

# JANUARY 2010

<p>1. 8/12 VOMERO 4351 IV 1:00 1:00</p> <p>SOLANA Bch. CITY LOOP @ EZ 9:25 AVE.</p> <p>Sunny / 65°</p>	<p>2. 8/12 VOMERO 4352 IV 1:20 1:20</p> <p>SOLANA Bch. CITY LOOP @ 9:26 AVE.</p> <p>Sunny / 65°</p>	<p>3. 8/12 VOMERO 360 IV 1:20 1:40</p> <p>SOLANA CITY LOOP @ 8:51 AVE.</p> <p>Sunny / 70°</p>	<p>4. 8/12 VOMERO 366 IV 1:45 1:25 1:05</p> <p>101 NORTH @ RICK @ EZ</p> <p>Sunny / 70°</p>	<p>5. 8/12 VOMERO 372 IV 1:10 1:15</p> <p>SEASIDE LOOP @ 8:51 AVE.</p> <p>Sunny / 70°</p>	<p>6. 8/12 VOMERO 376 IV 1:10 1:25</p> <p>RAIL TRAIL: RUN/WALK</p> <p>Sunny / 70°</p>	<p>7. 8/12 VOMERO 382 IV 1:26 1:45</p> <p>(SPEEDWALK) DELMAR ROAD (GOOD!) 4 @ 8:00 AVE.</p> <p>Sunny / 72°</p>	<p>8. 10/29 LUNN 791 IV 1:15 1:40 2:00</p> <p>RUN/WALK SOLANA LOOP @ WOODY? MGD'S! Pm Sunny / 65°</p>	<p>9. 8/12 VOMERO 1385 IV 1:01 2:00</p> <p>SEASIDE LOOP @ 10:53 RUN/WALK AM / 60°</p>
<p>10. 10/29 LUNN 98 IV 1:01 6:08 1:01 6:08</p> <p>(SPEEDWALK) 101 NORTH: 1/2 WARM UP 3 @ 8:00 AVE. BEACH WALK 1/2 WARM DOWN 70° NICE</p>	<p>11. 10/29 LUNN 102 IV 1:15 1:15 2:15</p> <p>POOL RUN: @ EZ</p>	<p>12. 10/29 LUNN 102 IV 1:15 1:30 2:30</p> <p>SEASIDE LOOP @ RUN/WALK</p>	<p>13. 1/3 VOMERO 62 IV 1:00 1:30 2:30</p> <p>SUNSET / AWESOME POWER WALK: SOLANA SEASIDE LOOP @ 14:30 AVE.</p>	<p>14. 1/3 VOMERO 1579 IV 1:20 1:50 2:50</p> <p>SEASIDE/ SOLANA LOOP STAIRS @ MOSTLY RUN @ 10:10 AVE</p>	<p>15. 1/3 VOMERO 2302 IV 1:50 2:50</p> <p>POOL RUN:</p>	<p>16. 1/3 VOMERO 2302 IV 1:20 1:10 4:00</p> <p>SEASIDE/SOLANA LOOP @ 10:14 400 STAIRS</p>		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		

<p>17. 0:00 0:00 4:00</p> <p>* RECORD (10371) POOL RUN</p> <p>STEVE PRIBEL YMCA POOL RAKER</p>	<p>18. 1/3 VOMERO 2702 IV 1:15 1:15 4:15</p> <p>SOLANA LOOP @ 8:50 AM FAIL! CHEST RIGHT SHOULDER!</p> <p>60° / RAIN</p>	<p>19. 0:00 0:00 4:15</p> <p>NO EXERCISE!! RESTDAY #1 CHEST/SHOULDER VERY SORE WIND/HEAVY RAIN.</p>	<p>20. 1:15 1:30 4:30</p> <p>RESTDAY #2 TH-SORE/CHEST/SHOULDER WIND/HEAVY RAIN.</p>	<p>21. 1:20 1:50 4:50</p> <p>RESTDAY #3 AM LOTS WIND/RAIN * 9:30 DR. HEISER</p>	<p>22. 1:50 2:50</p> <p>RESTDAY #4 HAIRCUT @ MM LITTLE BETTER!</p>	<p>23. 1:20 1:10 4:00</p> <p>RESTDAY #5 WORSE!?</p>
<p>2.31 3 18.03 84.44 15 5.62</p> <p>2.31 3 18.03 84.44 15 5.62</p>	<p>7.03 3.25 30 3.25 :30</p>	<p>12.9 1/3 VOMERO 382 29</p>	<p>30</p>			



52.95	10	5.29	45	1	5.00	57.31	11	5.21	63.87	12	5.32	73.16	13	5.42						
117	6.77	117	6.77	45	5.00	57.31	11	5.21	63.87	12	5.32	73.16	13	5.42						
SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		

17	IV	0:00	0:00	4:00	18	1/3 VOMERO	27.07	19	IV	0:00	0:00	4:15	20	IV	1:15	1:30	4:30	21	IV	1:20	1:50	4:50	22	IV	0:00	0:00	4:50	23	IV	0:00	0:00	4:50	
* RECORD (103.31) POOL RUN!				SOLANA LOOP @ 8:50 AM FALL! CHEST RIGHT SHOULDER! 60°/RAIN				NO EXERCISE! #1 RESTDAY! CHEST/SHOULDER VERY SORE WIND/HEAVY RAIN.				RESTDAY! #2 SORE/CHEST/SHOULDER WIND/HEAVY RAIN.				RESTDAY! #3 LOTS WIND/RAIN * 9:30 DR. HEISER				RESTDAY! #4 HAIRCUT 8 AM LITTLE BETTER!				RESTDAY! #5 HAIRCUT 8 AM WORSE!?									
162.31	3	18.03	84.44	15	5.62	84.44	15	5.62	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
162.31	3	18.03	84.44	15	5.62	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	
103.31	7:03	103:31	7:03	3:25	:30	3:25	:30	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	
24	1/3 VOMERO	32.20	25	0	0	0	0	26	IV	0:00	0:00	5:00	27	IV	0:00	0:00	5:00	28	1/3 VOMERO	38.29	29	IV	0:00	0:00	5:00	30	IV	0:00	0:00	5:00			
CARLSBAD 1/2 MARATHON				RESTDAY				RESTDAY				RESTDAY				ML @ 11:41/ALASKA				LOW TIDE!!! BLACKS POWERWALK @ M.L. VERY NICE!				RESTDAY EVERYTHING WHAT EVER! 7:30 AM * SURGERY DR. HEISER				RESTDAY					
89.57	16	5.59	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	95.66	17	5.62	0	0	0	0	0	0	0	0	0	0	0	
89.57	16	5.59	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	95.66	17	5.62	0	0	0	0	0	0	0	0	0	0	0	
1:06	5:13	1:06	5:13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1:45	6:09	2:51	1:22	0	0	0	0	0	0	0	0	0		

31	IV	0:00	5:00	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY												
RESTDAY				RESTDAY			RESTDAY			RESTDAY			RESTDAY			RESTDAY			RESTDAY												
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	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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
SUNDAY																															







# FEBRUARY

14	1/3 Vomero	119.84	15	1/3 Vomero	126.84	46		17	1/3 Vomero	135.0	18	1/3 Vomero	141.57	19	1/3 Vomero	151.66	20	1/3 Vomero	156.44				
TV		5:00	TV		5:00	TV		TV		5:00	TV		5:00	TV		5:00	TV		5:00				
SEATED (OUTSIDE) SELF REALIZATION SERVICE ENCINITAS LSD @ 15:51A			SWAMIS @ 16:03AVE.			RESTDAY			SWAMIS @ 15:30A			DELMAR POB @ 15:15			ENCINITAS LSD @ 15:14A			POB @ 15:25A					
136.8			138.0			137.4			140.6			139.6			138.8			138.0					
81.55	11	7.41	88.55	12	7.37			96.71	13	7.43	103.28	14	7.37	113.37	15	7.55	118.37	16	7.39				
170.90	27	6.32	177.90	28	6.35			186.06	28	6.41	192.63	30	6.42	202.72	34	6.53	207.72	32	6.49				
239	10.00	2:39	10.00	1:52	7.00	4:31	17.00	2:07	8:16	6:28	25:16	1:40	6:57	8:18	3:17	234	10:09	10:53	5:12	11:17	5:00	12:10	46.82
21	1/3 Vomero	164.66	22			23	1/3 Vomero	177.73	24	1/3 Vomero	185.73	25			26	1/3 Vomero	194.91	27	1/3 Vomero	200.89			
TV		5:00	TV		5:00	TV		5:00	TV		5:00	TV		5:00	TV		5:00	TV		5:00			
SELF REALIZATION (OUTSIDE) @ 15:00A			RESTDAY			DISTANCE/PACE PR TOP OF TORREY DOWN > OUTSIDE BACK > INSIDE BOUL @ 14:44/5:56 DENTIST @ 4:30 JAL			SELF REALIZATION MEDITATION GARDENS @ 16:00 & RECOVERY DAY!			RESTDAY			SWAMIS @ 12:15 JAL RUN/WALK			POB RUN/WALK @ 11:45AVE.					
138.0			138.0			138.2			139.0			140.6			139.9			138.0					
126.39	17	7.43				139.44	18	7.74	147.44	19	7.76				156.62	20	7.80	162.00	21	7.71			
215.74	33	6.53				228.79	34	6.72	236.79	35	6.76				245.97	36	6.87	251.35	37	6.79			
2:00	8:02	2:00	8:03			3:14	13:05	5:14	21:07	2:08	8:00	7:22	29:07		1:59	9:16	9:21	38:25	11:03	5:38	10:24	43:63	

28. 1/3 Vomero 208.29  
TV 5:00

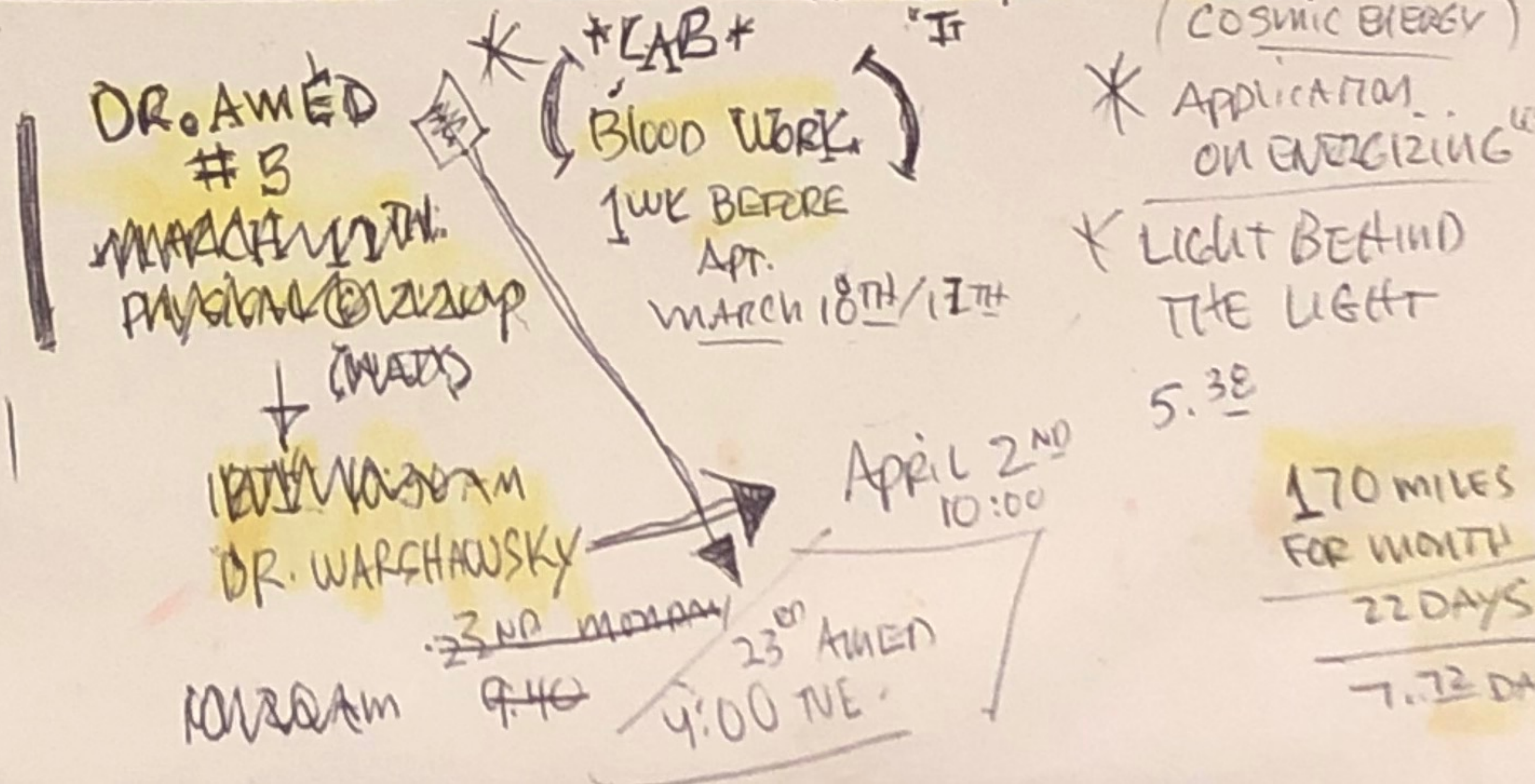
170 MILES FOR MONTH  
SELF REALIZATION @ 15:11  
139.6

170.00 22 7.72  
259.35 38 6.82  
2:01 8.00

"IT'S NOT WHAT YOU ACHIEVE IN LIFE THAT COUNTS IT'S MORE WHAT YOU OVERCOME... THAT'S IMPORTANT!"

\*CAN'T NOT A WORD!

CONNECTIVE TISSUE  
BODY LISTEN TO THE MIND



170 MILES FOR MONTH  
22 DAYS  
7.72 DAY



# MARCH

DATE	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY																																										
1	5:00	REST DAY	2	5:00	SWAMI'S RUN @ 9:58 (VEV) * SHOULDER ACHEY? IN THE PM - EVENING!	3	5:00	POB/WALK VAL 9:00AM	4	5:00	R/W DEL MAR DIRT TRACK HAIRCUT @ 8:30AM	5	5:00	DEL MAR SEASIDE RW @ 11:58+	6	5:00	SWAMI'S R/W @ 10:57 * NOTICE IMPROVEMENT IN SPEED!	7	5:00	RAIN COMING BACK!	8	5:00	SELF REALIZATION ENCINITAS @ SUB 15 R/W	9	5:00	* NO VICODIN	10	5:00	797 CALS.	11	5:00	POOL RUN X-SKI WALK 11:00 AM/PT * CHUCKS BIRTHDAY	12	5:00	(LUNAR RAZERS) HOOD RUN N/S @ 8:13 AVE GOOD!! DR. HEISEN @ 10:30 AM	13	5:00	POOL RUN @ BZ	14	5:00	* BEST RUN IN MONTHS! SWAMI'S @ 8:16 AVE UP @ 8:22 BACK @ 8:10																					
15	6:20	47.39	16	6:20	6.70	17	6:20	6.70	18	6:20	6.70	19	6:20	6.70	20	6:20	6.70	21	6:20	6.70	22	6:20	6.70	23	6:20	6.70	24	6:20	6.70	25	6:20	6.70	26	6:20	6.70	27	6:20	6.70	28	6:20	6.70	29	6:20	6.70	30	6:20	6.70															
31	6:20	298.69	1	6:20	306.74	2	6:20	269	3	6:20	29.80	4	6:20	311.81	5	6:20	329	6	6:20	306.51	7	6:20	311.81	8	6:20	311.81	9	6:20	311.81	10	6:20	311.81	11	6:20	311.81	12	6:20	311.81	13	6:20	311.81	14	6:20	311.81	15	6:20	311.81	16	6:20	311.81	17	6:20	311.81	18	6:20	311.81	19	6:20	311.81	20	6:20	311.81

GOALS: 8:00 DAY AVE FOR MONTH

DATE	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY																																										
14	5:00	REST DAY	15	5:00	POOL RUN III CALL AMED A03 BLOOD WORK!	16	5:20	SWAMI'S UP @ 9:03 AVE. BACK @ 8:55 AVE	17	5:30	POOL RUN III PT @ 11:00	18	5:40	SWAMI'S UP 9:00 AVE BACK 8:37 AVE	19	5:40	REST DAY PT @ 11:00 LAB BY PT	20	6:00	#1 SWAMI'S @ 9:57 @ J.C	21	6:20	227	22	6:20	390	23	6:20	61	24	6:20	61	25	6:20	61	26	6:20	61	27	6:20	61	28	6:20	61	29	6:20	61	30	6:20	61												
31	6:20	227	1	6:20	252	2	6:20	24.60	3	6:20	287	4	6:20	333.92	5	6:20	333.92	6	6:20	333.92	7	6:20	333.92	8	6:20	333.92	9	6:20	333.92	10	6:20	333.92	11	6:20	333.92	12	6:20	333.92	13	6:20	333.92	14	6:20	333.92	15	6:20	333.92	16	6:20	333.92	17	6:20	333.92	18	6:20	333.92	19	6:20	333.92	20	6:20	333.92



TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY  
 GOALS: 8.00 DAY AVE FOR MONTH

14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	IV	
RESTDAY	POOLRUN III CALL AMED A03. BLOOD WORK!	SWAMIS UP @ 9:03 AVE. BACK @ 8:55 AVE	POOLRUN III PT @ 11:00	SWAMIS UP @ 9:00 AVE. BACK @ 8:37 AVE	RESTDAY	#1 SWAMIS @ 8:57 @ 5.0												
136.47	137.0	137.0	137.0	137.0	137.0	137.0												
227	4	25.22	74.60	10	7.46	287	5	31.80	82.62	11	7.51							
390	8	43.33	325.90	47	6.93	450	8	50.00	333.92	48	6.95							
61	6.77	61	6.77	131	7.07	131	7.07	60	6.60	121	13.44							
22				23				24										
IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	IV :20	
* Gossip/complaining	POOL RUN KICKBOARD NO FLOAT!	PM RUN!	RESTDAY!	SIZE 34 SPEEDOS POOL RUN KICKBOARD 11AM PT	CARDIO STAIR PARK @ 8:58A	POOL RUN KICKBOARD 11AM PT	* 6 @ 8:25 SWAMIS 7 @ 8:37 AVE 1.63 WHEN DONE @ 9:42											
137.4	139.4	139.5	139.5	139.5	137.6	136.6	138.7											
348	6	38.66			378	7	42.00	96.97	13	7.45	409	8	45.44	105.60	14	7.54		
511	9	56.77			541	10	60.11	348.27	50	6.96	572	11	63.55	356.90	51	6.99		
61	6.77	61	6.77		30	3.33	91	10.11	57	6.35	57	6.35	31	3.33	127	13.55	117	8.63
28				29				30					31					
IV :10	IV :10	IV :10	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15	IV :15
POOL RUN KICKBOARD	RESTDAY!	7.1 Mi. FOR 7.00 AVE/YR 20:13 RUN MO. HULLY BULLY @ CHUCK @ 9:25 AVE	7:29 POOL FOR MONTH :40 min = 8:09 FOR MO IN POOL	660 min in pool = 60 PER DAY AVE @ 68 646 min in pool	MONTH GOAL POOL: 11x * 630 min in pool: 70 miles	APRIL 2ND WARSHAWSKY @ 10:00 AM	105 MILES. APRIL MONTH TOTALS 136 MILES MONTH GOALS 8.00 AVE. FOR DAY											
138.4	138.4	140.6	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4	138.4
449	9	49.00			489	10	54.33											
612	11	68.00			652	12	72.44											
40	4.44	4.44			135	10.05	135	10.05	40	4.44	40	4.44	120	8.88				

APRIL 1st @ 10:30  
 DR. HELSER  
 125 MILES 4 MONTH \*  
 12 PM FOR PT ON APRIL 2  
 WEDNESDAY (FRIDAY)







50.24	6	8.37	140.8	59.33	7	8.47	1140.6	138.8	139.3			
417.19	58	7.19		426.28	59	7.22		68.01	8	8.60	139.3	
120.00	120	8.23		121.00	2.41	17.32		435.76	60	7.26		
								1.16	9.48	351	26.80	

SELF RESPECTED and CONSCIOUS FREE!

KA HOGAN  
@ COX.NET

PT # 5 THRU MAY 1  
###  
###  
###

18	0	0	19	0	0	20	10/29 WNKRS	176.73	24	10/29 WNKRS	229.86	22	10/29 WNKRS	186.70	23	10/29 WNKRS	234	24	10/29 WNKRS	201.71			
RESTDAY		9:50	RESTDAY		9:50	IV	15/15	10:05	IV	10:25	10:30	IV	15:40	10:45	IV	1:40	10:45	IV	1:40	10:45	IV	1:40	10:45
BOSTON MARATHON: CR. 2:05:56 HAI 471 MCS 571			BOSTON MARATHON: CR. 2:05:56 HAI 471 MCS 571			LSD/RSE @ 8:58 AVE. 60% EFFORT / GOOD!			POWER WALK DELMAR PT @ 11:00 AM			SPEED NEED: ENCINITAS 2mi @ 14:36 / 7:19 2mi @ 10:10 / 7:40 1mi @ 1:00 / 9:50 AVE. 1mi @ 1:00 / 7:40 AVE. 1mi @ 1:00 / 7:40 AVE.			POB POWER WALK @ 15:14 AVE. PT @ 11:00 AM			ENCINITAS 6 @ 8:24 AVE. PT @ 11:00 AM			ENCINITAS 6 @ 8:24 AVE. PT @ 11:00 AM		
140.4			140.4			89.80	10	8.99	94.84	11	8.62	104.89	12	8.74	109.89	13	8.45	119.90	14	8.76			
						454.75	62	7.33	459.79	63	7.29	469.84	64	7.34	474.84	65	7.30	484.85	66	7.34			
						147	11.93	11.93	1:16	5.04	3:64	1:29	10:05	4:33	27:02	1:16	5:00	5:48	32:02	1:33	10:01	17:21	42:03
25	0	0	26	0	0	27	10/29 WNKRS	218.80	28	10/29 WNKRS	226.97	29	10/29 WNKRS	226.97	30	10/29 WNKRS							
IV			IV			IV	12:20	10:30	IV	1:20	10:50	IV	1:15	1:35	11:05	IV	1:35	11:05					
LS 1/2 MARATHON BIKE RIDE CHUCK! 2ND ACE-GROUP 1:38:09 / 7:30			RESTDAY V PT @ 11:00 AM LAB/BLOODWORK			RSE GOLF COURSE LOOP @ 8:57 AVE. 7min stops!			RESTDAY V 3613 VISTA WAY 2:00 PM PT @ 11:00 AM			1MI @ 6:59 2MI @ 14:26 RIDE @ 11:00 DR. HEISER @ 10:30 DR. AMICO @ 9:20			RESTDAY V UNION ??								
139.4			139.4			136.91	15	9.12	145.08	16	9.06	145.08	16	9.06	145.08	16	9.06	145.08	16	9.06			
						501.86	67	7.49	510.03	68	7.50	510.03	68	7.50	510.03	68	7.50	510.03	68	7.50			
						2:32	17:01	2:32	17:01	1:10	8:17	3:42	25:18	3:42	25:18	3:42	25:18	3:42	25:18	3:42	25:18		



4X LSD  
 13.63 AVE  
 HILLS TRACK  
 13X DISTANCES  
 6:36 AVE

# MAY 2010

# MAY

6:26x1  
 6:25x1  
 6:28x1  
 6:46x4 -184  
 6:45x2 -90  
 6:48x1  
 6:26x2 -52  
 6:26x1  
 479

★  
 STARTED  
 WOREN2M-N  
 SUPPLEMENTS  
 01 MAY 2010  
 MORE WITH LESS!

10/24 LUNAR 257  
 10/20 20 11:25

Holly Gully  
 @JC @EZ  
 #7

139.67

10.05 1 10.05  
 520.08 69 7.53  
 10.05 1.40 1.40 10.05

2	3	4	5	6	7	8
TV :10 :10 11:35	TV :10 11:35	TV 20 30 11:55	TV 10 :40 12:05	TV 20 1:00 12:25	TV 1:00 12:25	TV 1:15 11:15 12:40
RESTDAY	RESTDAY @ 11:00 AM PHYSICAL THERAPY 1141	UCSD TRACK 4X1 MILE @ 8:00 RECOVERY 1) 6:50 2) 6:47 3) 6:43 4) 6:44 1140-#1	(RECOVERY) EZ HOOD @ 9:38A @ 11:00 AM PHYSICAL THERAPY 1139.87	RGE@LSD FRONT 9 GC LOOP @ 8:58A 137.2 LBS AFTER RUN! 1139.87	DROPPED MEMBERSHIP @ YUMCA EZ HOOD @ 9:37 AVE (RECOVERY) 45.10	EXCITING @ 8:28A @ JC #8 1141.47
20.00	2 10.03	25.07	3 8.35	10.02	4 40.09	5 9.02 55.10 6 9.18
530.99	70 7.58	536.00	71 7.54	551.02	72 7.65	556.03 73 7.61 566.03 74 7.41
1:21 10.01	1:21 10.01	:48 5.01	2:09 15.02	2:15 15.02	4:24 30.04	:48 5.01 5:12 35.41 1:28 10.01 6:40 14.41

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

17	18	19	20	21	22
TV 10 13:40	TV 12 1:12 13:52	TV 1:12 1:24 14:04	TV 1:15 1:39 14:19	TV 1:39 14:19	TV 1:30 1:09 14:49
RESTDAY	RESTDAY @ 11:00 AM PHYSICAL THERAPY	UCSD TRACK #3 1 MI @ 6:30 / 6:00 2X 1/2 MI @ 6:26 4X 1/4 MI @ 6:26 STRIDE MILE @ 7:14 PHYSICAL THERAPY 1141.27 1140	POB @ 9:03 RECOVERY RUN! @ 11:00 AM PHYSICAL THERAPY 1141.27 1139	POB @ 8:45A RECOVERY RUN! 1140	POB @ 8:46A RECOVERY RUN! DEEM APPROVED PHYSICAL THERAPY 1141.9 1141
111.37	12 9.13 117.40	13 9.03	123.62 14 8.03 129.80	15 8.65 142.23	16 8.88 142.23 16 8.88
622.30	80 7.77 628.93	81 7.75	634.55 82 7.73 640.73	83 7.71 653.10	84 7.77 653.10 84 7.77
1:23 10.01	1:23 10.01	:55 6.03	2:18 16.04	3:12 22.26	54 6:00 4:06 28.44 1:53 2:43 5:59 40.87

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



RESTDAY  
 RESTDAY  
 HULLY GULLY PLUS GUYFLEM TRAIL @ 9:13A  
 CHUCK BENKER!  
 (RECOVERY) HAIRCUT RUN @ 9:28A  
 HAIRCUT! @ 11:00 AM PHYSICAL THERAPY  
 #2 UCSO TRACK!  
 4x800 @ 4:40 Recovery @ 2:00 PM  
 (RECOVERY) EZ Hood @ 9:28A  
 RGF @ LSA @ 9:149AE  
 VERY NEED!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
12:40	13:00	13:10	13:20	13:30	13:40	13:50
68.20	7	9.24	73.31	8	9.16	82.31
579.13	75	7.12	584.24	76	7.68	593.24
2:01	13:01	13:10	148	51	2:04	18.21
120	130	130	120	120	120	120

RESTDAY  
 RESTDAY  
 UCSO TRACK #3  
 1 MI @ 6:30 / 8:00  
 2x 1/2 MI @ 6:26 400  
 4x 1/4 MI @ 6:26 200  
 STRIDE MILE @ 7:14  
 POB @ 9:03 RECOVERY RUN!  
 @ 11:00 AM PHYSICAL THERAPY  
 POB @ 9:45A RECOVERY RUN!  
 POB @ 8:46A RECOVERY RUN!  
 DERMATOPHYTES  
 PHANTOM PAIN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
13:40	13:40	13:52	14:04	14:19	14:19	14:49
111.37	12	9.3	117.40	13	9.03	123.62
622.30	80	7.77	628.33	81	7.75	634.55
1:23	10:01	1:23	10:01	1:55	6:03	2:18
120	120	120	120	120	120	120

RESTDAY  
 RESTDAY  
 UCSO TRACK #4  
 1600  
 1 MI @ 6:28 (800)  
 2x 800 @ 6:25 (400)  
 4x 400 @ 6:26 (200)  
 STRIDE MILE @ 7:06 AM  
 8:00 AM  
 TAPER FONTANA POB RUN @ 9:13A  
 @ 11:00 AM PHYSICAL THERAPY  
 FONTANA TAPER #2 MAIL RUN @ 8:55A HOLDING BACK!  
 MAIL RUN @ 8:57A HOLDING BACK!  
 HOOD LOOP @ 8:54A  
 PLANTAR FASCIAITIS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
15:09	15:24	15:44	15:59	16:20	16:20	16:20
152.24	17	8.95	157.29	18	8.73	162.33
663.11	85	7.80	660.22	86	7.77	673.26
1:21	10:01	1:21	10:01	1:46	5:05	2:07
120	120	120	120	120	120	120

RESTDAY  
 RESTDAY  
 4x LSD @ 1363 AVE  
 13x 1 MILE TRACK @ 6:36 AM  
 JUNE 1st  
 DR. HEISEL @ 10:00 AM  
 SAMANTHA GHISELLI MD  
 DERMATOLOGIST MEDICAL GROUP  
 (CANCELLATION 4pm FRIDAY)  
 HILTON GARDEN INN  
 # 3389141789  
 (909) 922-7300  
 \$89-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAURDAY
16:20	16:20	16:20	16:20	16:20	16:20	16:20
150	151	151	151	151	151	151
150	151	151	151	151	151	151
150	151	151	151	151	151	151

IV: 4 HR, 54 MIN. TOTAL  
 1178#  
 22  
 1200







166	141.8	0	167	LBS	141.8	0	168	LBS	142.4	7.5	169	LBS	142.8	9.1	170	LBS	141.8	10.0			
53.31	8	6.46	5832	9	6.48	6232	10	6.23	67.34	11	6.12	744.52	99	7.52	748.52	100	7.40	753.54	101	7.46	
7395	98	7.54	744.52	99	7.52	748.52	100	7.40	753.54	101	7.46	1750	3:13	11:01	1800.4	9:13	15:01	152	15:02	4:05	20:00

20	RESTDAY	17:50	21	RESTDAY	17:50	22	LUNARIS	17:50	23	LUNARIS	17:50	24	LUNARIS	17:50	25	LUNARIS	17:50	26	LUNARIS	17:50
171	LBS	141.0	172	LBS	141.0	173	LBS	139.0	174	LBS	140.0	175	LBS	142.0	176	LBS	140.0	177	LBS	140.0
77.55	12	6.46	82.63	13	6.35	87.76	14	6.26	92.86	15	6.19	97.86	16	6.11	102.86	17	6.04	107.86	18	6.00
763.75	102	7.48	768.83	103	7.46	773.96	104	7.44	779.06	105	7.41	784.06	106	7.39	789.06	107	7.36	794.06	108	7.34
133	10.21	11:33	10.21	145	5:00	2:18	15:29	4:11	5:13	2:39	20:42	4:45	5:10	3:44	25:52	4:42	5:06	4:26	30:52	
27	RESTDAY	17:50	28	RESTDAY	17:50	29	LUNARIS	17:50	30	LUNARIS	17:50									
118	LBS	141.4	179	LBS	141.4	180	LBS	139.6	181	LBS	140.5									
112.99	17	6.64	117.91	18	6.55	799.19	107	7.46	804.11	108	7.44									
2:10	15:13	2:10	15:13	1:10	4:22	3:30	20:05													

11/01 LUNARIS

ICE BATH : 20/55°  
LAGOON RUN  
(LSD WORK)  
SANTA HELENA Hill  
LBS \* NO DRAMP LEFT CALF

CARDIFF:  
@ 8:56

\* BEST PACE SINCE  
FONTANA  
CARDIFF:  
@ 7:58A

MAIL RUN:  
@ 8:50A

(SPEED WORK) @ 8:56A

"DIFFICULT THINGS TAKE TIME,  
THE IMPOSSIBLE TAKES A LITTLE LONGER!"

JULY 20  
@ 4PM  
DR. THOMAS  
(60) 942-0047

LOOK DEEPER!!!  
GO HIGHER!!!  
PUSH HARDER!!!  
GO FARTHER!!!

ICE BATH : 20/55°



\* SEPT. 14  
 Mt. Whitney

"DIFFICULT THINGS TAKE TIME!!!  
 THE IMPOSSIBLE TAKES A LITTLE LONGER!"

# JULY (JULYARY) @ ZOTEN

1. 1101 LUNARS TV 17:50	2. Rest Day!	3. 1101 LUNARS TV 17:50	4. Rest Day!	5. 1101 LUNARS TV 17:50	6. 1101 LUNARS TV 17:50	7. 5120 VOMEROS TV 17:50	8. 5120 VOMEROS TV 17:50	9. Rest Day!	10. 1101 LUNARS TV 17:50
11. Rest Day!	12. Rest Day!	13. 1101 LUNARS TV 17:50	14. 5120 VOMEROS TV 17:50	15. Rest Day!	16. 5120 VOMEROS TV 17:50	17. 1101 LUNARS TV 17:50	18. Rest Day!	19. Rest Day!	20. 1101 LUNARS TV 17:50

**HAIR CUT RUN @ 9:07A**

**REST DAY!**

**ICE BATH 55°/20**

**CHUCK STRONG UP HILL!**

**SANTA HELENA**  
 4.04 @ 8:34 A/9A  
 2.41 @ 8:21 A (SANTA HELENA)  
 3.97 @ 8:31 A SPLIT

**101 NORTH @ 9:00A RECOVERY!**

**101 NORTH @ 8:47A RECOVERY!**

**ICE BATH 58°/20**

**NORTH SPEEDWORK!**  
 1.78 @ 9:20 508'42"  
 1.50 @ 9:50 518'02"  
 1.1 @ 9:05 514'14"  
 1.5 @ 8:31 509'14"  
 7.51

**REST DAY!**

**ICE BATH 59°/15**

**NORTH SPEEDWORK!**  
 1.73 @ 9:35 514'35"  
 3.0 @ 7:06  
 2.23 @ 9:24

**DR. HEISER @ 8:15**  
 CHUCK STRONG @ 8:15  
 RSE 60 100P @ 8:41  
 LAGOON BACK @ 21:30/8:04  
**ICE BATH 56°/20**

**HOOD/STAIRS**  
 130X2 @ 9:57A  
 200X1

**REST DAY!**

**HOOD/STAIRS**  
 130X2  
 260X1 @ 9:49

**ICE BATH 59°/15**

**NORTH SPEEDWORK!**  
 1.73 @ 9:35 514'35"  
 3.0 @ 7:06  
 2.23 @ 9:24

\* KENTON, city-sep 1/2 marathon/oct-20  
 \* Dow Villa SEPT. 13th/14th  
 \* Permits  
 \* ADEWAKE PASS  
 \* STORE PEN

75.47/11  
 87.93/119

21. Rest Day!	22. Rest Day!	23. Rest Day!	24. 1101 LUNARS TV 17:50
---------------	---------------	---------------	-----------------------------



58.43	7	8.34	63.45	8	7.93				130X2					
862.54	115	7.52	867.56	116	7.47				260x10949					
212	15.23	212	15.23	150	5.02	312	20.25		68.46	9	7.62	75.47	10	7.54
									872.57	117	7.45	879.58	118	7.45
									49	15.01	3.51	25.26	139	7.01

\* CENTER CITY - SEPT 1/2 MARATHON/OCT-20  
 \* DOW VILLA SEPT. 13TH/14TH.  
 \* PERMITS  
 \* ADVENTURE PASS  
 \* STEEPE PEN

75.47/11  
 879.58/119

18				19				20	1101 LUNARS									
TV				TV				TV		21	5/20 JOMEROS	140.08	22					
8.5 20 186.5 25 0.63 3247 17.27 129.88								DE THOMAS 4pm 27 STAIRS SANTA HELENA @ 18:26 / 6:59A 2:64 GOOD! CHUCK WITH!				17.50	TV		TV			
RESTDAY!			RESTDAY!					HAIRCUT RUN @ 9:12A		RESTDAY			KNOTT CAFE LEFT LEG !! ICE/Massage	RESTDAY			KNOTT/LEFT LEG!! ICE/Massage	HOOD/DEL MAR @ 8:27 CAFE/OK!!
							85.62	11	7.70	90.70	12	7.55						
							889.73	119	7.47	894.81	120	7.45						
							1133	10.15	133	10.15	47	5.00	2:20	15.23				

25				26				27	5/20 JOMEROS	156.08	28			29			30	1101 LUNARS		31	1101 LUNARS	
TV				TV				TV		1750	TV		TV				TV		1750	TV		1750
8.5 20 213.5 28 113 3601 16.86 128.08								Mt. BALDY BEAR CANYON TRAIL TO TOP TOP TO NOTCH AND BACK -19.0 DOWN CHAIR LIFT TRAIL ROAD TO BALDY VILLAGE. CHUCK GOOD! ME???					TV	TV		TV	TV	TV		TV		TV
RESTDAY!			RESTDAY!						RESTDAY!		RESTDAY			STUBBLER? SORE	EZ NORTH BEACH/ROAD @ 8:29A			NORTH BEACH/SUMMIT 133 STAIRS @ 8:16AVE				
							112.75	14	8.00													
							916.80	122	7.51													
							6:30	16:00	6:30	16:00												

8/03 DR. THOMAS @ 4:00pm 8/26 DR. HEISER @ 10:00am



# AUGUST 2010

CHUCK BDAY  
03.10.55

1	0	0	2	0	0	3	11/01 WARRS 5/20 VOMEROS 160.00	4	5/20 VOMEROS 162.10	5	5/20 WARRS VOMEROS 168.52	6	0	0	7	11/01 WARRS										
8.5 255.0 33 1507 136.3 7.67	RESTDAY		RESTDAY		UCSD TRACK: 1.15 @ 6:51 STRIDES 1.13 @ 6:24 .56 1.11 @ 6:27 @ 3.08 * DR. HARRIS @ 3.12 406:30 4PM		HARCUT RUN @ 8:57 AM		CARDIFF: BCH/ROAD 200 STAIRS! 130 X1 05 X2		RESTDAY		190 WARRS @ 9:40A 1.91 WARR @ 9:24A 101 NORTH * 7 @ 7:26 AM 7.40 up 7.15 BE STRONG!!													
0	0	0	0	0	0	11:00	1	11:00	17:00	2	8:54	23.45	3	7:01	0	0	0	32:30	4	8:07						
0	0	0	0	0	0	943.20	125	754	949.28	126	753	955.65	127	752	0	0	0	964.45	128	753						
0	0	0	0	0	0	1:30	11:00	1:30	11:00	54	6:00	2:24	17:00	1:58	6:37	3:22	23:45	0	0	0	1:10	8:00	4:32	32:30		
8	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	
8.5 20 289 37 134 504 17.44 136.24	RESTDAY		RESTDAY		SAN JACINTO: UP @ 1805 AVE DEVILS SLIDE / WELLMANS LONG VALLEY RANGER STATION SKUNK CABBAGE MEADOW SADDLE JUNCTION / DEVILS DOWN @ 16:28 AVE. @ 13:46 AVE		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY		RESTDAY	
0	0	0	0	0	0	47.82	5	9.56	0	0	0	0	0	0	0	0	0	52.07	6	8:01	60.57	7	8:00			
0	0	0	0	0	0	979.97	129	759	0	0	0	0	0	0	0	0	0	985.02	130	757	992.72	131	757			
0	0	0	0	0	0	4:16	15:52	4:16	15:52	0	0	0	0	0	0	0	0	49	4:50	5:05	20:02	1:07	7:20	6:12	27:22	

\* SEPTEMBER 20<sup>TH</sup>  
@ 2:00 / DR. THOMAS  
\* OCTOBER 4<sup>TH</sup> @ 4:40 DR. THOMAS



12000

15	0	0	16	0	0	17	1101 LUNARS 992.72 131	18	0	0	19	5/20 VOMEROS 183.05	20	0	0	21	LUNARS TRAM ACCIDENT WORK * (CURB)	
8.5 20 38.5 41	RESTDAY		RESTDAY		UCSD TRACK: STRIDE MILE @ 6:45 2.24 WARM-UP @ 9:08 1.12 @ 6:28 290.87 .56 @ 3:09 28 @ 89 88 .56 @ 3:07 28 @ 86 86 GOOD!! 6:16 128 @ 89		8.5 20 32.7 47 113 144.4 144.4 18.52	RESTDAY		HARVET RUN @ 8:50A	8.5 20 34.4 44 114 6307 143.34 18.33	RESTDAY		TEMPO: 2.0 @ 9:03 AM x 3.0 @ 6:57A 2.0 @ 9:06 AM		8.5 20 35.5 45 115 142.7 142.7 18.2	LUNARS TRAM	
0	0	0	0	0	0	7161	8	8.95	0	0	0	7766	9	8.62	0	0	0	
0	0	0	0	0	0	1003.76	132	7.60	0	0	0	1009.01	133	7.59	0	0	0	
0	0	0	0	0	0	1:40	11:04	1:40	11:04	0	0	0	0	0	0	0	0	0
22	0	0	23	0	0	24	8/24 VOMEROS 19.60	25	0	0	26	0	0	27	LUNARS W01	28	LUNARS W01	
7.0 20 116 259.5 49 65.21 141.76 18.13	RESTDAY		RESTDAY		SAN JACINTO: DEER SPRINGS LOOP @ 16:00 AVE @ CHUCK & GREAT!		8.0 20 47 361.5 513 92 7126 19.34 151.61	RESTDAY		DR. HEISERS @ 10AM	DEL MAR WOODS @ 8:19A		101 NORTH W01 @ 6:59		8.0 20 47 361.5 513 92 7126 19.34 151.61	LUNARS W01		
0	0	0	0	0	0	104.36	11	9.48	0	0	0	0	0	0	112.05	12	9.33	
0	0	0	0	0	0	1036.51	135	7.67	0	0	0	0	0	0	1044.42	136	7.67	
0	0	0	0	0	0	19.60	5:30	5:30	19.60	0	0	0	0	0	1:04	7:64	6:34	27.29
29	0	0	30	0	0	31	4/01 LUNARS	0	0	0	0	0	0	0	1:04	7:64	6:34	27.29
9.0 15 46 57.6 89 121.3 150.31 19.18	RESTDAY		RESTDAY		SWAMIS @ 9:00A		62 130 117	RESTDAY		DEL MAR WOODS @ 8:19A		101 NORTH W01 @ 6:59		8.0 20 47 361.5 513 92 7126 19.34 151.61	LUNARS W01			
0	0	0	0	0	0	126.23	14	9.01	0	0	0	0	0	0	1:04	7:64	6:34	27.29
0	0	0	0	0	0	1058.60	130	7.67	0	0	0	0	0	0	1:04	7:64	6:34	27.29
0	0	0	0	0	0	1:12	8:01	1:12	8:01	0	0	0	0	0	1:04	7:64	6:34	27.29

Michael Gomez

X CANCEL DERMATOLOGIST  
APT. SEPT. 20<sup>th</sup> UNTIL OCTOBER

CALL HEISERS OFFICE  
X SEPT. 17<sup>th</sup> FOR FULL  
REPORT.



# SEPTEMBER 2010

108  
4:45 UP  
4:20 DN  
109  
4:43 UP  
4:38 DN  
110  
4:23 UP  
3:33 DN

WEEK # 36  
30.01 WEEK AVE.  
3.91 DAYS PER WEEK

1	11/01 LUNARS	2	11/01 LUNARS	3	0	0	4	11/01 LUNARS	
	\$7215 DELMAR WOODS @ 8:59 AM		Hood @ 8:59 AM		RESTDAY			DELMAR WOODS @ 6:34	
	1067.61	1	9.01	14.69	2	7.34		143.5	
	4.01	138	7.68	1073.29	140	7.66		21.99	
5	0	0	0	0	0	0	0	0	
6	0	0	0	0	0	0	0	0	
7	11/01 LUNARS	8	8/24 VOMEROS	9	8/24 VOMEROS	10	0	11	10/11 LUNARS
	ENCINITAS @ 8:21 AM		Hood @ 8:55 AM		Hood @ 8:53 AM		RESTDAY! CALL LONE PINE!		DELMAR WOODS @ 8:25
	30.98	4	7.24	36.23	5	7.24		141.5	
	1089.50	142	7.67	1094.83	143	7.65		52.01	
	1:15	8.99	1:15	8.99	144	7.65		1110.61	
12	0	0	0	0	0	0	0	0	
13	0	0	0	0	0	0	0	0	
14	8/24 VOMEROS	15	0	16	10/11 LUNARS	17	8/24 VOMEROS	18	8/24 VOMEROS
	MT. WHITNEY @ 4:23 UP		BAD AIR!! RESTDAY!		HAIRCUT Run!		CARDIFF BEACH		CARDIFF BEACH
	74.01	8	9.25	79.05	9	8.78		84.07	
	1132.61	146	7.75	1137.65	147	7.73		1142.67	
	7:57	22	7:57	7:57	22	7:57		7:57	

RESTDAY

RESTDAY

WEEK # 37  
3.91 RUNS PER WEEK  
30.01 AVE.

WEEK # 38  
DOAVILLA #18  
(100F 22)  
RESTDAY

85  
63  
147.5  
114  
10,050  
1000  
20.26

YESTERDAY IS HISTORY IN  
TOMORROW IS THE YESTERDAY FROM  
TWO DAYS FROM NOW!  
BE HERE NOW!

RESTDAY

RESTDAY

RESTDAY

RESTDAY!

3.81/29.91  
#39

LAGOON  
RUN/WALK

DELMAR WOODS  
@ 8:24

NORTH  
101 @ 8:30

1 0

96.08 12 8.00

103.00 13 7.00

108.21 14 7.72

114.24

114.24



40°/10-15 mph wind			RESTDAY			HAIRCUT Run!			SARDIRO			CARDIFF		
FALLS			SMOKE/ALBAMA HILLS			CANYON			BENTON			BEACH		
74.01	8	9.25				79.05	9	8.78	84.07	10	8.40	88.08	11	8.00
1132.61	146	7.75				1137.65	147	7.73	1142.67	148	7.72	1146.68	149	7.69
7:51	22°	7:57	22°			7:45	5:04	8:42	27:04	7:45	5:02	9:27	32:00	7:36

YESTERDAY IS HISTORY IN  
TOMORROW IS THE YESTERDAY FROM  
TWO DAYS FROM NOW!  
BE HERE NOW!

19			20	10/11	21.33	21			22	0/24	70.37	23	0/24	75.50	24		25	
RESTDAY			LAGOON			RESTDAY			DEL MAR			NORTH			RESTDAY		RESTDAY!	
3.81/29.91			96.08	12	8:00				103.00	13	7.92	108.21	14	7.72				
1154.68			1154.68	150	7.69				1161.68	151	7.69	1166.81	152	7.67				
8:00	11:16	8:00	1:16						1:59	7:00	2:15	15:00	7:44	5:13	2:59	20:13		
26	NEWTONS	6:02	27			28			29	0/24	79.67	30						
101 NORTH			RESTDAY!			RESTDAY!			DEL MAR			CAIF/BETTER						
114.23	15	7.61							118.40	16	7.40							
1172.83	153	7.66							1177.0	154	7.64							
54	6:02	54	6:02						36	4:17	1:30	10:19						

135/18/7.50 FRI/30 OCT  
TALK TO ROSA  
ABT. INSURANCE

RIGHT TO DO WHAT YOU  
WANT BUT NOT RIGHT TO DO!

DR. THOMAS  
apt. @ 440  
OCTOBER 4TH

8.5
20.15
63
49.15
114
10.080
16.000
20.26

7.0
10
60
472
56
8859
147.65
18.76

115
8.5
20
71
480.5
874
98.45
161.44
20.49

8.5
20
62
409
99.6
120.14
20.36

160.74
142.4



# OCTOBER 2010

PARKING  
B+2086 "OK"  
PIN 0000

HOLD ANSWER BUTTON  
ON UNTIL CONNECTS TO 1162.5  
PHONE (DISPLAY ON PHONE)  
(ICON ON PHONE)

SETTINGS  
CONNECTION  
BLUETOOTH

SOLID GREEN  
PHONE HAS +10MIN.  
SOLID RED  
PHONE HAS -10MIN.

WEEK # 41 / 3.87/29.50  
WK AVG / MILES WK

1	0	0	2	0	0
7.5			8.5		
14			0.5		
66			6.7		
522			530.5		
10369			10444		
157.1			156.7		
19.86			19.72		

3	0	0	4	0	0	5	0	0	6	0	0	7	0	0	8	0	0	9	0	0
8.5 14.50 68 539 105.78 155.55 19.62			0124 VOMERS 87.86			8/24 VOMERS 95.00			106 VOMERS 403			1016 VOMERS 9.56						11/01 LUNCH		
20 CAIF STRAIN #5 RESTDAY CAIF BETTER RUN @ WORK!!!			CARDIFF SOUTH BEND @ 8:53 AM GOOD!! CAIF HELD!			HAIRCUT RUN @ 8:44			CARDIFF @ 8:28A			HOOD @ 8:49A			RESTDAY			ENCINITA @ 8:10 AM 2.64 @ 7:00		
0	0	0	8:19	1	8:19	16:21	2	8:01	20:24	3	6:24	25:27	4	6:44	0	0	0	32.81	5	6:56
0	0	0	1185.19	155	764	1193.21	156	764	1197.24	157	762	1202.77	158	761	0	0	0	1209.81	159	760
0	0	0	1:18	8:19	1:18	8:19	1:10	6:02	2:28	16:21	1:34	4:03	3:02	20:24	49	5:53	3:51	25:27	0	0
0	0	0	10	0	0	11	0	0	12	0	0	13	0	0	14	0	0	15	0	0
8.5 20 73 483 57.30 1.83			1016 VOMERS 20.68			10106 VOMERS 34.48			10106 VOMERS 39.50			11101 LUNCH								
#42 3.88 DR 29.64 WR			8:40 DOWN / 8:15 BACK PYRAMID LAKE @ 8:28 ROAD TO NIXON!!!			AM 9:32 MI @ 9:04 FALLEN LEAF LAKE @ 9:10 A PM CARSON ALLEN LAKE / RUN 4.56			CARDIFF @ 8:29 AM			SWAMIS CARDIFF 1.80 @ 7:23 1.00 @ 6:43 1.80 @ 7:03 AM								
0	0	0	43.93	6	7:32	57.93	7	8:24	62.75	8	7:04	67.97	9	7:55	0	0	0	1230.75	162	7:65
0	0	0	1220.93	160	7:63	1234.73	161	7:66	1239.75	162	7:65	1246.10	163	7:64	0	0	0	502	44	428
0	0	0	1:34	11:12	1:34	11:12	2:10	13:00	3:44	25:00	0	0	0	0	0	0	0	54	6:35	52



\$ 11,700

2132 CALS

141.4

3950

141.6

17	0	0	18	0	0	19	11/01 LUNAR	-	20	0	0	21	10/06 VOMEROS	4558	22	19/06 VOMEROS	5156	23	11/01 LUNAR	-				
8.5 20 76 604.15 1795 155.19 19.51	#43 29.82 RESTDAY! 7.67 3.88		RESTDAY!		RSF (RES. LOOP) @ 8:52 AM * CHUCK TONG!! 57/58 - :20		7.5 19.7 77 612 11861 154.03 19.38		RESTDAY!		8.5 19 78 620.5 11970 153.46 19.29	CARDIFF @ 9:02A		8.5 20 79 629 435 2509 158.34 19.88	DM / SB @ 8:50A		8.5 18 80 637.5 1199 126.58 158.22 19.85	SWAMI'S TEMPO: 3.09 @ 8:51A 2.01 @ 6:46A 1.03 @ 9:02A						
0	0	0	0	0	0	86.01	10	8.6	0	0	0	92.09	11	8.37	98.15	12	8.17	104.28	12	8.02				
0	0	0	0	0	0	1264.14	164	7.70	0	0	0	1270.22	165	7.69	1276.28	166	7.68	1282.41	167	7.67				
0	0	0	0	0	0	2:40	19 <sup>04</sup>	2:40	19 <sup>04</sup>	0	0	0	1:55	6 <sup>08</sup>	3:35	24 <sup>12</sup>	1:53	6 <sup>06</sup>	4:28	30.20	1:50	6 <sup>13</sup>	5:18	36 <sup>33</sup>
24	0	0	25	0	0	26	11/01 LUNAR	-	27	10/06 VOMEROS	5658	28	0	0	29	10/06 VOMEROS	6305	30	0	0				
7.0 15 81 12728 157.13 644.5 19.24	#44 RESTDAY!		RESTDAY!		HULLY BULLY @ A-TWIST (TORREY PINES) RAZOR POINT @ chuck @ 9:15A				HAIRCUT RUN! @ EZ		8.5 20 659 83 12874 155.10 19.53	RESTDAY!		8 10 82 620.5 2714 157.8 19.63	HOOD @ 9:02A		8.5 10 82 620.5 2714 157.8 19.63	RESTDAY! (RAIN)						
0	0	0	0	0	0	11835	14	8.45	12337	15	8.22	0	0	0	129.84	16	8.11	0	0	0				
0	0	0	0	0	0	1296.48	168	7.71	1301.50	169	7.70	0	0	0	1307.97	170	7.69	0	0	0				
0	0	0	0	0	0	2:10	14 <sup>07</sup>	2:10	14 <sup>07</sup>	1:50	5 <sup>02</sup>	3:00	19 <sup>09</sup>	0	1	0	0	1:59	6 <sup>47</sup>	3:59	25 <sup>56</sup>	0	0	0

31 10/06 VOMEROS 6923

8.0 20 85 615.5 12929 152.10 19.13	HOOD @ 8:57A	
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136.02	17	8.00
1314.15	171	7.68
15	6 <sup>18</sup>	1:55
		6:18

208 TOTAL 3.98  
DAYS U.S.  
DAY PER WEEK

207 DAYS RUN  
7.3 AVE.  
30.76 WK AVE.  
4.3 DAY AVE.

32 MILES/WEEK  
TO EQUAL  
1600 TR 2010



# NOVEMBER 2010

1	2	3	4	5	6
#44 WEEK RESTDAY	LUNAR 5000' - 6,000' MT. LAGUNA PCT TRAIL RUN LSD @ CHECK WINDY/GREAT DAY	12929 RESTDAY	10106 JOMEROS 7427 HOOD RUN @ 9:00A	10106 JOMEROS 7931 HOOD RUN @ 8:51A	10106 JOMEROS 8237 HOOD @ 9:11
0 0 0	20:77   20:77	0 0 0	25.81   2   12.90	30.85   3   10:28	33.91   4   8.47
0 0 0	1334.92   72   7.6	0 0 0	1339.96   173   7.74	1345.00   174   7.72	1348.00   175   7.70
0 0 0	3:52   20:77   3:52   20:77	0 0 0	45   5:04   4:37   25.81	44   5:04   5:21   30.85	28   3:06   5:49   33.91
#45 RESTDAY STOP LEG LBS!! NYC MARATHON > 65:69 3:14	1389 RESTDAY	LUNAR MT. LAGUNA SUNRISE HAWK @ 8:54 AM	10106 JOMEROS 8940 IC'S @ 9:11 CHESTERFIELD?	10106 JOMEROS 9949 HAIRCUT RUN @ 8:56A	10106 JOMEROS 10064 HOOD RUN SEASIDE/SNAIL TRAIL @ 9:00A
0 0 0	0 0 0	51.02   5   10:20	58.05   6   9.67	64.14   7   9.16	69.18   8   8.64
0 0 0	0 0 0	1365.17   176   7.75	1372.20   177   7.75	1378.29   178   7.74	1383.33   179   7.72
0 0 0	0 0 0	232   17:11   232   7:11	1:04   7:09   3:36   24:14	54   6:09   4:30   30:23	45   5:04   5:15   35:27
14   0 0 0	15   0 0 0 CHECK WEEK	10/06 JOMEROS 11029 SNAIL TRAIL TO LAGOON LOOP @ 9:08 AM (LBS) :12 ±V / STRETCHES	10/06 JOMEROS 11423 SNAIL TRAIL LAGOON LOOP @ 8:44 AM (LBS) :12 ±V / STRETCHES	10/06 JOMEROS 11817 SNAIL/LAGOON TRAIL LOOP @ 8:59 AM	10/06 JOMEROS 12221 SNAIL/LAGOON TRAILS @ 8:50 AM
0 0 0	0 0 0	70.83   10   7.88	82.77   11   7.52	86.71   12   7.12	90.75   13   6.98
0 0 0	0 0 0	1392.98   181   7.69	1396.92   182   7.67	1400.86   183   7.65	1404.90   184   7.63
0 0 0	0 0 0	4:15   38   38   4:15	:34   39:4	1:12   6:09   :35   39:4	1:47   12:03   :36   40:4
0 0 0	0 0 0	1408.89   185   7.61	1412.83   186   7.60	1416.77   187   7.59	1420.71   188   7.58
0 0 0	0 0 0	258   20:06	258   20:06	258   20:06	258   20:06



126.25

6.69  
4.43

4.23 DAY AVE. x 3 OR 12.7 TOTAL = 116

21	0	0	22	0	0	23	16/06 WOMENS	130.37	24	10/06 WOMENS	134.76	25	10/06 WOMENS	139.76	26	10/06 WOMENS	144.72	27	10/06 WOMENS	151.82					
RESTDAY WATER BATHING HEAD COLD			RESTDAY #47 CONGESTED HEAD COLD			SOLANA LOOP @ 8:42A BETTER! HEAD ACHE!			SOLANA LOOP @ 8:37A 103.30			8:36 AVE / WEEK SOLANA LOOP @ 8:29A			8:31.75 AVE / WEEK SOLANA LOOP @ 8:19A			SOLANA LOOP @ 8:19A							
0	0	0	0	0	0	48.91	15	6.59	103.30	16	6.45	108.30	17	6.37	113.31	18	6.29	120.04	19	6.31					
0	0	0	0	0	0	1413.06	186	7.59	1417.45	187	7.57	1422.45	188	7.56	1427.46	189	7.55	1434.19	190	7.54					
0	0	0	0	0	0	:36	4.17	:36	4.17	:38	4.39	:14	8.56	:42	5.00	:56	13.56	:42	5.01	2.38	18.57	1.56	6.73	334	25.30

28	0	0	29	0	0	30	LUNARS A LOT!		
RESTDAY			RESTDAY			SOLANA RSE 2X6C Loops @ 8:53 AVE (HIP... SIATICA...)			
0	0	0	0	0	0	140.26	20	70.13	
0	0	0	0	0	0	1454.41	191	7.61	
0	0	0	0	0	0	3:00	20.22	3:00	20.22

25.26

6.69

mo. 94.74

fr. 1408.89

119 (12.7)

103.3

103.3

36.7

11.7

6.34 x 23

145.82

115.30

$$\begin{matrix} TU > 10 = 16 \\ W-S > 6 = 24 \\ \hline 34 \end{matrix}$$

DECEMBER  
TO  
REMEMBER

18 | 0

Acc  
Block  
@ E

1.00

1455.41



# DECEMBER TO REMEMBER

18 | 0 | 0

Acacia  
Blockwalk  
@EZ

1.00	1	1.00
1455.41	192	758
:16	1.00	:16
	1.00	

19   0   0	20   0   0	21   10/06 VOMEROS   158.05	22	23   0   0	24   0   0	25   0   0
Acacia Blockwalk @EZ	REST! PHYSICAL THERAPY 12:30	POWER WALK! RAILTRAIL HOOD LOOP	REST! PHYSICAL THERAPY 12:30	(7) ADULT (11) VIKADIN (3) XTRA STRENGTH EXCEDRIN REST! WORKS 8HRS	5 ADULT 3 XTRA STRENGTH EXCEDRIN REST! WORKS 8HRS	6 ADULT 3 XTRA STRENGTH EXCEDRIN REST WORKS 8 1/2 HRS
2.50   2   1.25	0   0   0	6:55   3   2:18	0   0   0	0   0   0	0   0   0	0   0   0
1456.91   193   7.54	0   0   0	1460.96   194   7.53	0   0   0	0   0   0	0   0   0	0   0   0
:24   1.50   :24   1.50	0   0   0   0	1:04   4:05   1:33   5:55	0   0   0   0	0   0   0   0	0   0   0   0	0   0   0   0
26   0   0	27   0   0	28   12/28 VOMEROS   5:02	29   0   0	30   12/28 VOMEROS   9:07	31   0   0	
REST! WORKS 8 1/2 HRS	REST! DR. ACHTER @ 11:00 PHYSICAL THERAPY 1/4 hr	RAILTRAIL RUN/WALK @ 10:17A	POOL RUN ??? @ 1:15 PHYSICAL THERAPY	WORK 8 1/2 HARDCUT RUN @ 9:50 4:07 4:40	WORK 8 1/2 POOL RUN BOTH ARM SHOULDERS/SWEEPER	
0   0   0	0   0   0	11.57   4   289	15.04   1   5.04	15.62   5   3.12	10.01   2   5.00	
0   0   0	0   0   0	1465.98   195   7.51	5.04   1   5.04	1470.03   196   7.50	10.01   2   5.00	
0   0   0	0   0   0	52   5:02   52   5:02	45.43   5:04   46   5:04	40   5:04   1:32   9:07	44   4:40   1:30   1:00	

Done!  
2010