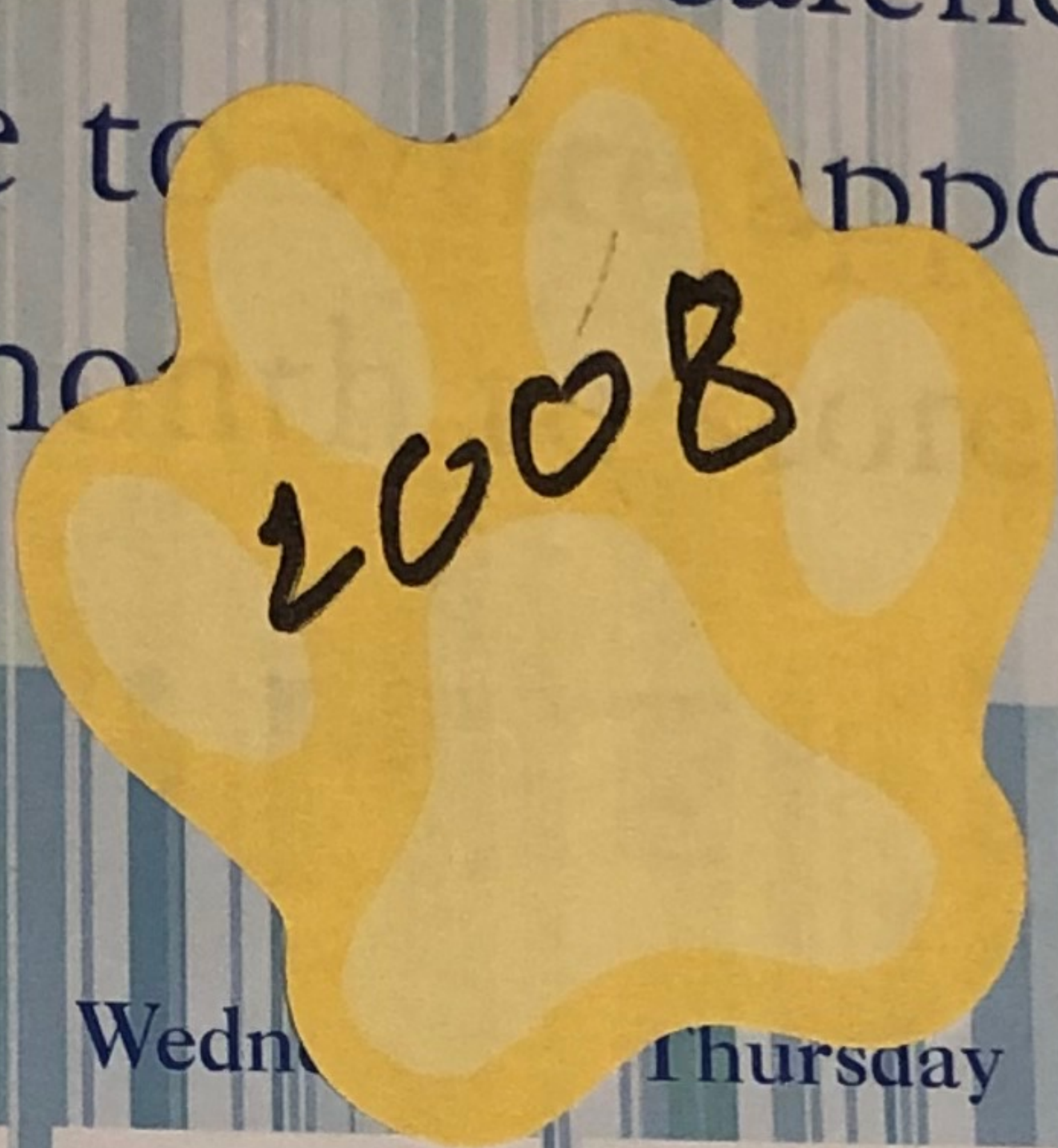


Busy-Life

2008 Organizer Calendar

A sixteen-month calendar
with more space to appointments
and a pocket each month for special items



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Dentist 9:00</i>	3 <i>Sue's Birthday</i>	4 <i>Pick up Dan at Airport 6:30</i>	5 <i>Yoga Class 5:45</i> <i>Dinner with Kelly 8:00</i>	6 <i>Clean out Car/Garage</i>

Actual grid size



January

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DECEMBER 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 2008

S	M	T	W	T	F	S
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

1 ¹²²² SAUCCHYS 42 0

CARLSBAD 1/2 COURSE
PLUS LAST 5K TWICE -
CHUCK & DAWN @ 8:09A
70° NICE!

20:02 1 20:02
20:02 1 20:02

2:42 ^{New Year's Day} 20:02 ^{Kwanzaa Ends}

2 • • 0

YMCA SWIM
Swimming FOR
TIME ~~30:00~~

32/08 1 32/08
32/08 1 32/08

30:38 32 30:38 32

3 ¹²²² SAUCCHYS 49

POB LOOP (EZ)
@ 8:28A
→ 149-10

27:02 2 33:53
27:02 2 33:53

3:41 27:02 3:41 27:02

4 • 334
53

YMCA SWIM
EFFORT DAY TODAY

32/03 2 64
32/03 2 64

32 64
1:01:03 64

5 • 158

RESTDAY

• • •

• • •

6 38

YMCA SWIM
3x 10LPS
9:33/9:36/9:27
30 mins = 31LPS

32 3 94
30:28 3 1:31:31
94 3 2:01

30:28 32 30:28 32

7 • 32

RESTDAY

• • •

Eastern Orthodox Christmas

8 ¹²²² SAUCCHYS 54 0

UCSD TRACK #1
8x 400 @ :85 AVE
37:04

10:02 3 14:51
10:02 3 14:51

1:19 10:02 1:19 10:02

9 • 0

YMCA SWIM
3x 10LPS
9:17/9:27/9:33
32LPS @ 30:06

32 4 128
30:06 4 2:01:37
128 4 3:55

30:06 32 1:00:34 64

10 • 59

RESTDAY

• • •

• • •

11 • 181

RESTDAY

• • •

• • •

12 ⁰⁹²² VANZEE 76 0

EZ DELMAR
@ 8:26
EWING TRACK
42:04

5:0 4 12:13
5:0 4 12:13

44 5:0 2:03 15:02

13 • 64

RESTDAY

• • •

• • •

14 • 35

RESTDAY

• • •

• • •

15 ⁰⁹²² VANZEE 81 0

DELMAR @
8:45A :20 152°
47:30

5:34 5 10:11
5:34 5 10:11

1:47 5:34 1:47 5:34

16 • 74

YMCA SWIM
9:25 9:30 9:21
32LPS 30:09+

32 5 160
30:09 5 2:31:46
160 5 4:44

30:09 32 30:09 32

17 ⁰⁹²² VANZEE 86 0

DELMAR
@ 8:42
52:40

5:02 6 9:01
5:02 6 9:01

5:02 7 1:51 10:36

18 • 10

RESTDAY
- HAIRCUT -

• • •

• • •

19 • 10

RESTDAY

• • •

• • •

20 ¹²²² SAUCCHYS 67 0

CARLSBAD 1/2 COURSE
1:32 08/7:02 AVE.
1:10:04 @ DAWN 5:00
22:04 LAST 3.1 (5:45 AM)
2ND 60+ / 155 STRUCKED

18:29 7 11:02

21 0

YMCA SWIM
NEW GOGGIES GOOD!
AQUASPIHERE (PMT)

32 6 192
30:29 6 3:02:15

22 ^{Full Moon} 0

RESTDAY

• • •

23 84

YMCA SWIM
EZ
10 @ 9:09

18 7 210
17:00 7 3:19:15

24 ¹²²² SAUCCHYS 91 0

EZ DELMAR

5:0 8 8:20
7:59 8 8:20

25 ³⁰ LPS 80

YMCA SWIM
30LPS
9:20/9:20
9:13

30 8 240
29:53 8 3:42:08
240 8 30

26 ¹²²² SAUCCHYS 82 0

EMIL 90:0
D STREET @ 7:29A
7:39A UP 1ST STREET
7:19A BY 1ST STREET

8:15 9 83:84
9 9

<p>20</p> <p>CARLSBAD 1/2 MARATHON</p> <p>11:32 08/7:02 AVE.</p> <p>1:10:04 @ DRY 5:00-7:00</p> <p>22:07 LAST 3.1 (5:25 P1)</p> <p>2ND 60+/155 STRUGGLED</p> <p>18:29 7 7:20</p> <p>18:29 7 7:20</p> <p>2:21 18:21 2:21 18:29</p>	<p>21</p> <p>YMCA SWIM</p> <p>NEW GOGGIES GOOD!</p> <p>AQUA SPHERE (P157)</p> <p>32 6 192</p> <p>30:29 6 3:02:15</p> <p>192 6 32 AVE</p> <p>192 6 5:33</p> <p>30:29 32 30:29 32</p> <p>Martin Luther King, Jr. Day</p>	<p>22</p> <p>RESTDAY</p>	<p>23</p> <p>YMCA SWIM</p> <p>EZ</p> <p>10 @ 9:09</p> <p>18 7 210</p> <p>17:00 7 3:19:15</p> <p>210 7 30A</p> <p>210 7 5:03</p> <p>17:00 18 47:29 50</p>	<p>24</p> <p>EZ DELMAR</p> <p>5.0 75.69 8 82:20</p> <p>5.0 75.69 8 82:20</p> <p>1:40 5.0 3:01 23:29</p>	<p>25</p> <p>YMCA SWIM</p> <p>30 LPS</p> <p>9:20/9:20</p> <p>9:13</p> <p>30 8 240</p> <p>29:53 8 347:08</p> <p>240 8 30</p> <p>240 8 6:56</p> <p>27:53 30 1:15:22 80</p>	<p>26</p> <p>EMIL: 90.0</p> <p>D STREET 07</p> <p>7:39A UP</p> <p>7:19A BIK</p> <p>8:15 9</p> <p>8:15 9</p> <p>1:01 8:15 402 31:44</p> <p>Australia Day (AUS)</p>
<p>27</p> <p>RESTDAY</p>	<p>28</p> <p>YMCA SWIM</p> <p>STRAIGHT NEW-STOP</p> <p>1mi @ 33:40</p> <p>GOOD!</p> <p>36 9 276</p> <p>33:40 9 420:48</p> <p>276 9 30.5</p> <p>276 9 7.66</p> <p>33:40 36 33:40 36</p>	<p>29</p> <p>RESTDAY!</p> <p>ARRIVED IN CATACUJA</p> <p>LATE AM IN COOL!</p>	<p>30</p> <p>WALON WALK</p> <p>AROUND @ ML</p> <p>@ 19:00 AVE</p> <p>9:05 92.89 9:44</p> <p>9:05 92.89 9:44</p> <p>2:11 9:05 2:11 9:05</p>	<p>31</p> <p>HERMAN GOUGH TO DIVIDE</p> <p>ROAD TO AIRPORT ROAD TO</p> <p>BLACKJACK CAMPGROUND BAK</p> <p>9:00 ROAD TO STACE COACH RD</p> <p>TO ZANE... WOW! 10:12 AVE</p> <p>AWESOME</p> <p>11 120.77</p> <p>11 120.77</p> <p>3:49 2:37 6:00 3:42</p>	<p>MONTHLY TOTALS</p> <p>RUN:</p> <p>120.77 mi</p> <p>11 RUNS</p> <p>10.97 AVE.</p> <p>SWIM:</p> <p>276 LPS</p> <p>9 swims</p> <p>30.66 DAY AVE</p> <p>185 mi AVE.</p>	<p>MILEAGES FOR 1/31 CATACUJA RUN</p> <p>* ZANE GREY TO TOP</p> <p>OF HERMIT @ 3:47 TRAIL</p> <p>3.97 mi</p> <p>* DIVIDER RD TO BLACKJACK</p> <p>CAMPGROUND 8.10 mi</p> <p>* BLACKJACK TO ZANE</p> <p>GREY 8.90 mi.</p>

* 114.26 / 10.38

2008 Not

CARLSBAD 1/2 MARATHON

- 10mi @ 11:10:04
- 3- @ 22:04
- STRUGGLED M

OF THE WAY / - COULD NOT GET R

TIRED LEGS!!! NO SNAP, NOT SHARP

NEED AT BREAK- EZ / REST / SWIM

DID NOT REST ENOUGH BEFORE RACE! M

1/31: DIDN'T REST ENOUGH BEFORE RACE!!! HAD A

WEEK AFTER... TOO MUCH ENERGY ON RUNS 1/4 and espec



February



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JANUARY 2008

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2008

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

BLUE RAY
HD TV

1
YMCA
EZ SWIM...

2
TRAIL
REGIUS
ENCINITAS
BEACH WALK/RUN
@ML

36	1	36	10:19	1	10:19
	1	36:58	10:19		10:19
312	10	31.2	130.96	12	10.91
	10	8.66	130.96		10.91
37	36	37	36	2:50	10:19
				10 ^M	10:19

Groundhog Day

3
RESTDAY
GLAVTS 17-NE 14

4
YMCA
3/4 MI SWIM

5
2 HARBORS!!
RESTDAY
PIC. TO RUNNING TIMES!

6
TRAIL
REGIUS
2 HARBORS
POWER WALK
@ML, cool!

7
New Moon
222
stweony
HOWLANDS (DM)
LANOING @ 8:53A
AM HIKE @ M.L.
WEST END!!!!

8
HEAD COGESTED!
RESTDAY
AVALON

9
1222
SAVINGS
BUFFALO RUN
1/2 M MARCH +
1:55 41 14th O/A
15:16 64 1:52 warm-up
MAY 5:18 13:51
50:27
10:30
8:31
12:04

0	0	0
0	0	0
0	0	0

27	2	27
	2	25:58
339	11	339.30 ⁸¹
	11	9.41

0	0	0
0	0	0
0	0	0

12.00	2	12.00
22.19	2	11.09
142.96	13	10.99

13.29	3	25.29
35.48	3	12.64
156.25	14	11.16

0	0	0
0	0	0
0	0	0

171.34	15	11.42
2:10	15	8:48
40	38	38

10
EZ 1/2 MILE
YMCA

11
RESTDAY

12
RESTDAY

13
RESTDAY

14
RESTDAY

15
1222
SAVINGS 151
HARCUT RUN
HULLY GULLY
BEACH BACK!
EZ

16
RESTDAY

18	3	45
	3	144
357	12	29.75
	12	9.91

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0

60.92	5	10.14
181.69	16	11.35

0	0	0
0	0	0
0	0	0

17
EZ SWIM!

18
RESTDAY

19
1222
SAVINGS 166
RSFGC LOOP
EZ 8:46A
GOOD! SHOENUT!
75.93 12.65
190.19 17 11.58

20
EZ SWIM!

21
201 Full Moon
SAVINGS 8
ENCINITAS
101 @ 8:09A

22
RESTDAY

23
1221
SAVINGS 15
DEL MAR
WOODS
2 @ 8:27 2 @ 8:28
3 @ 7:04 11:57

105	4	2.91
	4	26.25
381	13	29.35
	13	10.56

0	0	0
0	0	0
0	0	0

2:11	15:01	2:11	15:01
------	-------	------	-------

131	5	3.63
	5	26.20
407	14	11.30
	14	29.07

83.95	7	11.99	
198.24	18	11.01	
1:05	8:05	3:16	23:06

0	0	0
0	0	0
0	0	0

90.99	8	11.57
205.25	19	10.8
155.70	4:11	2

24
#11

25
#12
Washington's Birthday
Observed

26
1221
SAVINGS 33

27
#13

28
1221
SAVINGS 40
EZ SOCAVA

29
1500 yds

24
4
29

10	11	12	13	14	15	16
EZ 1/2 MILE YMCA	RESTDAY	RESTDAY	HEAD COLD RESTDAY	RESTDAY	1222 SALVAGE 151 HARVET RUN HULLY GULLY BEACH BACK! EZ	RESTDAY
18 3 45 3 144 357 12 29.75 12 9.91 18 18 18 18					60 92 5 10 14 181 69 16 11 35	

17	18	19	20	21	22	23
EZ SWIM!	RESTDAY	RSFGC LOOP EZ 8:46A GOOD! SHREKUT! 75.93 12.65	EZ SWIM!	ENCINITA 4 101 @ 8:09A	RESTDAY	DELMAR WOODS 2 @ 8:27 2 @ 8:28 3 @ 7:04 11:37
105 4 2.91 4 26.25 381 13 29.35 13 10.58		190 17 11.58	131 5 3.63 5 26.20 407 14 11.20 14 29.07	83 95 7 11.99 198 24 18 11.01		90 99 8 205 25 19 10.80
24 24 23:59	Washington Birthdays Observed	2:11 15:01 2:11 15:01	26:25 50 149	1:04 8:05 3:16 23:06		55 7:04 4:11 30:07
24 #11	25 #12	26 0221 SALVAGE 33	27	28 0221 SALVAGE 40	29	
RESTDAY	RESTDAY	RSFGC LOOP LSD 8:49A	2x 500yds 9:30/9:25	EZ SOLANA DELMAR 8:39 AM	1500yds EZ	
		109 05 9 12:11	151 6 4:11 6 25.46	116 13 10 11.61	181 7 5:02 7 25.65	
		223 31 20 11:16	427 15 11.86 15 28.46	230 39 21 10.97	457 16 12.69 16 28.56	
		2:39 18:06 2:39 18:06	20 19:00 20 19:00	1:01 7:08 3:40 25:14	30 29 50 :48	

Notes

BUFFALO RUN 09 FEB 08
TOUGH UPHILL START 5MILES
DID NOT WALK... UNWYSED WAY TO TOP
FELL AT TURN-A-ROUND... BARE 20TH PLACE
AT TURN IN BONZAI DOWNHILL PASSED MANY
TO FINISH WITH 293 ML THEREAT FINISH
8:50 AM HAD 18:00 ON GPS / 831 AVE.

March



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

FEBRUARY 2008

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

APRIL 2008

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

0221
1 SAUCONY 48
DEL MAR BRIDGE:
- 8 SOUTH -
* 7 @ 7:35 AVE.
1 @ 8:36 AVE.
8.00 1 8.00
238.39 22 10.83
1:02 8.00 1:02 8.00

2 . . .
RESTDAY
Mothering Sunday (UK)

3 4.88 AVE
Y.M.C.A.
GOOD SWIM!
STRONG!!!
24 1 24
1 22:04
481 17 13.36
17 28.29
24 22:04 24 22:04

4 0221 SAUCONY 55
EZ HOOD
SOLANA/DEL MAR
@ 8:45 AVE.
15 13 2 7.56
245.52 23 10.67
1:02 7.13 1:02 7.13

5 21:00/24
Y.M.C.A.
BETTER SWIM!
7.50 AVE
48 2 48
2 43:04
505 18 28.05
18 14:02
24 21:00 43:04 48

6 0221 SAUCONY 62
EZ HOOD
SOLANA/DEL MAR
@ 8:38
22.25 3 7.41
252.64 24 10.52
1:01 7.12 2:03 14.25

(CALL SICK)
7 New Mood
OVER HEATING!!
RESTDAY
HEAD SPINNING!!!

8 WOOLY!!
\$172 WEEK TURN-IN
RESTDAY!
HEAD BETTER!
VERTIGO!!
EAR INFECTION?

9 . . .
RESTDAY
\$136

10 . . .
RESTDAY
\$140

11 0222 JUMBO 91
0221 SAU 69
TRACK
UCSD TRACK!
12X 400 @ 8:7 AVE.
-136 UNDER 6:00 (2)
34.75 4 8.68
265.14 25 10.68
1:43 12.58 1:43 12.58

12 LEGS!!
GOOD SWIM!
3X 945 @ 7:53 A
7:58/7:54/7:48
75 3 25
3 1:06:46
532 19 28.05
19 14:11
75 / 3
23:41 27 23:41 27

13 0221 SAUCONY 75
101 NORTH:
@ 7:57 AVE
@ 8:10 A
@ 7:44 A
60.75 5 8.15
271.14 26 10.42
48 6.00 2:21 18.28 25:03 28 48:44 55 1:54 6.22 3:15 25.22

14 KICKING WITH
SUNRISE LEGS!!
LEVELING CO.
SWIMMING
STRONG-MORE
LEGS!!! Y.M.C.A.
103 4 25.15
4 1:31:48
560 20 28.00
20 15.55
560/28.00 LPS AVE.

15 0221 SAUCONY 82
K STREET:
2.50 @ 6:36
7.92
67.57 6 10.24
277.91 27 10.24

16 . . .
RESTDAY!
Palm Sunday

17 . . .
RESTDAY!
St. Patrick's Day

18 0221 SAUCONY 95
LSD
RSP/POLO FIELD!
LOTS OF HILLS/GOOD!
@ 8:45 AVE.
FEEL DOWN!!
61.25 7 8.75
291.64 28 10.41
1:59 13.68 1:59 13.68

19 LSD
40 LPS
Y.M.C.A SWIM
2000 YDS
4X 500 @ 3.91
9:28/9:23/9:22/9:05
143 13 3.91
16.66
28.57
37:21 40 37:21 40

20 0221 SAUCONY
VOLCANO 101
EZ HOOD
@ 8:38 A
67.58 8 8.44
297.97 29 10.27
1:55 6.22 1:55 6.33
First Day of Spring

21 32 LPS
Full Moon
INTERVALS
Y.M.C.A SWIM
2X 400 VDS
7:25/8:05
159 6 4.41
26.59
616 22 17.4
28.00
19:30 16 52:51 56
Odd Pace

22 0221 SAUCONY 102
101/SWIMMS
5.68 @ 8:16 A
2.00 @ 6:29 A
1.22 @ 8:46
74.58 9 8.28
304.97 30 10.16
1:55 7.0 3:49 27.01

23 Easter
RESTDAY!

24 1500 YDS
189 7 5.25
27.0
646 23 17.94
28.08
281 30 28 30
244 9 6.71
19.47
701 23 28.04

25 VOLCANO 101
11.42
SAUCONY 107
TRACK
UCSD TRACK!
4X 400 @ 8:4
2X 800 @ 2:53
84.58 10 8.45
314.97 31 10.16

26 LSD
40 LPS
2000 YDS
NON STOP!!!
1800 YDS @ 5.5
GOOD!!
225 8 6.25
28.12
682 24 18.94
28.41

27 0221 SAUCONY 115
EZ
ENCINITAS
@ 7:55 AVE.
92.62 11 8.42
323.01 32 10.09

28 30
INTERVALS
24 MINUTE
2 EZ 400 VDS
RESTDAY!

29 7:36 (7)
3.69
0221 SAUCONY 123
ENCINITAS
@ 7:44 A
100.73 12
331.12 32

481 $\frac{17}{17} \frac{13.36}{28.24}$ 245.52 23 10⁶⁷
24 22:44 24 22:04 1:02 7¹³ 1:02 7¹³

505 $\frac{18}{18} \frac{28.05}{14.02}$ 252.64 24 10⁵²
24 21:00 43:04 48 1:01 7¹² 2:03 14²⁵

252.64 24 10⁵²
1:01 7¹² 2:03 14²⁵

EAR INFECTION

10 RESTDAY
#136 - RESTDAY
#140 -

11 0922 WIMMER 91 02215AV 69
TRACK VCSD TRACK:
12X 400 @ .87AVE
-136 UNDER 6:00 (2)
34.75 4 8⁶⁸
265.14 25 10⁶⁰
1:43 12⁶⁰ 1:43 12⁶⁰

12 LEGS!!
GOOD SWIM:
3X 945 @ 7:53A
7:58/7:54/7:48
75 $\frac{3}{3} \frac{25}{25}$
532 $\frac{19}{19} \frac{14.11}{28.22}$
75 / 3⁰⁰
23:41 27 23:41 27

13 0221 SAUCONS 75
101 NORTH:
@ 7:57AVE
8:10A
UP @ 7:44A
80.75 5 8¹⁵
271.14 26 10⁴²
48 6⁰⁰ 2:21 18²⁰ 25:03 28 48:44 55 1:54 6⁰⁰ 3:15 25⁰⁰

14 KICKING WITH MAX LEGS... LEVELING OUT.
SWIMMING STRONG - MORE LEGS!! YMCA
103 $\frac{4}{4} \frac{25.75}{1.31.24}$
560 $\frac{20}{20} \frac{15.5}{28.00}$
560/28.00 LPS AVE.

15 0221 SAUCONS
K STREET
2.50 @ 6.3
87.57 6
277.94 27

16 RESTDAY!
Palm Sunday

17 RESTDAY!
St. Patrick's Day

18 0221 WIMMER 95
RSE / LSD
POLO FIELD, WTS OF HILLS / GOOD!
8:43AVE.
FELL DOWN!!
61.25 7 8⁷⁵
291.64 20 10⁴¹
1:59 13⁰⁰ 1:59 13⁰⁰

19 LSD
40 LPS
YMCA SWIM
2000 YDS
4X 500 @ 3.97
9:20/9:23/9:22/9:05
143 13 $\frac{3.97}{28.00}$
800 21 $\frac{16.66}{28.51}$
37:21 40 37:21 40

20 0221 SAUCONS
VOLCANO 101
EZ (HOOD)
@ 8:38A
67.58 8 8.44
297.97 29 10²⁷
1:55 6³³ 1:55 6³³
First Day of Spring

21 0221 SAUCONS
Full Moon INTERVALS
YMCA SWIM
2X 400 VDS
7:25/8:05
159 6 $\frac{4.41}{26.50}$
616 22 $\frac{17.4}{28.00}$
19:30 16 52:51 56
1:55 7.0 3:49 27⁰¹

22 0221 SAUCONS
102
101 / SWIMMS
5.68 @ 8:16A
2.00 @ 6:29A
1.32 @ 8:46
74.58 9 8.28
304 30 10.16

23 Easter
RESTDAY!
RESTDAY!
30

24 0221 SAUCONS
1500 YDS
189 7 $\frac{5.25}{27.0}$
646 23 $\frac{17.94}{28.08}$
281 30 128 30
244 9 $\frac{6.11}{19.47}$
701 23 $\frac{19.47}{28.04}$
171 19 19
950 VDS @ 7:12
31 12:00 10:12:00 10:00

25 0221 SAUCONS
VOLCANO 101 (102)
11.42
VCSD TRACK:
4X 400 @ .84
2X 800 @ 2:53
84.58 10 8.45
314.97 31 10.16

26 0221 SAUCONS
LSD
40 LPS
2000 VDS
NON STOP SWIM
1800 YDS @ 55!!
GOOD!!
225 8 $\frac{6.25}{28.12}$
682 24 $\frac{18.44}{28.41}$
1:33 36 1:01 66

27 0221 SAUCONS
EZ
ENCINITAS
@ 7:55AVE.
92.62 11 8.42
323.01 32 10.09
1:04 8⁰⁴ 2:04 18⁰⁴

28 0221 SAUCONS
INTERVALS
2400/400 VDS
2EZ/400 VDS
RESTDAY!
100.73 12 8.39
331.12 33 10.03
103 8¹¹ 3:07 26¹⁹

29 0221 SAUCONS
ENCINITAS
@ 7:49
7.30 (7)
3.09

877 MAKE IT WORK!
BOB MCCORMICK
KNS 10%

Not

FATHER REGAN
 CORONADO
 NAVY CHAPLIN FLAG
 MNT. WHITNEY PICTURE

April

TRYING TO FIX WHATS BROKEN
 WITHOUT BREAKING WHAT WORKS.
 * TRY TO FIX WHATS NOT
 WORKING AND NOT BREAK
 WHAT IS —

* CHARACTER IS WHAT YOU
 DO WHEN NO ONE IS LOOKING!!!

Sunday 2008	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CARLSBAD SPLITS: 1) 6:04 3.14 2) 6:22 MILE ON 3) 6:27 OPS 4) 1:38 WITH RON ENOS @ 1mi COULDN'T HOLD PACE. PRESSED MILE TWO BY RON. BOYCE & MIKE JACOBS STILL HAD FUN! :08 IMPROVEMENT '07 GOING IN RIGHT DIRECTION! 6 • New Moon 0304 SAUCONY'S 11 7 th 2/3 104 604 DION + STEAM MON. NO PAIN! ENCOURAGING! — CARLSBAD 5K — 19.32/6:18 5 th 60-64 20.53 3 6.84 351.56 36 9.76 1:25 10:32 1:25 10:32	FATHER REGAN CORONADO NAVY CHAPLIN MNT. WHITNEY PHOTO 7 Ymca (PM) 1000 yds @ 53.0 AVE 9:00 / 8:52 40 2 1.11 20.20 722 26 20.05 27.76 20 18 20 18 1:26 10:56 2:51 20:88	1 0221 SAUCONY'S 128 EZ (1000) @ 8:54A 5.02 1 5.02 336.14 34 9.88 :45 5:02 :45 5:02 April Fools' Day 8 0221 SAUCONY'S (138) RICHARDSON H ₂ O RSE / LAGOON @ 8:10 AVE FELT STRONG! 31.09 4 7.71 362.12 37 9.78 1:46 13:52 1:46 13:52	2 • RESTDAY! 9 • RESTDAY! 10 • RESTDAY! 11 Ymca (AM) 1000 yds 18:16 @ 54.8 AVE 60 3 1.6 20.44 742 27 27.48 20 18 36 40 7:07 54 3:43 27:45	3 0304 SAUCONY'S 5 EZ (1000) @ 8:28A 10.21 2 5.10 341.24 35 9.74 :44 5:19 1:24 10:21 20 17 20 17 17 0403 SAUCONY'S 39 BELMAR WOODS @ 7:31 AVE. 50.80 7 8.30 389.19 40 9.72 53 78 234.20	4 Ymca (PM) 1000 yds @ 52.35 AVE GOOD!! 20 1 1.55 20.00 19.50 28.28 20 18 20 18 1:26 10:56 2:51 20:88	5 • RESTDAY! 12 0403 SAUCONY'S 18 SWAMIS 2 @ 6:28 AVE. 38.16 5 7.63 369.19 38 9.71 1:02 8:00 3:4
13 • RESTDAY! 14 SWIM MEET? 1000 yds @ 52.70 17:36 80 4 2.25 20.88 21.16 27.21 1:46 13:52 1:46 13:52	15 0403 SAUCONY'S 32 GRANDVIEW RUN @ 7:53 FOOT OF KENT... 51.68 6 8.61 382.14 39 9.81 1:46 13:52 1:46 13:52	16 Ymca (AM) 1000 yds @ 53.05 17:41 12:27 5 20 782 29 21.72 26.96 53 78 234.20	17 0403 SAUCONY'S 39 BELMAR WOODS @ 7:31 AVE. 50.80 7 8.30 389.19 40 9.72 53 78 234.20	18 • RESTDAY 19 0403 SAUCONY'S 47 ENCINITAS 3 @ 6:35 (TEMP) GETTING BETTER! 66.77 8 9.34 397.28 41 9.68 1:02 8:00 3:4	20 • Full Moon RESTDAY 21 • RESTDAY 22 0403 SAUCONY'S 52 UCSD TRACKS 4X 1600 (LAMB?) 17 0:19 2) 0:12 3) 0:10 4) 0:10 200 REST... GOOD!! 79.08 9 8.78 409.69 42 9.75 1:35 12:31 1:35 12:31 Earth Day 23 Ymca 1000 yds 17856 @ 500 yds 2) 8:54 @ 500 yds 120 6 3.28 20 802 30 22.57 26.72 1751 20:08 1751 20:08 Professional Day 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ) 24 0403 SAUCONY'S 59 BELMAR WOODS @ 7:20 A DRAIN 7:27 A BACK 86.09 10 8.60 416.60 43 9.18 822 31 26.51 22.78 25 Ymca 1000 yds. 1) 8:46 500 yds 2) 8:39 140 7 3.88 20 26.51 22.78 40 104 8:05 234 27:4	26 0403 SAUCONY'S 64 H STREET @ 7:58 AVE. 44.13 11 8.58 424.63 44 9.69 104 8:05 234 27:4
27 • 201st 28 • 29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	27 • 201st 28 • 29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)	29 0403 SAUCONY'S 72 30 Ymca 201st 20 :55 7:01 2:30 19:32 17:20 :55 ANZAC Day (AUS. NZ)

1000 yds @ 53.0 AVE 9:00 / 8:52	RICHARDSON H2 RSP/LAGOON @ 8:10 AVE FELT STRONG!	RESTDAY!	RESTDAY!	1000 yds 18:16 @ 54.8 AVE	SUN 20	
6:04 40	2 1.11 20:20	31 09	4 7.71	60	3 1.6 20:24	38 16
9:76 722	26 20.05 27.76	362.12	37 9.78	742	27 20.14 27.48	307.19
125 10:22 20 18	20 18	126 10:58	2:51 20:88	20:18	36 40	7:07 54 30

14 SWIM MEET? 1000 yds @ 52.70 17:36 80 4 2.25 20:18 702 28 21.16 27.21	15 0403 SAUCONY'S 32 GRANDVIEW RUN @ 7:53 FOOT OF KENT 51.68 16 8.61 382 39 9.01	16 YMCA (AM) 1000 yds @ 53.05 17:41 5 2.77 20 782 29 21.72 26.76	17 0403 SAUCONY'S 39 DELMAR WOODS @ 7:31 AVE. 50.60 7 8.30 389 19 40 9.72	18 RESTDAY	19 0403 SAUCONY'S 47 ENCINITA 30 6:35 GETTING BET 66.77 8 8.0 307.28 41 9.0
146 13:21 146 13:28	146 13:21 146 13:28	146 13:21 146 13:28	146 13:21 146 13:28	146 13:21 146 13:28	146 13:21 146 13:28

20 RESTDAY	21 RESTDAY	22 0403 SAUCONY'S 52 UCSD TRACK 4X 1600 (LANE 7) 1) 6:15 2) 6:12 3) 6:04 4) 5:58 800 REST IN GREAT!!	23 YMCA 1000 yds 1) 8:56 @ 500 yds 2) 8:54 @ 500 yds	24 0403 SAUCONY'S 59 DELMAR WOODS 8:20 A DUCK 7:27 A BACK	25 YMCA GOPHONE minutes! 1000 yds. 1) 8:46 500 yds 2) 8:39	26 0403 SAUCONY'S 67 H STREET @ 7:58 AVE.
0 0 0	0 0 0	79 08 9 8.78	120 6 3.33 2.0 86.09	10 8.60	140 7 3.88 20	94 11 8.55
0 0 0	0 0 0	409 59 42 9.75	802 30 22.57 26.73 416.60	43 9.18	822 31 26.51 22.53	424.63 44 9.65
0 0 0	0 0 0	135 12:31 135 12:31	175 12:08 20 1:55 7:01 2:36	193 17:20 20 35:17 25:35	40 1:04 8:05 2:34 27:35	

27 20195 RESTDAY	28 20195 - HEAD COLD RESTDAY	29 0403 SAUCONY'S 72 EZ HOOD @ 8:30 A	30 20195 YMCA 500 yds @ 8:53
0 0 0	0 0 0	99.51 12 8:29	150 8 4.16 18.15
0 0 0	0 0 0	430.02 45 9.55	832 32 23.11 26.00
0 0 0	0 0 0	46 5:29 46 5:39	853 10 8:53 10

MARCH 2008							MAY 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							1 2 3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

- YEAR -
* ON TRACK TO
RUN: 1200 MILES
SWIM: 70 MILES

*
BLEESKY'S
POOL & SPA

Sept. 11, 2002

LAND OF THE FREE
BECAUSE OF THE BRAVE!

Notes

May

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

APRIL 2008
S M T W T F S
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

JUNE 2008
S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

4 05/04 SAUCONY'S | 7 VOLUNTEERS | 110
UT 8K:
31:51 / 6:25
3RD 60+
SOMETIME AS '07?
17:05 | 2 | 8:52
447:25 | 48 | 9:51
1:16 / 10:00 | 1:16 | 10:00

5 • New Moon
RESTDAY
24
45

6 0403 SAUCONY'S | 93
TURKEY (TOP) INSIDE/CUTSIDE
@ 8:14 AVE
EZ!! SAME EFFORT TOP/Down

7 AM YMCA
STEADY SWIM
@ 7:66 AVE.
25 LPS @

8
RESTDAY

9 AM YMCA
EZ @ 6:08 24 LPS N/S
5:24 / 5:24 / 5:25

10 403 SAUCONY'S | 100
DELMAR WOODS
3:5 @ 8:16 A
2:5 @ 6:50 A
1:0 @ 8:48 A

11
RESTDAY

12
RESTDAY

13 0403 SAUCONY'S | 116
BLACKS - 13 FROM WILMERS CIRCLE @ 8:13 A
8:27 ON @ 7:54 BURE

14 * SAME AMT. OF SWIMS TO DATE 2007
YMCA
EZ!

15
RESTDAY

16
YMCA
1 MILE @ 32:22

17 0403 SAUCONY'S | 126
DELMAR WOODS LOOP
7 @ 7:52 AVE

18
RESTDAY

19
RESTDAY

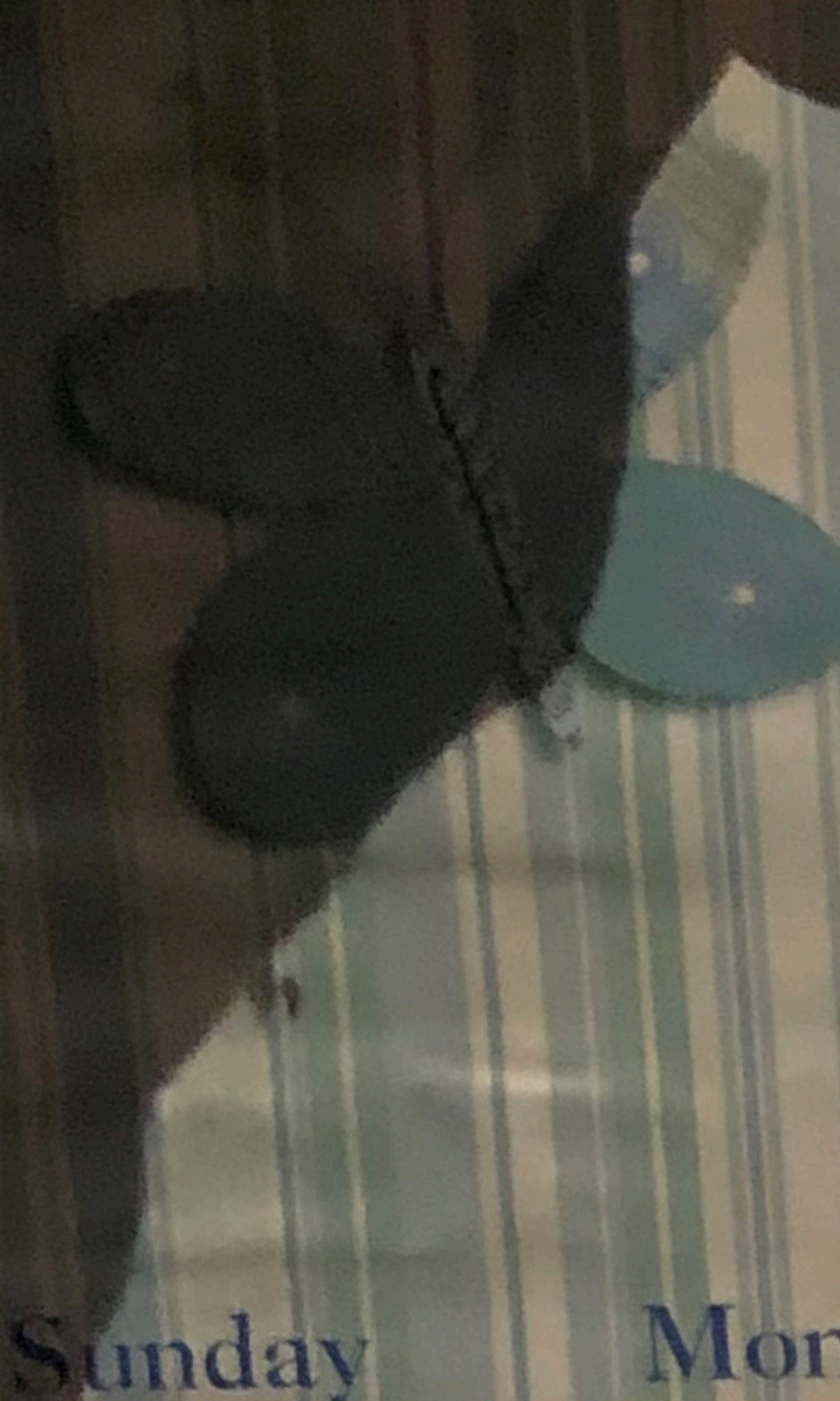
20 0403 SAUCONY'S | 133
UNCSD TRACK
4x 1600 / 800 REPT
@ 6:19 @ 6:23 @ 6:17
@ 6:20 @ 6:19 AVE.
FELT STRONG!!

21
YMCA
EZ SWIM

22 0403 SAUCONY'S | 142
(NORTH 101) & ENCINITAS
RAIN/WIND
@ 7:58 AVE

23
YMCA
STEADY!
8:54 8:53, 8:49
GOOD!!!

24 0403 SAUCONY'S | 150
MT. WILSON TRAIL
DELMAR WOODS
@ 7:49 AVE.



2	8:52	0	0	0	30.06	3	10.02	25	1	0.69	0	0	0	49	2	1.36	37.06	4
25	47	9:51	0	0	1:60.26	48	9.58	857	33	23.80	0	0	0	881	34	24.47	467.26	49
10	116	10:00	0	0	1:47	130	3:03	230	25	250	25	0	0	2134	24	4224	48	5:57
11	RESTDAY																	
12	RESTDAY																	
13	0403 SAUCONY 116																	
14	MCA - 1:24 EZ!																	
15	RESTDAY																	
16	YMCA 1 MILE @ 32:22																	
17	0403 SAUCONY 126																	

18	RESTDAY																	
19	RESTDAY																	
20	UCSD TRACK 4x1600/BROOKSTON @ 6:19 @ 6:23 @ 6:17 @ 6:20 @ 6:19 AVE. FELT STRONG!!																	
21	YMCA EL SWIM																	
22	(NORTH 101) 8 ENCINITAS RAIN/WIND @ 7:58 AVE.																	
23	YMCA STEADY! 8:54 8:53, 8:49 GOOD!!!																	
24	MT. WILSON TERRACE DELMAR WOODS @ 7:49 AVE.																	

25 RESTDAY
 26 RESTDAY
 27 UCSD TRACK 2x400 @ 8:05 @ 8:15 200 REST/JOG
 28 PM) LSD SWIM NON-STOP!! GREAT!!
 29 HAIRCUT RUN @ EZ IPOD/KENNY
 30 RESTDAY
 31 DELMAR WOODS LOOP @ 8:10 EZ

(THRU MAY)
 6 TRACKS
 4 RACES

2007 TOTALS
 1140 LAPS SWIM
 39 SWIMS / 31.66
 26.1 / 3 29.23

17.22
 8:42
 8:39
 8:29
 8:09

90 LPS / 2
 50 / 30

MILE .28
 5:53 5:56
 5:58 5:53
 5:54
 5:53
 5:54
 5:50
 5:55

(909) 823 8686
 FONTANA MOTEL #249
 15 > 10 > SIERRA AVE. / VALLEY BLVD
 # 249 MS08218
 140 LPS @ 5:50 5:57

12 RUNS / 120 MILES
 8 SWIMS / 252 LPS 7 MILES

2007 TOTALS
 623.99 MILES RUN
 70 RUNS / 8.91 AVE.

DISREMEMBERED!

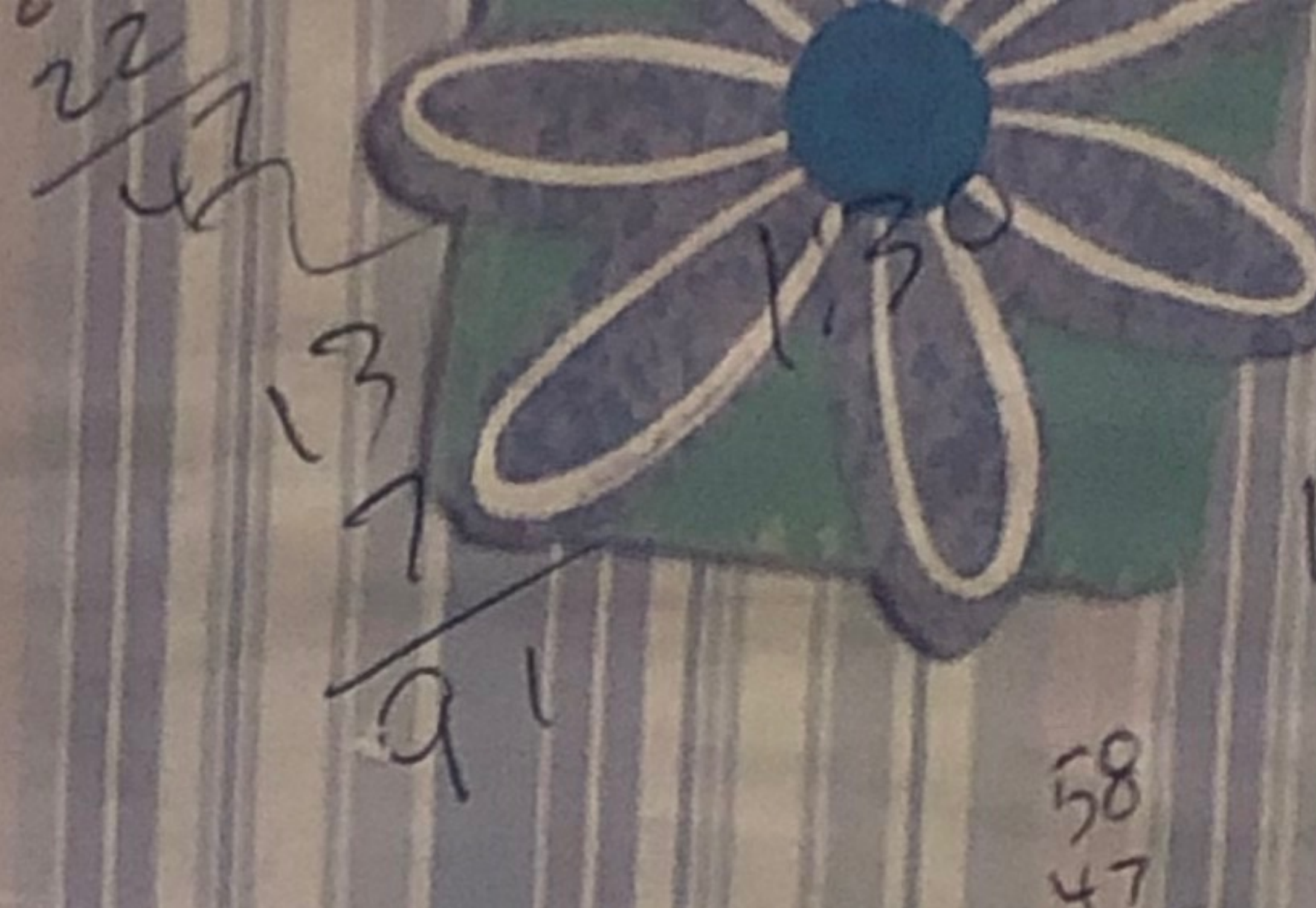
Note

JUNE

SD US OPEN

'08 NO SMOKING!

\$100 FINE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RESTDAY	2 RESTDAY	3 0403 SAUCONY'S (163) DEL MAR WOODS @ 7:59 AVE.	4 EZ SWIM! .86	5 RESTDAY	6 RESTDAY	7 VAMEROS 12 0504 SAUCONY'S 20 FONTANA 1/2 MILE 1:26:42 / 6:57 AVE 6:52 / 1:05 D @ 10 AM 15:60+ 6:52 / 1:20 @ 5K 100% OFF
0 0 0	0 0 0	7.01 1 7.01	31 1 31.0	0 0 0	0 0 0	23.28 2 11.64
0 0 0	0 0 0	557.24 58 9.60	1089 40 30.25 27.22	0 0 0	0 0 0	573.61 59 9.72
0 0 0	0 0 0 Queen's Birthday (NZ)	1:56 7:01 1:56 7:01	29.44 31 29.44 31	0 0 0 0	0 0 0 0	1:44 16:23 3:55 23.20
8 RESTDAY	9 EZ MILE 8:25 / 8:35 (2) 8:29 / 8:23	10 RESTDAY	11 RESTDAY	12 RESTDAY	13 EZ MILE @ 8:35 AVE	14 0504 SAUCONY'S (21) RUN/WALK OVERHEATY! LEGS TIRED!
0 0 0	67 2 1.86 33.50	0 0 0	109 3 2.86 34.33	0 0 0	139 4 3.86 34.75	27.28 3 9.09
0 0 0	1125 41 31.25 27.43	0 0 0	1161 14 27.64	0 0 0	1197 43 33.25 27.83	577.61 60 9.62
0 0 0	3352 100 1.00 1.00 (except WA)	0 0 0	35.6 36 1.04 72	0 1 0 0	3423 36 1.44 31 108	36 4 1.00 36 4.00
15 RESTDAY	16 RESTDAY	17 0504 SAUCONY'S (42) WINNERS CIRCLE RST GC. LOOP!! LSD @ 8:58 AVE WOW!! GOOD!!	18 Full Moon EZ MILE @ 8:45 AVE	19 0504 SAUCONY'S 53 HAPPY BIRTHDAY! 62 GARDEN 42.11 FLAT ROCK! 9:00 DOWN BOOBY!	20 BUSTERS FINS? FINS/COOL EZ MILE @ 7:52 AVE	21 BUSTERS FINS? RESTDAY HOT/HOT/HOT!
0 0 0	0 0 0	44.87 4 11.21	175 5 4.86 35	55.93 5 11.18	211 6 5.86 35.16	0 0 0
0 0 0	0 0 0	595.20 61 9.75	1233 44 34.25 28.02	606.20 62 9.77	1269 45 35.25 28.02	0 0 0
0 0 0	0 0 0	2:38 17:59 2:38 17:59	35.69 36 35.69 36	1:33 1:00 4.01 28.65	31.2 36 1.86 72	0 0 0
22 RESTDAY	23 RESTDAY	24 0504 SAUCONY'S (61) 7 CE DARRA CASHIO @ 9:52 AM	25 WASHINGTON SEQUIM REC. CENTR EZ SWIM STEAM ROOM!	26 0504 SAUCONY'S (79) SEATTLE UNIVERSITY SOCCER FIELD @ RUN/WALK EZ!	27 PACEMAKER MR. RESPIRE RESTDAY TIRED!	28 0504 SAUCONY'S (88) BRUNN SEYMOUR MIDDLE SCHOOL TRAIL 0.2
0 0 0	0 0 0	12.13 6 12.13	256 7 31.13 29.50	82.73 7 11.81	0 0 0	6.57 8 10.78
0 0 0	0 0 0	622.05 63 9.82	1314 46 30.18 29.50	633.06 64 9.84	0 0 0	6.57 8 10.78
0 0 0	0 0 0	1:45 1:45 1:45 1:45	1:45 1:45 1:45 1:45	1:45 1:45 1:45 1:45	0 0 0	0 0 0
29 CANTOWER HALL LOOP @ 8:35 GREAT	30 RESTDAY	31 RESTDAY				
0 0 0	0 0 0	0 0 0				

MAY 2008

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY 2008

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

15	1125	41	33.50	31.25	27.43	0	0	0	105	3	2.88	34.33	139	4	3.85	27.20	3	9.09		
						0	0	0	1161	TL	27.64		1197	43	33.25	27.83	577	60	9.62	
						0	0	0	35 ¹⁶	36	104.87	72	342 ³	36	144.31	108	36	49	36	4

16 RESTDAY

17 0504 SAUCONY'S (42) WINNERS CIRCLE RSTFC LOOP!! LSD @ 8:58 AVE WOW!! GOOD!!

18 Full Moon EZ MILE @ 8:45 AVE

19 0504 SAUCONY'S 53 HAPPY BIRTHDAY! 62 GAMBON 42!!! FLAT ROCK! 9:00 DOWN BOOBY!

20 BUSTONS FMS? FINS/COOL EZ MILE @ 7:52 AVE

21 BUSTONS FMS? RESTDAY HOT/HOT/HOT

22																					
			44.87	4	11.21	175	5	4.86					55.93	5	11.18	211	6	5.86			
			595.20	61	9.75	1233	44	34.25					606.20	62	9.77	1269	45	35.25			
			238	17	238	17	238	17	238	17	238	17	238	17	238	17	238	17	238	17	238

23 RESTDAY

24 0504 SAUCONY'S (42) 7 CE DARY CASINO @ 8:52 AVE 1:00

25 WASHINGTON SEQUIM REC. CENTR. EZ SWIM STEAM ROOM! @ RUN/WALK EZ!

26 310004 (79) SEATTLE UNIVERSITY SOCCER FIELD FRONT @ RUN/WALK EZ!

27 PACEMINDER MY RESPIRE RESTDAY! TIRED!!

83	85	87	89	91	93	95	97	99
62.21	63.60	65.00	66.50	68.00	69.50	71.00	72.50	74.00

29					
12	10	8	11	9	
6	10	65			
126	10	126			

30					

MAY 2008							JULY 2008							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3					1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12	
11	12	13	14	15	16	17	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	20	21	22	23	24	25	26	
25	26	27	28	29	30	31	27	28	29	30	31			

Notes

Gymn's
 swim
 YEAR G.M.O.I.
 1352 / 38.38 MILES

48 SWIMS
 28.19 DAY AVE

650 mi Run 16 mi
 66 Runs
 a. 23 DAY AVE

321 = 9 mi

17.27 = 100 mi

8.63 2 DAYS AVE

5.27 SAT SWIM 46

12.00 SUN / 0

min

SEATTLE U 2008

304 @ 8:31
 100 @ 15:00
 101 @ 7:31
 100 @ 15:00
 100 @ 8:12

7.27 @ 10:24

IRAS GRASCOE .COM



111A
16 5521
34
sum# 21

Sunday

Monday

Tuesday

Friday

Saturday

JUNE 2008

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

AUGUST 2008

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1	2	3	4	5
RESTDAY!	YMCA / FIN 14:51 1/2mi	YMCA @ Run SWIM	RESTDAY!	RESTDAY!
• • • •	18 1 0.5 18:00 36	2 1.0 18:00	• • • •	• • • •
• • • •	1400 49 3880 2857 1418	50 39 28 36	• • • •	• • • •
• • • •	18 0.5 18 0.5 36 6.5 18 0.5		• • • •	• • • •
Canada Day (CAN)			Independence Day	

6 0504 / 106
SWAMI'S @ 7:50AM

13	3	4	43
656	89	9	57
56	20	7	56

7 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

8 0504 / 120
SAUCONY (LSD)
TORREY PINES GOLF COURSE LOOP
UP OUTSIDE DAWN @ 8:40 AM (ICEBATH!)

27	4	6	86
676	55	70	9
2:03	14:15	2:59	21:21

9 VOLMER'S "GOOD"
TREADMILL 3 @ :30 min

30	45	5	6:09
673	55	71	9:48
3:00	:30	3:29	24:21

10 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

11 1107 / 903
NEW B 903
HOOD RUN @ 8:21 AM
NEW SHOES OK! (NB 903)

33	50	6	5	58
676	60	72	9	39
26	30	3:55	27:26	1:46

12 1107 / 903
903's
TORREY INSIDE TO DRIVING RANGE
STRONG UPHILL!!

46	69	7	6	67
689	71	73	9	44
54	40			

13 EZ MILE! TOE CAPS GOOD!!

108	4	30	27
1490	52	41	38
30	36	30	36

14 BADWATER STARTS RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

15 FELL 3 TIMES COMING DOWN
LONG PINE RESTDAY

•	•	•	•
•	•	•	•
•	•	•	•

16 1607 / 22
TREV'S HARD L. GETTING HARD!
MT. WHITNEY POWER HIKE

126	5	3	50
1408	53	28	49
18	15	15	18

17 1107 / 903
ALABAMA HILLS MOVIE FLAT ROAD

•	•	•	•
•	•	•	•
•	•	•	•

18 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

19 1107 / 903
HOOD @ 8:27A

77	10	7	
735	79	9	
56	79	5	47

20 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

21 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

22 VCSO TRACKS
8X 400 @ 6:15 AM
400 39 88 FT

89	76	11	8	16
724	86	77	9	41
142	100	1:22	10	

23 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

24 RESTDAY!

•	•	•	•
•	•	•	•
•	•	•	•

25 900 yds @ 14:28

144	6	4	00
1526	54	42	30
18	14	28	36

26 DEL MAR WOODS @ 8:06A

100	13	7	12
735	79	9	47
56	79	5	47

14
BADWATER STAIRS
RESTDAY

15
FELL 3 TIMES COMING DOWN
LONG PINE
RESTDAY

16
1607
TREC'S 22
HARD GETTING
M.T. WHITNEY
POWER HIKE

17
1107
903'S 24
ALABAMA HILLS
MOVIE FLAT ROAD

18
O'FURNING
RESTDAY

19
110
903
HOOD @ 8

MILE!
CAPS
GOOD!!
4 30 27
52 41 28 55
36 30 36

20
RESTDAY

21
60 PINE MINUTES...
RESTDAY

22
125
903'S 32
UCSD TRACK
7 8X 400 @ 6:15 PACE
400 JOG/REST
GOOD NEWTONS NO

23
RESTDAY
TREC/ALOUCE

24
900 YDS
@ 14:28

25
DEL MAR
WOODS @ 8:06 AM

0	0	0	0
0	0	0	0
0	0	0	0

0	0	0	0
0	0	0	0
0	0	0	0

89	76	11	8	16
724	86	77	9	41
1:22	10:00	1:22	10:00	

READ MILU
RUN @ EZ
YV CA
92.76 | 12 | 7.73
727.86 | 78 | 9.33
1:29 | 3:00 | 1:51 | 13:00

0	0	0	0
0	0	0	0
0	0	0	0

144	6	4	00
1526	54	42	30
18	14	28	36

100	13	7	74
735	79	9	31
56	74	3	47
20	94		

27
RESTDAY

28
SWIM YMCA

29
150 903'S 44
UCSD TRACK
8 2X 400 @ 6:00
GREAT!!

30
SWIM YMCA

31
H STREET
@ 8:02 A
S/LATICA/RIGHT LEG

0	0	0
0	0	0
0	0	0

108	7	466
1550	55	43 05
19	44	24

112	81	18	8 05
747	91	80	9 34
1:38	12:11	1:38	12:11

192	8	5:33	120	15	8 05
1574	56	43 27	155	81	9 33
24	48	40:23	1:04	8 24	20 13

0	0	0	0
0	0	0	0
0	0	0	0

6:20 / 8 LPS
5:37 / 7 LPS

12:05
15 LPS

0 Swims / 5.33 MILES
15 RUNS / 120 MILES

DR. AMED
Notes

8

760
901
5100

August

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

JULY 2008							SEPTEMBER 2008						
T	W	T	F	S	S	M	T	W	T	F	S		
1	2	3	4	5	1	2	3	4	5	6			
8	9	10	11	12	7	8	9	10	11	12	13		
15	16	17	18	19	14	15	16	17	18	19	20		
22	23	24	25	26	21	22	23	24	25	26	27		
29	30	31	28	29	30								

8:15 DENTIST
- 11th

1 • New Moon
RESTDAY

ICE BATH 59°/1:20
2903's | 60°

DELMAR
@ 8:29 #1
ICE BATH 20/59°

7:12 | 1 | 7:12
763°05 | 82 | 9:30

W | 7:12 | 1:01 | 7:12
ICE BATH 56°/1:20

4 • 1 • 5903's | 67 • 6 • 1 • 7 #3 | 8 • 1 • 9903's | 74

PENIFORMIS 12!
RIGHT GROOVE SORE!

ICE BATH 60°/1:20

ICE BATH 60°/1:20

RESTDAY

RESTDAY

ICE BATH 20/60°
J STREET #2
@ 8:31 AVE

4X 450yds
@ 7:14 2 AVE

ICE BATH 20/1:58
RESTDAY

1000 yds
@ EZ

BETTER BUT LEG SORE! #4
J STREET ICE BATH
@ 8:25 :20/50°

				14 ²²	2	7 ¹¹	36	1	18					56	2	1:55	21:26	3	7:08	
				770 ¹⁵	83	9:27	1610	57	44:32					1630	58	45:27	777 ¹⁹	84	9:25	
				1:04 ¹⁰	1:00	7:10	30:50	36	30:50	36				18:15	20	49:05	56	59:17 ⁰⁴	2:59	14 ¹⁴

10 • 11 • 12⁹⁰³ | 81 • 13 • 14⁹⁰³⁵ | 88 • 15 • 1 • 16⁹⁰³ | 93

RESTDAY

8:15 DENTAL
3X 400 yds
@ 7:19 W AVE

ICE BATH 54°/1:20
DELMAR WOODS
@ 8:01 AVE GOOD
ICE BATH 20/54° #5

DROPS GREAT!
I CAN SEE...
54:60 PACE 100yds

SWIMMING NIG
8:22 UP...
7:40 BACK!

RESTDAY

DELMAR WOODS
8:13 DOWN
7:13 BACK

				80	3	2:22	28:27	4	7:06	103	4	2:85	35:33	5	7:06				42:35	6	7:08				
				1654	58	45:94	784 ²⁰	85	9:22	1677	60	46:58	791:26	86	9:20				798 ²⁵	87	9:17				
				21:59	24	2:59	24	56	7:1	1:56	7:01	20:54	73	42:55	47	57	7:06	1:53	14:07			56	6:04	2:49	21:08

17 • 18 • 19 • 20 • 21 • 22 • 23 • 24 • 25

RESTDAY

RESTDAY

RESTDAY

4X 450yds
@ 8:29 AVE
STEADY IN GOOD!!

DELMAR WOODS
LMI @ 8:100
7 @ 7:15 9 AVE
* 8:25 A DOWN 7:22 BACK

4X 450yds
@ 8:20 AVE
GOOD SWIM!!

14 STREET (8)
UP @ 8:28 AVE
BACK @ 7:29 AVE

				139	5	3:86	27:58	50	2:33	7	7:15	175	6	4:86	29:16	50	57	8	7:29
				1713	61	47:58	28:09	806	2:26	00	9:16	1749	62	48:58	28:35	814:30	89	9:14	
				33:59	36	33:59	36	1:05	9:09	1:05	8:21	33:20	36	1:04	9:72	1:04	8:04	2:09	16:09

25 • 26^{903's} | 119 • 27 • 28 • 29 • 30

4

25

26

27

28

29

30

DAY RESTDAY ICE BATH :20/60 J STREET #2 4X450yds @ 7:42 AVE. RESTDAY ICE BATH :20/1150 1000 yds @ EZ RESTDAY BETTER BUT J STREET @ 8:25

14 ²²	2	7 ¹¹	36	1	1.8	0	0	0	56	2	1.5	21.26	3
770 ¹⁵	83	9.27	1610	57	4.72	0	0	0	1630	58	4.5	777 ¹⁹	84
1047 ¹⁰	100	7 ¹⁰	30.50	36	30.50	36	0	1	1835	20	48.05	56	15917 ²⁴
1170	54.95	0.00	ICE BATH 54/20	81	13	54.60	0.00	14	9033	0.00	15	16	ICE BATH 52/

80	3	2 ²²	28.27	4	7.06	103	4	2.86	35 ³³	5	7.06	42 ³²	6	7.06	
1654	58	45.94	784 ²⁰	85	9.22	1677	60	46.58	791.26	86	9.20	798 ²⁵	87	9.17	
20.59	24	259	24	56	7 ⁰¹	56	7 ⁰¹	20.56	23	42.55	47	57	7.06	1.53	14.07

24	25	26	27	28	29	30
RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY	RESTDAY
80	139	1713	196	1770	226	1800
20.59	30	33.99	36	1.05	8.01	33.29
259	24	259	24	56	7 ⁰¹	56
119	119	119	119	119	119	119

31	1
256	9
1830	65
27	30

Summer Bank Holiday (UK)

113 LPS = 7mi
 288 LPS = 8mi
 144 LPS = 8mi
 37.25 LPS
 8830.20
 39
 38
 74.33
 252 = 7mi

Notes

1200 MILES / pull
 80 miles / swim

BRAIN EXHAUST

2022-09-22

September

DEXTERSDELL.COM
HEALTH FOOD FOR
DOGS/CATS

POW ULLA

SEPT. 10, 11
#322460

#109
\$62.00

53.76 AVE
80 LBS

YEAR TOTALS
95500 yds
57.87 Miles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3600 60 51	1	2	3	4	5	6
RESTDAY	YMCA SWIM FELT STRONG 1500 yds @ 8:12 AVE	YMCA SWIM STEADY! 1500 yds @ 9:05	RESTDAY	RESTDAY	HARD EFFORT 1000 yds @ 8:46	WORK BY 2 HR
0	30	60	0	0	80	90
0	1860	1890	0	0	1910	834
0	27:04	27:04	0	0	20	1:25
3600 720 51 4371	Labor Day (CAN, US)	30	30	30	1732	1:25
7 (YMCA)	8	9	10	11	12	13
HARD! 7:50 AVE 450 @ 7:48 450 @ 7:52	RESTDAY	YMCA HARD! 450 @ 450 @	RESTDAY	7:00 top 7:00 down - LIKE - MT. WHITNEY FLAG TO THE TOP	23 903 5	12 903 5
98	0	116	0	32.11	2	0
1928	0	1946	0	866.11	93	0
18	0	15:13	0	14:00	23	0
0	0	18	0	23	55	0
14	15	16	17	18	19	20
RESTDAY	YMCA SWIM 1500 yds @ 54:86	DEL MAR WOODS @ 8:26 AVE GOOD!!	YMCA SWIM 1500 yds @ 54:46	ENCINITAS @ 8:11 AVE LEFT CAVE / ACHE?	YMCA SWIM 1000 yds @ 54:55	EZ HOOD @ 8:14 AVE NO CALF PAIN!
0	146	442	176	52.16	5	196
0	1976	878	2006	826.16	96	2026
0	27:26	1:34	27:14	20:06	15:05	16:20
21	22	23	24	25	26	27
RESTDAY	DRE APTS. - 9:40 AMED	FLAT ROCK LSD (NON-STOP) @ 8:26 AVE.	3x450 @ 8:10 AVE 8:06 / 8:01 / 7:58	SEASIDE... ??? 2mi STOP / CALF ACHE! BAD!	2x450 yds @ 8:10 AVE	RESTDAY
0	223	68	250	70.60	8	268
0	2053	902	2080	904.61	99	2098
0	27:28	1:34	24:00	21:22	1:55	13:44
28	29	30	30	30	30	30
0	0	1474	0	0	0	0
0	0	54:59	0	0	0	0

October



ACCOUNTS
FDIC
.GOV
EDIE

* JOURNEY ON A GURNEY!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2008

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOVEMBER 2008

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

5 0504 SAUCONY 142

HOOD @ 8:20A
NO CHE PAIN!

10 ⁰⁴	2	5 ⁰²			
914 ⁶⁵	101	9 ⁰⁵			
:42	5 ³²	:42	5 ³²		

12 RESTDAY

6 RESTDAY

RESTDAY

13 YWCA SWIM (PM)

3x450 yds @ 6:04/53:16
8M/8:04/7:58

158	6	4 ³⁸			
2349	85	65 ²			
		27 ⁰³			

7 0504 SAUCONY 149

HO @ 8:30 (AM)
NO CHE PAIN!

17 ³³	3	5 ⁷⁷			
921 ⁹⁴	102	9 ⁰³			
1:04	7 ²⁹	1:42	12 ³¹		

14 0504 SAUCONY 185

AM/DEL MAR @ 8:31 AVE.
PM/BEACH RUN @ 8:30 AVE.

54 ⁴³		6 ⁰⁰			
9 ²²	107	8 ³⁶			
		27 ⁰³			

8 0504 SAUCONY 155

DELMAR (AM)
SOLANA Bch @ 8:14 AVE

2354	4	5 ⁸⁸			
928 ¹⁵	103	9 ⁰¹			
:51	6 ²¹	2:33	18 ⁵²		

15 YWCA SWIM X2

PM/2x450 @ 8:34/8:46
PM/2x450 @ 8:43/8:35

194	7	5 ³⁸			
2223	81	6 ²⁵			
		27 ⁰¹			

9 0504 SAUCONY 160

HOOD @ 8:29A
CAFE/LEGS BETTER!

2905	5	5 ⁸¹			
933 ⁶⁸	104	8 ⁴⁷			
:47	5 ⁵¹	3:15	24 ⁰³		

16 0504 SAUCONY 192

DELMAR @ 8:27

60 ⁸²	9	6 ⁷⁵			
965 ⁴³	108	8 ⁹⁸			
		27 ⁰³			

10 0504 SAUCONY 167

2x500 @ EZ

131	5	3 ⁶³			
2322	84	6 ⁴⁵			
		27 ⁰⁴			

17 RESTDAY

11 0504 SAUCONY 167

DELMAR WOODS @ 8:00!
GOOD!!!

36 ⁰⁸	6	6 ⁰¹			
940 ⁶¹	105	8 ⁹⁵			
:56	7 ⁰¹	4:11	31 ⁰⁴		

18 0504 SAUCONY 200

ENCINITAS:
4:34 @ 8:09 AVE.
1:25 @ 7:01 AVE.
1:57 @ 7:55 AVE.

68 ²⁷	10	6 ⁸²			
972 ⁸⁸	109	8 ⁹²			
		27 ⁰¹			

19 EZ SWIM

@ 56:00/50
8:23/8:29/8:20

221	8	6 ¹³			
		27 ⁰²			
2412	87	67 ⁰⁰			
		27 ⁰²			

20 20TEST!

DELMAR WOODS
SOLANA BEACH @ 8:59 LSD

77 ⁴⁰	11	7 ⁰⁹			
982 ⁰¹	110	8 ⁰⁹			
		27 ⁰¹			

21 STEADY!

@ 52:25
7:55/8:00/7:54

248	9	6 ²⁸			
2439	80	67 ⁰⁹			
		27 ⁰¹			

22 EZ!

8:10/8:10/7:58
94:02 > 50

278	10	7 ⁴³			
2466	88	68 ⁵⁹			
		27 ⁰¹			

23 RESTDAY

24 RESTDAY

25 J. STREET (158)

SWAMI'S-SEASIDE
2:33 @ 6:40 AVE. (15:50)

98 ⁶¹	14	7 ⁰⁴			
1003 ²²	113	8 ⁰⁸			
:57	7 ¹¹	4:19	3 ⁰⁴		

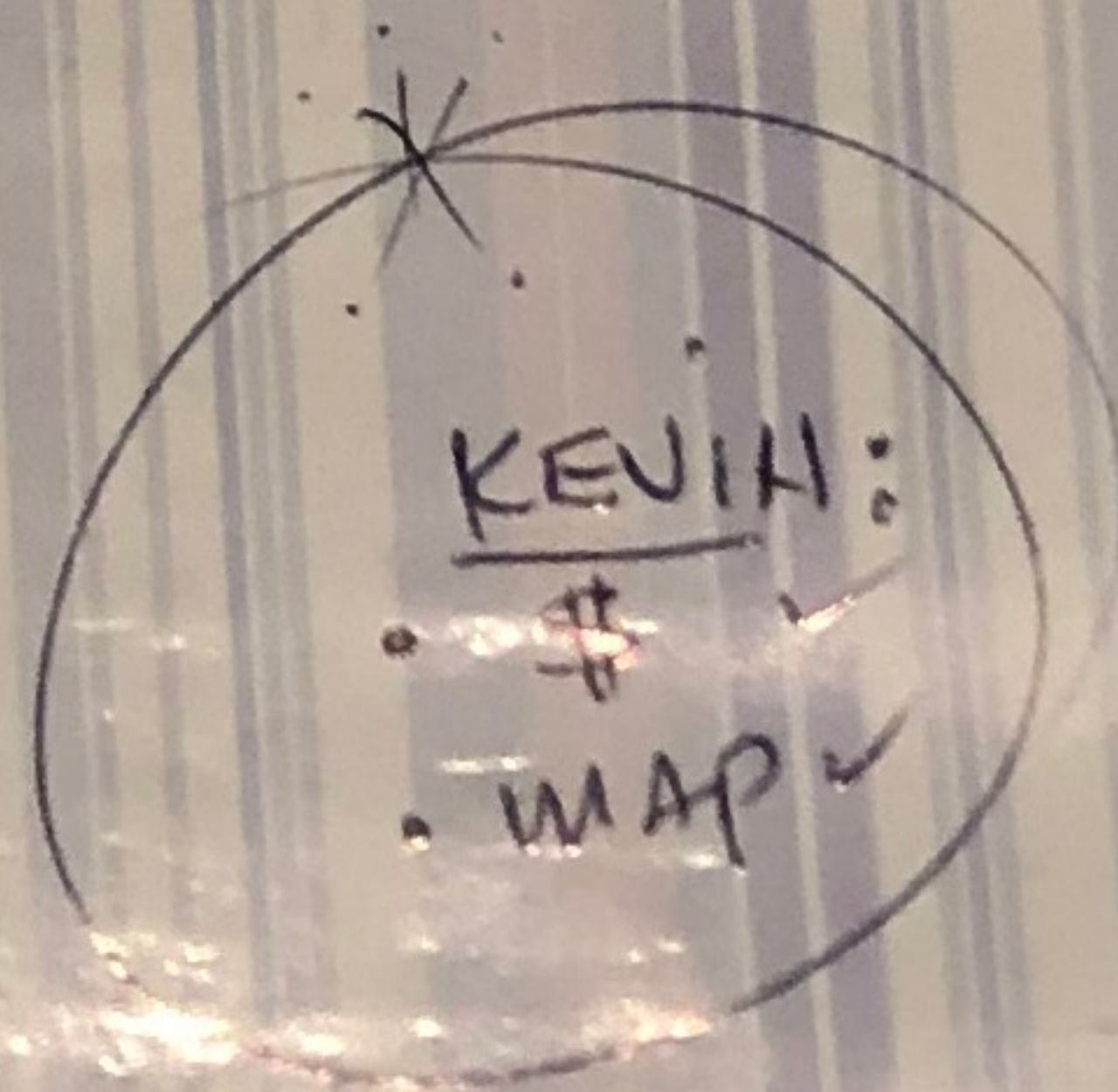
12	13	14	15	16	17	18
YONCA SWIM (AM)	YONCA SWIM (AM)	YONCA SWIM (AM)	YONCA SWIM (AM)	YONCA SWIM (AM)	RESTDAY	ENCINITA SWIM
3x450 yds @ 6:24/53/48	3x450 yds @ 6:31/50/45	3x450 yds @ 6:30/49/44	3x450 yds @ 6:39/51/46	3x450 yds @ 6:43/51/46		4.34 @ 8:09/48
158-6	158-6	158-6	194-7	194-7	60.82	68.27
2349-85	2349-85	2349-85	2285-80	2285-80	965.43	972.88
19	20	21	22	23	24	25
EZ SWIM	DELMAR WOODS SOLANA BEACH	STEADY!	EZ!	RESTDAY	RESTDAY	J. STREET SWAMI'S-SBASIDE
8:23/8:20/8:20	8:51 LSD	52.96 > 50	8:10/8:10/7:58			2:33 @ 6:40 AM (15:15)
221-8	221-8	248-9	278-10			98.61
2412-87	2412-87	2439-87	2466-88			1003.22
26	27	28	30	30	31	
RESTDAY	RESTDAY	150 warm-up 34ps	1-2000 yds	RESTDAY	EZ HOOD	3834ps
		150 KREBBARD 34ps	6:22/6:20/6:27		@ 9:05	
		150 PUN-BUY 34ps	6:26 (6:25 AVE)		NEW SIDES!	
		274ps @ 8:43/8:40	4x 250 yds			
		314-11	359-12		120.02	17 7.06
		25028901	2542-90		1024.63	116 8.83
		3394-36	4019-40		124316	241

OCTOBER
7 DOUBLE DAYS

(12 DAYS) 10.05 MILES SWIM
(17 DAYS) 20.02 MILES RUN
(29 DAYS)

17 DAYS / RUN
• 120 MILES / 7.05 DAY AVE.
13 DAYS / SWIM
• 10 MILES
27.69 DAY AVE

$$\frac{351}{2542} \times 3^{14} = 120$$



$$\frac{275}{80} = 3.63$$

07
720ms / 56.25 Sa
125 days / 1183

Notes

YEAR

72.30 MILES SWIM
1024.03 MILES RUN

24
7.81

November

*
AFTER BUSH:
" PETER PAN COULD HAVE
WON!"

Buoy

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

OCTOBER 2008

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER 2008

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

LSD RUNS -

- 1) OCT. 14 12.32 @ 8:30 AVE.
- 2) OCT. 20 9.13 @ 8:59 AVE.
- 3) OCT. 28 11.15 @ 8:59 AVE.
- 4) NOV. 4 12.05 @ 8:49 AVE.
- 5) NOV. 11 13.01 @ 8:54 AVE.
- 6) NOV. 18 10.00 @ 7:57 AVE.
- 7) NOV. 29 11.11 @ 7:58 AVE.
- 8) DEC. 9 12.01 @ 8:24 AVE.

SPEED
- TRAMPO RUNS +

- 1) OCT. 18 1.25 @ 7:01 AVE.
- 2) OCT. 25 2.33 @ 6:48 AVE.
- 3) NOV. 01 2.05 @ 6:35 AVE.
- 4) NOV. 08 3.05 @ 6:59 AVE.
- 5) NOV. 22 2.00 @ 6:26 AVE.
- 6) NOV. 29 1.00 @ 6:54 AVE.
- 7) DEC. 6 2.05 @ 6:49 AVE.
- 7) DEC. 13 2.00 @ 6:49 AVE.

Tempo RUNS

- 12/11 5.06 @ 7:31 AVE.

10 NOV LUNARS 7

J. STREET
2mi @ 13:10 / 6:35

BEST (5:51)

7.09	1	7.09
1031.72	117	8.81
57	7.09	57
7.09		7.09

2 RESTDAY

3 2000 yds

4 10/31 JOMERO 15

5 2000 yds

6 RESTDAY

7 1400 yds

8 01 NOV LUNARS 15

RESTDAY

0	0	0
0	0	0
0	0	0
0	0	0

1st SWIM workout:
400 WARM-UP @ BUOY
400 KICKBOARD
3x400 yds 7:10, 7:07, 6:54

40	1	1.11
2585	97	71.80
4025	40	4025
4025	40	4025

TOP OF TORREY:
@ 8:55 AVE.
DOWN @ 9:01 LSD!
BACK @ 8:49

19.15	2	9.57
1043.78	118	8.84
1:40	12.06	1:48
1:40	12.06	1:48

3x400 yds
7:00, 6:51, 6:50

80	2	2.22
2625	98	72.91
39.18	40	39.18
39.18	40	39.18

COCH!
RESTDAY
BIOPSY!

0	0	0
0	0	0
0	0	0
0	0	0

BREEDING
ENCINITAS
@ EZ
PULL BUOY

108	3	3.0
2693	99	73.69
27.40	28	1:47
27.40	28	1:47

HOOD @ EZ 9:00 AVE.
ENCINITAS
3mi @ 6:59 / 20:56

37.59	4	9.39
1062.22	120	8.85
11.17	425	30.50
11.17	425	30.50

9 2000 yds

10 RESTDAY

11 10/31 JOMERO 38

12 10/31 JOMERO 47

13 2000 yds

14 1500 yds

15 01 NOV LUNARS 20

3x400 yds
7:23, 7:19, 7:07
(7:16 AVE)

148	4	4.11
2693	99	74.50
4050	40	4050
4050	40	4050

RESTDAY

0	0	0
0	0	0
0	0	0
0	0	0

TOP OF TORREY 1/2
OUTSIDE/INSIDE
@ 8:54 AVE.

53.79	6	8.96
1078.42	122	8.83
1:50	15	1:50
1:50	15	1:50

ENCINITAS
@ 8:59 AVE
EZ! EZ!

62.82	7	8.07
1087.45	123	8.84
1:20	15	1:20
1:20	15	1:20

BIOPSY NEGATIVE!
3x400 yds.
7:09 / 7:11 / 7:00

188	5	5.22
2733	95	75.91
32.26	30	1:54
32.26	30	1:54

HARD 1000 yds.
ENCINITAS
1mi @ 6:18.

218	6	6.05
2760	96	76.15
1:45	53	3:29
1:45	53	3:29

ENCINITAS
2mi @ 6:26 AVE
BGT 5:28

68.13	8	8.51
1042.76	124	8.81
3:29	30	44
3:29	30	44

16 RESTDAY

17 RESTDAY

18 SOLANA / AL
LOOP @ 7:57 AVE
GREAT! 15/50

19 1000 yds
@ 56:30 AVE

20 HAIRCUT
RUN @ 8:48 A

21 1000 yds.
@ 54:15

22 ENCINITAS
2mi @ 6:26 AVE
BGT 5:28

RESTDAY

0	0	0
0	0	0
0	0	0
0	0	0

RESTDAY

0	0	0
0	0	0
0	0	0
0	0	0

78.21	9	8.69
1102.84	125	8.82
1:20	10	1:20
1:20	10	1:20

254	7	7.21
1107.87	126	8.79
39.13	36	39.13
39.13	36	39.13

8324	10	8.32
2832	98	80.49
204	15	204
204	15	204

290	8	8.25
8930	11	8.81
47	6	47
47	6	47

8930	11	8.81
113.93	127	
47	6	47
47	6	47

23 RESTDAY

24 RESTDAY

25 10/31/10 JOMERO 80

26 LEFT HIP
VERY SORE!
+14

27 (START TAPES!)
HIP SORE

28

29

40:25	40	40:25	40	1:40	12:06	1:48	12:06	40	40:80	0	0	0	0	27:40	28	1:47:10	100	1:32	11:17	4:25
-------	----	-------	----	------	-------	------	-------	----	-------	---	---	---	---	-------	----	---------	-----	------	-------	------

10 • 11 ^{10/31} 38 12 ^{10/31} 47 13 2000yds 14 1500yds 15 ^{10/31} 47

RESTDAY" TOP OF TURKEY² OUTSIDE/INSIDE @ 8:54 AVE. ENCINITAS @ 8:54 AVE. BIOPSY NEGATIVE!" 3x 400yds. 7:09 / 7:11 / 7:00 1:41, 1:37, 1:35, 1:35 HARD 100yds. ENCINITAS 4x 100yds. 1mi @ 6:18.

53.79	6	8.96	62.82	7	8.97	108	5	5.22	218	6	6.05	68.13	8/8	
1078.42	122	8.83	1087.45	123	8.84	2733	95	75.91	2760	96	76.75	1092.76	124	8.81

16 • 17 • 18 ^{10/31} 57 19 ^{40 MILES FOR YEM/GAL} 20 ^{10/31} 62 21 • 22 ^{10/31} 26

RESTDAY" SOLANA / AL LOOP @ 7:57A. GREAT!! 15/50 1000yds @ 56:30 AVE. HAIRCUT RUN @ 8:48A 1000yds @ 54:15 ENCINITAS 2mi @ 6:26 WE BEST 5:28

78.21	9	8.69	254	7	7.21	8324	10	8.32	290	8	8.23	89.30	11	8.11
1102.84	125	8.82	2796	97	79.43	110787	126	8.79	2832	98	80.45	1113.93	127	8.77

24 • 25 ^{10/31/10/31} 80 26 ^{LEFT HIP VERY SORE +14} 27 ^{START TAPER! Hip SORE} 28 • 29 ^{ICEBATH!} 20/48

RESTDAY" SB/ENCINITAS @ 7:58 AVE. GOOD!! (LAPS CAROLY COVER FROM 1123 500yds @ 9:04 SORE HIP!! wow!!) RESTDAY" Hip LITTLE BETTER!! RESTDAY" Hip BETTER!!

107.41	13	8.26	340	9	9.65	20/52	(ICEBATH)	0	0	0	0	0	0	0
1132.04	129	8.77	2882	99	81.87	29.11	0	0	0	0	0	0	0	0

LEGS CALORIES NOT MORE EXERCISE! THANKSGIVING

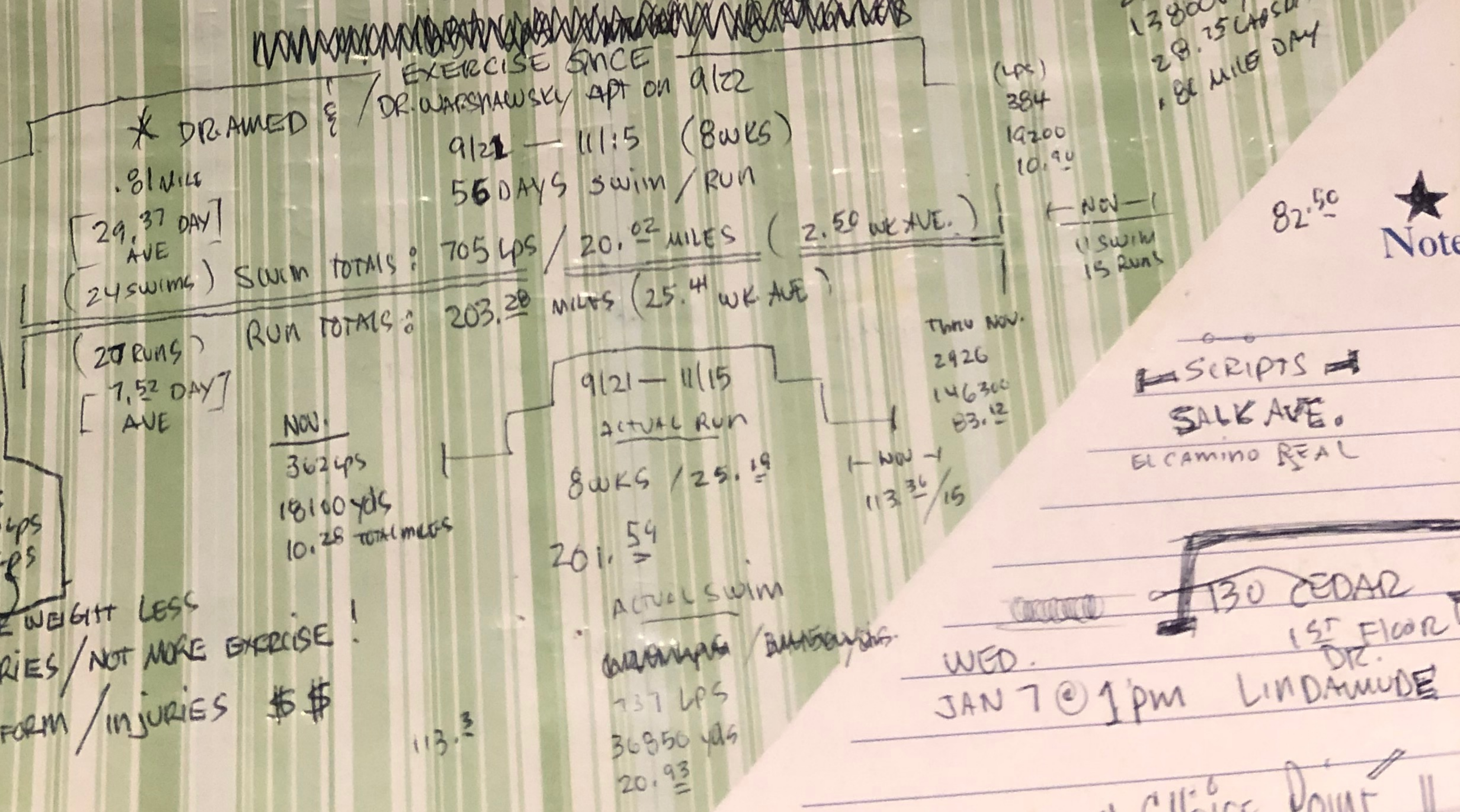
ICE BATH TIME/TEMP.

3:33	1	3:33
3:33	1	3:33
3:33	1	3:33

10/20/2009 10million UNEMPLOYED HIGHEST 25YRS.

SWIM WORKOUT

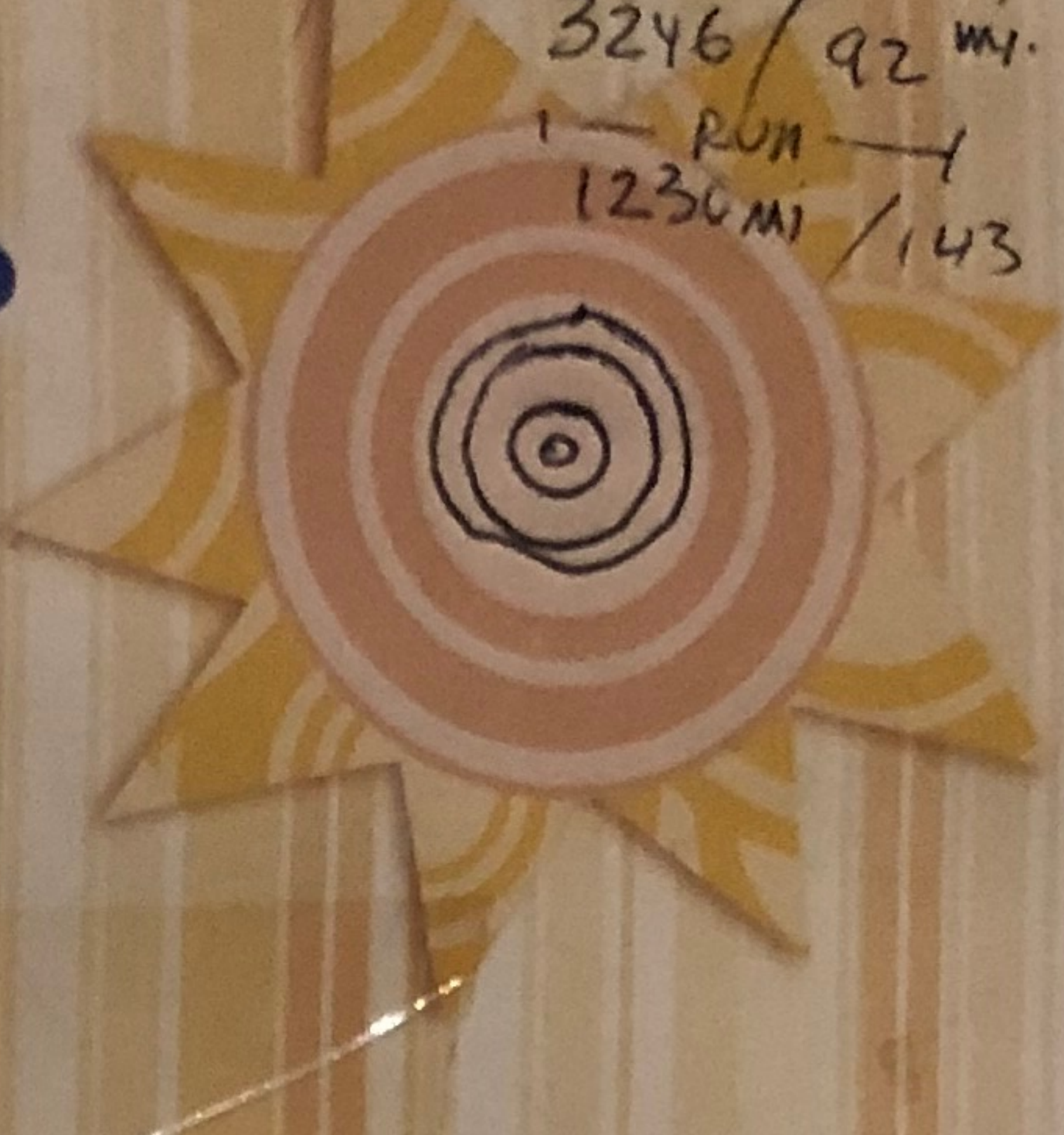
- 300 WARM-UP LAPS
- 200 KICKBOARD LAPS
- 2 FRONT (24S)
- 2 BACK (24S)
- 200 PULL (24S) LAPS
- 1000 YDS PRESHYLE 20 LAPS
- 300 WARM-DOWN LAPS
- (200 YDS TOTAL)



Note

December

* RUN WORKOUT GRADES:
 (A) DID WHAT YOU SET OUT TO DO
 (B) SLOW TR
 (C) FASTER



Sunday

3:33	1	3:33
6:66	2	3:33
30:24	30:24	3:33

Tuesday

Wednesday

Thursday

Friday

Saturday

MILE TOTALS
 95 mi / SWIM
 1250 / RUN

ICE BATH : 20/50
 HOOD RUN @ EZ
 HIP TO SORE TO RUN MORE ON ROAD!

LSD POOL RUN
 30 WARM-UP
 30 MIN

RESTDAY

PIPES @ 8:04 AVE
 HIPTIGHT / BUT BETTER

SWAMIS @ 8:01 AVE
 2 mi @ 6:50 AVE
 BEST 5:20

3:50	1	3:50	10:33	2	5:16				8:77	2	4:38	40	1	1:13	40	15:27	3	5:09		
11:55	130	8:73	13:66	3	4:55				11:40	131	8:70	29:22	100	83:01	1147:31	132	8:69			
31:35	1:31	3:50	7:09	13:52	1:07				42	5:22	1:13	8:77	45	40	45	40	1:52	6:50	2:05	15:27

7

8

9

10 10/31 VOMERO

11 11/01 LUNARS

12 Full Moon

13 11/01 LUNARS

LSD SWIM NONSTOP @ 9:15 AVE

RESTDAY

POOL RUN @ WINNERS CIRCLE

HARBOT RUN @ 8:52

TEMPORAL RUN @ 7:31 A

RESTDAY

J STREET 2 mi @ 6:49 AVE
 BEST 5:39 A

90	2	2:55	45:08						31:33	5	6:26				36:39	6	6:06				43:48	7	6:21	
29:72	101	84:49	29:42						11:63	134	8:68				11:68	135	8:65				11:55	136	8:64	
46:15	50								136	4:05	2:18	16:05			3:38	5:06	2:56	2:11			1:59	7:09	3:55	28:20

14

15 10/31 VOMERO

16 WINNERS CIRCLE

17

18 11/01 LUNARS

19

20 11/01 LUNARS

POOL RUN

3C BEACH SWAMIS @ 9:44 AVE

POOL RUN

RESTDAY

1 mi WARM-UP
 1 mi WARM-DOWN
 DEL MAR WOODS 5 mi @ 7:13 AVE
 BEST 5:34 B

POOL RUN

4 mi WARM-UP
 2 mi @ 6:30
 1 mi WARM-DOWN
 J. STREET 2 mi @ 6:28 AVE
 BEST 5:08

10	5	11:02	40:45	8	6:18	24:44	6	4:07							68:00	10	6:00	30:17	7	4:39	75:96	11	6:40			
1181:50	137	8:62	27:77	7	3:96										1200:93	139	8:63	34:16	8	4:26	1208:01	140	8:62			
1:50	154	1:50	54:58	5:07	5:58	5:07									1:54	7:01	3:57	25:40	5:16	6:30	1:57	3:00	1:58	17:08	4:35	32:48

21

22 YMCA

23 WIC

24 (YMCA)

25

26 10/31 VOMERO

27 New Moon

RESTDAY

POOL RUN

POOL RUN WINNERS CIRCLE

POOL RUN @ EZ

RESTDAY

EZ (HOOD) @ 8:30 A

RESTDAY

			34:10	8	4:26	37:43	9	4:15	40:77	10	4:00	40:77	10	4:00							89:00	13	6:04
			37:43	9	4:15	40:76	10	4:07													122:09	142	8:59
			30	3:33	30	3:33	60	6:00	30	3:33	90	10:00									17:09	7:59	13:09

29

30 YMCA

31

RESTDAY	WARRIORS @ WINNERS CIRCLE	HAVE OUT RUN @ 8.52	RUN! A @ 7.31A	RESTDAY	ZMI BEST 5.3
2.55 45.00 84.49 29.42	17.77 4 4.44	31.33 5 6.26	36.39 6 6.06	0 0 0	43.48 7
50	21.10 5 4.22	1163.38 134 8.68	1168.44 135 8.65	0 0 0	1175.53 136
50	45.9 5 15.4 5.0	36 4.5 2.18 16.05	3.8 5.06 2.56 2.11	0 0 0	5.59 7.09 3.55

15 10/31 VOMERO III	16 WINNERS CIRCLE	17	18 WINNERS RACERS TEMP #2	19	20 LUNAR SPEED
JC BEACH SWAMI'S @ 9.44 AVE	Pool Run	RESTDAY	1 mi warm-up 5 mi @ 7:13 1 mi warm-down DEL MAR WOODS 5 mi @ 7:13 AM BEST 5.34	Pool Run	4 mi warm-up 2 mi @ 6:30 1 mi warm-down J. STREET ZMI @ 6:28 A BEST 5:08
49.45 8 6.10	24.44 6 4.07	0 0 0	68.88 10 6.88	30.17 7 4.39	75.96 11 6.9
1181.50 137 8.62	27.77 7 2.96	0 0 0	1200.23 139 8.63	34.16 8 4.26	1208.01 140 8.63
50 54 50 54 58 59 58 59	50 54 50 54 58 59 58 59	50 54 50 54 58 59 58 59	50 54 50 54 58 59 58 59	50 54 50 54 58 59 58 59	50 54 50 54 58 59 58 59
21	22 YMCA	23 NIC	24 (YMCA)	25	26 VOMERO
RESTDAY	Pool Run	Pool Run winners circle	Pool Run @ EZ	RESTDAY	EZ 1100 @ 8:30A
0 0 0	34.10 8 4.26	37.43 9 4.15	40.77 10 4.26	0 0 0	89.00 13 6.84
0 0 0	37.43 9 4.15	40.76 10 4.07	44.10 11 4.00	0 0 0	1221.09 142 8.59
0 0 0	30 3.33 30 3.33	30 3.33 60 6.66	30 3.33 90 10.00	0 0 0	1700 136 13.09
28	29	30 YMCA	31	1pm DR. LINDA MUDE	RESTDAY
RESTDAY	Pool Run YMCA	Pool Run 6x25yds HARD	RESTDAY	NOVEMBER 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2009 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 11pm DR. SEGAL
0 0 0	44.11 10 4.01	48.23 12 4.01	0 0 0	0 0 0	0 0 0
0 0 0	47.44 12 3.95	51.56 13 3.96	0 0 0	0 0 0	0 0 0
0 0 0	30.07 3.34 30.07 3.34	37.09 4.2 107.16 7.46	0 0 0	0 0 0	0 0 0

2008 RACES

20	CARLSBAD 1/2	1:33:08	2ND 60+
	BUFFALO 1/2	1:55:41	1st 60+
	CARLSBAD 5K	19:32	6th 60-64
	TRIBUNE	31:51	3RD 60+
	1/2	1:26:42	1st 60+

* ENTER MT. WILSON TRAIL RACE '09 (MAY)

SWIMS - 1
RUNS - 1

07
008
8
2008

108
1:08:44
37:04
31:33

DAY AVE
1531.13 / .86

(1200)
1240 / 145
8.55

145 DAY RUN
8.50

3084 / 87.61

103.96

27/27/36
3174

BOUY

1236 / 8.58

50 MILES
POOL RUNNING

104 /

3246 / 162300 yds / 92.21 MILES / 106 SWIMS

* SWIM / 2008 *

* RUN / 2008 *

1290 MILES / 143 / MIN / 8.53 AVE.

JANOT

3409
WARNING BP

quite A
760
630

108
109

1240 / 145 / 8.55

DR. SEGAL