:00  
LAGUNA Mtns.  
18 mi TO 33  
BACK TO 23!  
LEGS TIRCD!  
4 | 25 | 25

8 4@EZ > PM  
H LBS  
7 | 4 | 29

9 (47 LBS)  
4@6:44  
STOMACH??  
6 | 4 | 33

10 mile repeats:  
5:13 - 5:29  
5:08 - 5:15  
10K MIDE  
7 | 10 | 43

11 (TRACK)  
4@7:00  
6 | 4 | 47

12 4@EZ > BEACH  
H LBS 30:00  
7 | 4 | 51

13 RELAX  
RELOAD  
(NO RUNNING)  
7 | 10 | 51

14 150  
1st 5@35:15  
2nd 5@32:30  
3rd 5@29:00  
LEGS MAXED!!  
6 | 17 | 17

15 4@EZ  
H LBS  
7 | 4 | 21

16 4@6:30  
8 | 4 | 25

17 ANDY!  
5:13 > 5:10  
5:08 > 5:36  
4x1 mi @ SUB 10  
INTERVALS (10)  
7 | 10 | 35

18 (TRACK)  
4@EZ 7:00  
H LBS  
7 | 4 | 39

19 3@6:53  
3@6:25  
7 | 6 | 45

20 NO RUN  
RELAX  
RECHARGE  
PREPARE!  
7 | 10 | 45

LONG  
MINS

21 RICHARD (19)  
29@3:47:30  
Lm @ 7:29  
1st. GOOD RUN  
2nd. THE MINS. IN 3ms  
LAGUNA (29)  
5 | 29 | 29

22 RECOVERY  
H LBS  
7 | 10 | 29

23 RECOVERY  
H LBS  
7 | 10 | 29  
First Day of Autumn

24 4@EZ  
7 | 4 | 33

25 (TRACK)  
7@ 3>7:00  
3>6:30  
7 | 7 | 40

26 NO RUN  
7 | 10 | 40

27 NO RUN  
RACE WEEKEND  
8 | 10 | 40

28 RACE > 10K  
MARINA DEL REY  
10K  
34:50  
3RD 40:44 23/OA  
RACE WEEKEND  
6 | 10 | 10

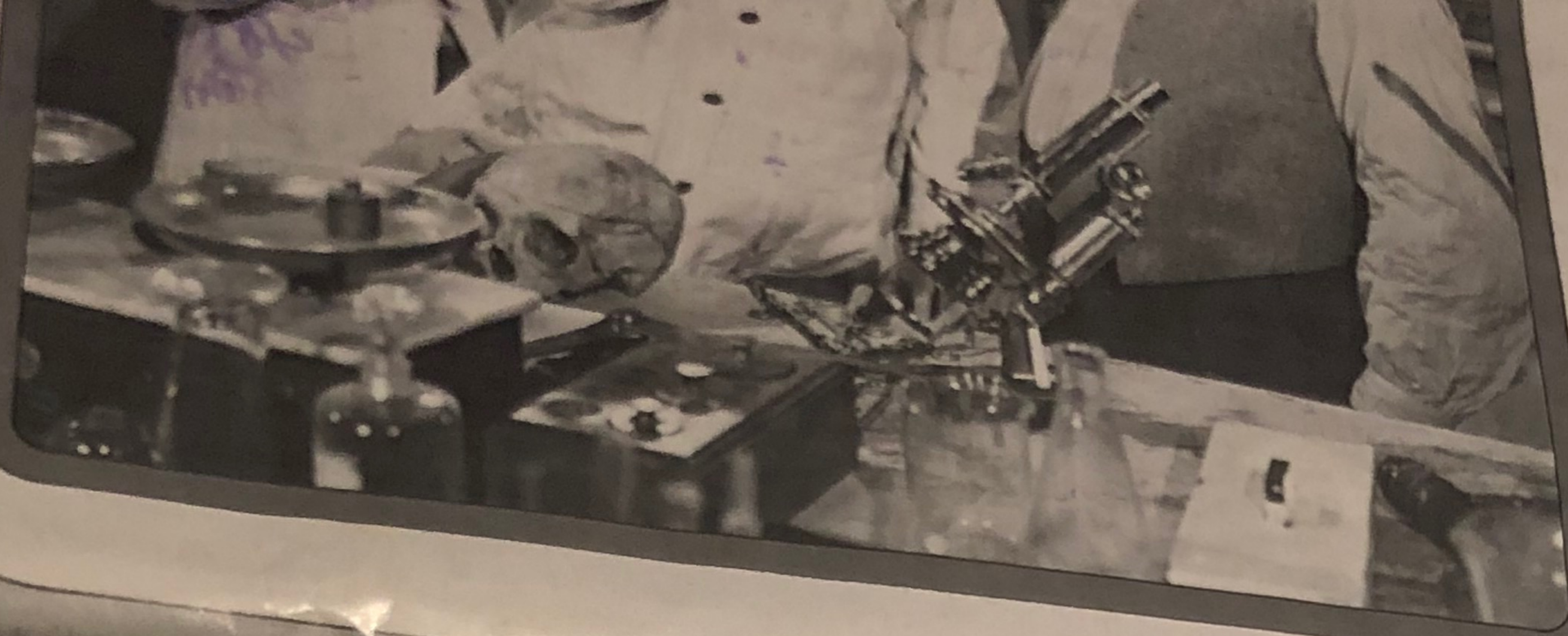
29 10@6:02  
8@EZ 6:20  
H LBS  
8 | 10 | 18

30 10@6:05  
8@EZ  
18 | 26

198 MILES

36  
51  
45  
40  
26  
198

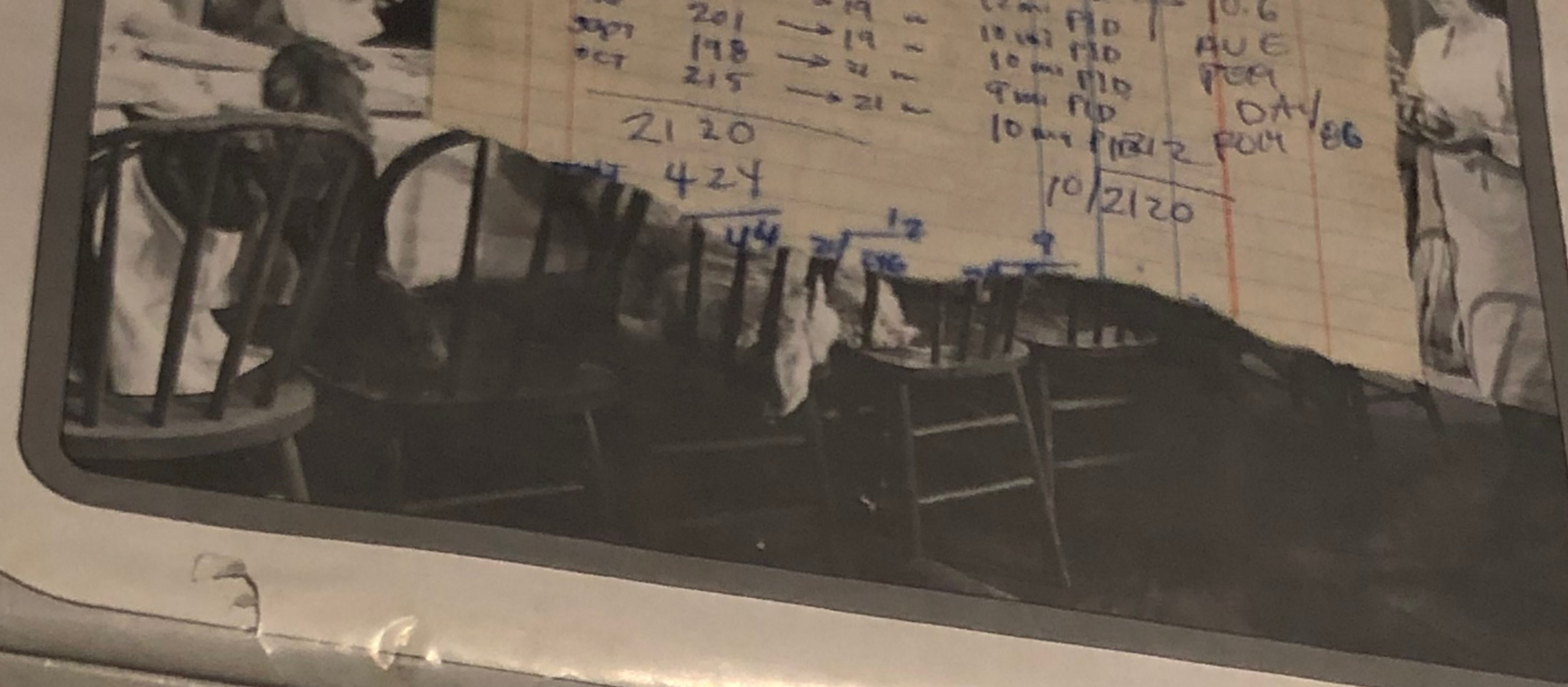




# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MT. BADA WIKI TO TR 11/19	Zak... 10/19	1 RANCHO 1:58 TOTAL 15+ NO PROBLEM 7   15   15	2 (TRACK) 8 @ EZ 10 @ 605 7   8   23	3 8 @ EZ * 10 5:46 8   8   31	4 NO RUN REST! Rosh Hashana 31
5 LAGUNA MTHS (ROAD) 27 @ 5:00:00 ASF RICHARD LOOKED GOOD! 6   1902   27 LARRY FINEBORN	6 8 @ total FM @ 5:36 + LBS - 8   8   35	7 AM 8 @ total 10 @ 5:19 PM 4 @ EZ BCH 8   12   47	8 4 @ VEZ - LBS + BEZ 6   4   51	9 (TRACK) REST - BEZ 7   0   51	10 REST - 10 - 7   0   51	11 OCEANSIDE 10K 34:55 HORRIBLE!! - 10K - 7   10   61
12 NO RUN REST - LBS - BEZ 7   0   0	13 8 @ EZ 1 @ FM @ 602 - BEZ 8   8   8 Yom Kippur Columbus Day	14 20 @ 2:35 - BEZ 6   20   28	15 NO RUN REST - LBS - - LBS + BEZ 7   0   28	16 (TRACK) (STOPPED PT) 8 @ EZ FM @ 601 - BEZ 7   8   36	17 7 @ EZ FM @ 540 7   8   44	18 AM PM 6 @ EZ @ 6:38 - PM - STRECH - LBS - 5   6   50
19 LAGUNA MTHS TRAIL - HOLY JIM - HOLY MOLEY! 8 @ total FM @ 523 1948 STOOGES FIRST TV APPEARANCE	20 AVE PM @ 5:53 REST I'm TIRED?? WORKING TO IMPROVE OH WELL!! - 0   8	21 PM @ 6:40 P.G.T. 2 HAS 1:40 ON TRAIL PARTIAL SUCCESS - 15   23	22 6 total 5 @ 62 PM @ 5:43 - LBS - - 1908 CURLY HOWARD BORN 7   0   28	23 (TRACK) REST SOME DINGS GOING - NEED A SHUT DOWN PART OF PAUSEM ADD LBS - 29	24 REST STRETCHING GOOD FEEL MUCH BETTER - 29	25 30 50 30 @ 60 @ EZ BCH DINGS!! ANKLES, HEEL HEADACHE - 14   33
26 LAGUNA MTHS TRAIL "TRAIL" LAGUNA MTHS? NO RUN REST Daylight Saving Time Ends 6   0   0	27 12 @ 7:00 PM @ 5:25 FELT STRONG 7   12   12	28 8 total DM @ 6:22 BK @ 5:59 3   8   20	29 8 total D @ 6:19 B @ 6:19 8   8   28	30 GACOSTA AVE 12 total 44 DOWN FM @ 6:15 GOOD BAKE FM @ 5:48 6   12   40	31 NO RUN STRETCH - LBS - Halloween 7   0   40	25 MI POA OCTOBER





# NOVEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

191  
MILES!!

140  
29  
22  
19

2 ~~TRIGON~~  
24 @ SST  
4 @ 15:00  
OCEAN  
24 | 6 | 24

3 NO RUN  
REST!!  
OCEAN 15:00  
6 | 0 | 24

4 80 total  
30:00  
OCEAN  
8 | 8 | 22  
Election Day

5 8 total  
D @ 7:30  
B @ 6:30  
NO OS  
8 | 8 | 40

6 NO RUNNING  
OCEAN SWIM: 20:22  
6 | 0 | 40

7 12 total  
@ 7:00  
1:25:00  
7 | 12 | 52

8 TOTAL OCEAN SWIM  
1:54:20 @ 4 miles  
NO RUN  
REST  
GOOD SWIM 62°  
OCEAN SWIM 34:00  
7 | 0 | 52

9 ~~LONG TOM DAGO~~  
BLACUS @ BK  
PM @ 5:18  
35:00 @ 62°  
OCEAN SWIM @ 35:00  
14 | 1 | 14

10 NO RUN!!  
REST  
OCEAN SWIM @ 17:00  
0 | 14

11 80 @ 1:02  
EZ  
62°  
OCEAN SWIM @ 16:00  
Veterans' Day  
8 | 22

12 NO RUN!!  
REST!!  
62°  
OCEAN SWIM @ 16:00  
0 | 22

13 8 total  
DFM @ 6:08  
BPM @ 5:47  
OCEAN @ 8:00  
8 | 30

14 NO RUNNING  
OCEAN @ 14:00  
0 | 30

15 TOTAL OCEAN SWIM  
1:46:23 @ 3 1/2 miles  
NO RUNNING  
REST  
0 | 30

16 SAN JUAN TRAIL 50  
43 RD  
\* 9:03:20  
FELL AT 20 MILES  
NEVER FELT LIKE  
RUNNING HARD AFTER!  
RUN/WALK MODE  
NO SWIMMING  
50 | 50

17 NO RUN!!  
REST  
10:00  
0 | 50

18 1 LBS  
upper body  
NO RUN  
REST  
NO SWIM  
0 | 50

19 STRECH  
NO RUN  
REST!!  
NO SWIM  
0 | 50

20 1 LBS  
UPPER  
LOWER BODY  
20 REPS  
30 @ OCEAN  
0 | 50

21 8 total  
@ PCHAD  
1:07:56  
FMD 5:56 B 5:40  
OCEAN @ 5:00  
8 | 58

22 TOTAL OCEAN SWIM  
1:55:00 @ 4 miles  
NO RUN!!  
OCEAN @ 10:00  
0 | 58

23 ~~ALX 1985~~  
SHEP HOWARD  
DIED  
14  
22  
R.S.F.  
30

24 WACK 4mi  
REST!!  
OCEAN @ 10:00  
0 | 14

25 30 LBS  
upper  
lower  
OCEAN @ 10:00  
0 | 14

26 62°  
OS @ 1/4 mi  
OCEAN @ 7:50  
0 | 14

27 2:15 @ PSF  
STIFF / HEAD  
COLD  
ZERO  
Thanksgiving Day  
0 | 29

28 3 LBS X 3  
upper and lower  
NO RUNNING  
ON REST  
NO  
0 | 29

29 TOTAL OCEAN SWIM  
1:50:00 @ 4 miles  
REST  
NO  
0 | 29





# DECEMBER

SUNDAY

GOAL X  
280 MILE  
MO.

MONDAY

1 1:14:36 EZ10  
VLBS  
10 @ EZ (PONTO)  
ULBS X 3 @ 10:00  
D624 B602  
10 | 10

TUESDAY

2 1:43:31 EZ10  
VLBS  
10 @ EZ (PONTO)  
D624 B602  
10 | 20

WEDNESDAY

3 REST!!  
HEAD COLD!!!  
0 | 20

THURSDAY

4 NEW SHOES??  
FAFTEK R5F 10  
LOWER  
UPPER LBS  
3  
0 | 20

FRIDAY

5 4 @ VEZ  
COLD???  
4 | 24

SATURDAY

6 8 @ EZ  
1 HAARD  
TOTALS  
OCEAN - 10 LBS  
0 | 32

2311  
168  
2479  
2120  
2120  
190  
2311

7 TRACK  
10 TOTAL  
6-8 X 4 UO @ 75  
10 @ 1:12:00  
PONTO  
10 | 10

8 EZ10  
VLBS  
10 @ 1:11:34  
PONTO  
10 | 20

9 REST  
0 | 20

10 EZ10  
10 @ 11:12:08  
PONTO  
10 | 30

11 FAFTEK R5F 10  
10 @ 1:12:40  
PONTO  
10 | 40

12 EZ10  
VLBS  
6 @ VEZ  
4833  
6 | 46

13 MARATHON REST  
NO RUN!  
TOTALS  
OCEAN - 10 LBS  
0 | 46

14 BACKWASH  
10 MI  
PALM SPRING  
50  
PAMF REST  
2ND  
40-44  
3RD  
OVERALL  
DONT PUS  
6:22:30  
50 | 50

15 LONG  
20-25  
@ 7:30  
REST!!  
I'VE HAD HARDER  
TRAINING RONS!  
IN: WESTERN STATES  
0 | 30

16 EZ10  
VLBS  
REST!!  
LITIG STIFF >  
NOT TOO BAD  
0 | 50

17 EZ10  
REST (30:00)  
1 LBS X 20L  
0 | 50

18 FAFTEK R5F 10  
10 @ EZ  
PASF  
10 | 60

19 EZ10  
VLBS  
10 @ EZ  
1:12:00  
10 | 70

20 REST  
NO RUN (EAM)  
OCEAN 100 LBS  
TOTALS  
OCEAN - 10 LBS  
0 | 70

21 FAFTEK R5F 10  
PCT  
20 @ 3:10  
DESERT VIEW  
TO WANAHOOND  
20 | 20  
First Day of Winter

22 REST  
NO RUN!  
REST  
2479  
0 | 20

23 5:47 REST  
8:00 @ 7:00  
8:00  
2459  
10 | 30

24 EZ10  
VACATION  
STARTS  
NO RUNNING  
REST  
0 | 0

25 REST  
NO RUNNING  
REST  
0 | 0  
Christmas

26 REST  
NO RUNNING  
REST  
0 | 0

27 WEST COAST  
UNLEASH  
SUN  
NO RUNNING  
REST  
OCEAN - 10 LBS  
0 | 0  
First Day of Christmas

28 2509  
20 @ PCT  
2:54  
MAC!  
20 | 20

29 REST  
VACATION  
ENDS  
NO RUN  
BIKE > 15  
0 | 20

30 EZ10  
VLBS  
NO RUN  
BIKE > 15  
OCEAN - TOTALS - LBS -  
0 | 20

31 EZ10  
NO RUN!  
REST  
2509  
0 | 20

2509  
TOTAL  
1986

198 mi  
FOR A DECEMBER