Daily Exercise Routines

EE_10.doc

Oct	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	TTL	Oct-16
WT	177	178	176	176	175	175	176	176	175	175	175	174	175	176	176	176	175	175	177	175	176	176	176	176	176								WT
Food	turkey	chicken & chic	Fish	BBQ Ribs & chic	chicken	shrimp	BBQ	Fish	Mex 1000	Turkey	Chic	chicken	Chic	spag	Fish	Chic	Chicken	turkey	Chic	spag	turkey	fish	Chic									Food
Recov	1	0	0	0	0	1	0	0	0	1	0	1	0	1	0	1	1	0	1	0	1	1	1	0									Recov
Whey	1	0	1	1	1	1	1	0	1	2	1	2	1	2	1	2	1	1	2	1	2	2	2	1									Whey
BP AM	118/75	—	120/64	132/78	124/76	127/81	—	—	117/71	112/75	119/77	128/78	124/74	124/77	119/78	118/78	124/78	125/77	111/74	118/75	130/84	107/66	109/73	118/76	119/80									BP AM
HR AM	66		76	62	70	71			76	70	67	71	66	69	73	67	80	71	69	67	73	75	76	68	79									HR AM
200cal							+		0 wt							9:55/2 min				ONT													
Plank	20	20	21	22	26	25	21	→	37	21	30	10	30	14	30	12	20	20	21	50	20	20	21	20									Plank
end HR	105	112	114	108	133	118	122	4:30 walk	117	107	117	108	136	125	110	101	123	123	113	121	128	119	103	109									end HR
Abs	100	0	0	0	0	0	0		0	0	0	100	0	100	0	0	0	0	100	0	0	0	0	0									Abs
Side	0	0	9	0	9	0	9		0	9	0	9	0	9	0	9	0	9	0	0	9	0	0	0									Side
Bar	0	0	2	0	2	0	2		0	2	0	2	0	2	0	2	0	2	0	0	2	0	0	0									Bar
Knees	✓	0	0	0	0	0	✓		0	0	✓	0	✓	0	0	0	0	✓✓	0	0	0	✓	0	0									Knees
Rings	27 30 35	0	1	0	0	0	✓✓		0	1	0	1	0	30 30 / 35	0	1	0	30 32 / 35	0	0	0	1	0	0									Rings
RoCuff	0	0	0	✓	✓✓	0	✓✓		✓✓	0	✓✓	0	✓✓	0	✓✓	0	✓✓	0	0	0	✓✓	0	0	0									RoCuff
Rope	0	✓	0	0	0	0	0		0	0	0	0	0	0	✓✓	0	0	0	0	0	✓✓	0	0	0									Rope
RC	✓✓	0	✓✓	0	✓✓	0	0	Rowed	0	0	✓✓	0	✓✓	0	0	✓✓	0	✓✓	0	0	✓✓	0	0	0									RC
Row	0	0	0	0	0	0	0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									Row
Shrug	✓	0	0	0	0	0	0		0	0	✓✓	0	✓✓	0	✓✓	0	0	0	✓✓	0	0	✓✓	0	0									Shrug
LegSq	✓	✓	✓	0	✓	✓	✓+		0	✓	✓✓	0	✓✓	0	✓✓	0	✓✓	0	0	✓✓+	0	✓+	✓	✓									LegSqt
AbWh	20	35	25	30	30	20	25		10	30	25	30	30	30	20	20	20	35	35	10	30	40	30	30									AbWhl
TTL	101	1	12	1	12	1	12	0	1	12	1	112	1	112	1	12	1	12	100	1	12	1	0	0									TTL
Cum	101	102	112	113	125	126	138	138	139	151	152	264	265	377	378	390	391	403	404	405	417	417	417	417									Cum
Time	40	30	40	20	30	30	40	0	10	40	40	40	40	40	40	30	20	40	30	30	40	40	20	20									Time
Sprt	0	TM	SC	TM	0	TVW	0	0	0	TVR	0	TVW	0	TVR	0	SC	TVW	SC	TVR	SC	TVW	SC	TVR	0									Sprt
Time		(30)	(10)	(25)		(55)				(30)		(58)		(30)		(20)	(55)	(10)	(30)	(10)	(50)	(20)	(30)										Time
AHR		152		148		122				143		127		142		156	127	130	141	127	124	146	148										AHR
%		82%	67%	80%		66%				77%		69%		77%		84%	69%	70%	76%	69%	67%	79%	80%										%
HiHR		166		160		131				162		138		161		167	147	140	158	142	133	155	161										HiHR
%		90%	74%	86%		71%				88%		75%		87%		90%	79%	76%	85%	77%	72%	84%	87%										%
Dist		1.50	7	1.52		1.516				1.32		2.80		1.35		90PL	1.516	5.16	1.516	5.16	19:15	1.516	1.516										Dist
Pace		15%	60 S/M	1.30		2.76				23:11		20:43		22:20		1.48 step	2.58	40PL	1.48	36	1.516	1.20 FM	1.48										Pace
		5 lb		HAT		20:00				1516		1516		1516		725 cal	300 cal		21:10	43FM	20:58	PL 4/07	cal 500	45 FM	20:49									
		cal		(5)		85°				(32)		92°		(32)		0-15 5 lb	5C		down	FM		39	cal	92°										
		400		84%		cal				78%		cal		667		15-20 0wt	(10)		cal	CW		300 5 lb	UP										
				87%		600				78%		700		736		7 step			700	100			(35)										
Intake	2000			cal						op 400 down				cal 400 300 700		105° 4 for x90				5 lb			down cal 700									
RMR	1600			400						378						738 lt 42 FM																	
G+P	200 200									Chl																							
Used	400																																
NetCal	0	400	520	800	800	1200	1300	900	800	1500	1500	2000	2400	2700	2800	3000	3400	3400	4100	4100	4400	4900	5400	5200									
5 lb wt		17 lb pk		HIIT																													
BP PM	—	116/80	112/75	111/73	109/74	122/86	126/82	—	118/78	110/76	124/82	117/74	114/76	119/78	117/77	114/76	112/79	118/78	123/82	117/77	117/74	115/68	108/71	129/80									
HR PM		81	71	82	75	84	72		73	91	64	92	77	85	73	82	85	73	90	73	85	91	86	71									
	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				

7/15/15 Low 52 b/m HR
6/30/13 TVW 3.69 16:19 no pk
6/26/15 TVW 3.61 16:36 15#pk
5/10/15 TVR 1.54 20:03 15#pk
5/13 TVR 1.54 19:30 0wt
9/14 DST 1.81 16:20 0 wt
6/25/15 TM 84% 45m 15% 3m
11/14 TM 84%avg 60m 14.5%
1/13/15 VC 120fm 84/92 20m
11/25/14 VC 110fm 83/93 30m
8/25/16 VC 1000' 141fm 7:12
8/27/16 Plank 31: 137HR 5LB
9/10/16 Plank 45: 130HR 0wt

10/16/16 Plank 9:00 101 HR Level