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DW

Photos

Grist

NTP

TP

TTP

MSW

Suunto

MSU SC

SnoTel

MF

Garmin IR

NOAA

YR

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iLog - Internet Training Log System

Monday, May 14, 2018

((()))

Hrs

1:30

0:15

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone2

Type

MTB

MTB

Time

AM

AM

Great birthday ride. A little lonely, but nice to be able to just rip around by myself. Was going to ride long but planning a big day tomorrow and didn't want to overdo it this week.

Tuesday, May 15, 2018

((()))

Hrs

6:00

0:30

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone2

Type

SkLgs

SkLgs

Time

AM

AM

Super cool day. Skied Mount Jefferson with Akeo and Jason. Big get. Didn't climb summit pinnacle with pretty gnarly conditions and no tech gear, but had 5,000' of great turns. Awesome adventure with a couple of great dudes.

Wednesday, May 16, 2018

((()))

Hrs

Zone

Type

Time

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

0

0

OFF. Recovery day. Rainy all day and nice to have a super mellow day.

Sverre Caldwell:

good.

Thursday, May 17, 2018

((()))

Hrs

0:50

0:10

0:30

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone2

Zone1

Type

SkiS

SkiS

SkiS

Time

AM

AM

AM

Good skate intervals at Bachelor. Started skiing at 9 and was little late, but surprised at how good the snow still was. Did 6x5 min, and really tried to build into them and keep them in check. Felt good, nice to be xc skiing again.

Friday, May 18, 2018

((()))

Hrs

4:15

0:45

0:45

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone2

Zone1

Type

SkLgs

SkLgs

Run

Time

AM

AM

AM

Really cool solo adventure up North and South Sisters. Beauty of a day and moved quickly.

Saturday, May 19, 2018

((()))

Hrs

1:05

0:10

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone2

Type

Run

Run

Time

PM

PM

Morning off packing up and waiting for the team to get in, easy jog with Torch and Jessie from the condo to the trails and back up the river. Nice to get out. Hot.

Sunday, May 20, 2018

((()))

Hrs

2:30

1:20

0:10

More

Sleep

Nap

Stretch

Work

Diff

Feel

Rusko

RI

TI

Total

Zone

Zone1

Zone1

Zone2

Type

SkiS

Run

Run

Time

AM

PM

PM

Nice skate ski at Bachelor in the a.m. Good skiing. Felt really good. Fun run up at Tumalo with the boys in the afternoon. They wanted to go big but I talked them into chilling out a bit. Felt good.