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DW

Photos

Grist

NTP

TP

TTP

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Suunto

MSU SC

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NOAA

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Chase Benefits

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ilog - Internet Training Log System

+

Current View: Week 18 (April 30 - May 6)

Monday, April 30, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
				0	0				

OFF. Same

Tuesday, May 1, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
0:40	0:05			0	0			0:45	0:45

Got to sleep in a bit and then got out for a great run with Erik along river. Nice to move the legs a little bit. Energy felt good considering.

Wednesday, May 2, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
				0	0				

OFF. Fly from NC to CO.

Thursday, May 3, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
0:45				0	0			0:45	0:45

Short run up and over The Loop, and a bit of paddling/rowing.

Friday, May 4, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
1:15	0:45			0	0			2:00	2:00

Run up to the Dollhouse. Beautiful morning, nice to get out and explore the desert a bit. Paddling all afternoon, great to be back in my boat.

Saturday, May 5, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
1:00				0	0			1:00	1:00

Paddling.

Sunday, May 6, 2018

Hrs

Zone

Type

Time

More

Sleep	Nap	Stretch	Work	Diff	Feel	Rusko	RI	TI	Total
1:00				0	0			1:00	1:00

Paddling and a bit of rowing.