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DW

Photos

Grist

NTP

TP

TTP

MSW

Suunto

MSU SC

SnoTel

MF

Garmin IR

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Chase Benefits

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iLog - Internet Training Log System

+

Monday, May 21, 2018

Hrs

2:30

0:30

1:00

Zone

Zone1

Zone1

Strengt

Type

SkiC

Run

Strg

Time

AM

PM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

7:00

Total

4:00

Easy distance classic in the a.m. Good skiing, energy good. Worked on some gradual striding and technique is feeling really good right now. Easy jog and then hard and long strength with T in the p.m.

Tuesday, May 22, 2018

Hrs

2:50

0:10

1:45

0:15

Zone

Zone1

Zone2

Zone1

Zone2

Type

SkiS

SkiS

MTB

MTB

Time

AM

AM

PM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

5:13

Total

5:00

Long skate in the a.m. Kept it really chill, but legs a little beat by the end. Tough conditions to skate in for that long. Still felt good though. Fun ride with the dudes in the p.m. Kept it mellow but legs were for sure feeling the short steep climbs by the end.

Sverre Caldwell:

no suprise.

Patrick OBrien:

Big days at camp! Awesome!

Wednesday, May 23, 2018

Hrs

2:15

0:15

0:45

0:30

Zone

Zone1

Zone2

Strengt

Zone1

Type

SkiC

SkiC

Strg

Run

Time

AM

AM

PM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

6:08

Total

3:45

Classic speeds. Felt really good actually. Long core session and river run in afternoon.

Thursday, May 24, 2018

Hrs

1:45

1:15

2:15

0:20

0:10

Zone

Zone1

Zone1

Zone1

Zone2

Zone3

Type

SkiS

SkiC

MTB

MTB

MTB

Time

AM

AM

PM

PM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

6:55

Total

5:45

Good distance combi in the a.m. Skating was really soft and slow but classic skiing was pretty good. Felt good. A little sleepy pretty much every morning but as soon as I start skiing energy feels good. Great long ride with the boys in the p.m. Big loop in the rain and lightning. Probably rode a little too hard in some

Sverre Caldwell:

Ben thinks it may have been a touch hard :)

Patrick OBrien:

Hehe

Friday, May 25, 2018

Hrs

1:05

0:10

0:45

0:20

1:10

Zone

Zone1

Zone2

Zone3

Zone1

Strengt

Type

SkiC

SkiC

SkiC

Run

Strg

Time

AM

AM

AM

PM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

11:3!

Total

3:30

Classic L3 intervals in a.m. 5x10 min. Felt decent. Tricky skiing. Kick pretty good but sloppy and poling really punchy. Felt like I was striding well and kept it well controlled in L3 the whole workout. Strength in afternoon.

Sverre Caldwell:

nice.

Patrick OBrien:

You were standing really well on a ski in the striding. It looked relaxed and like you were doing a great job kicking to extension but having it come easy and organic!

Saturday, May 26, 2018

Hrs

1:00

0:30

Zone

Zone1

Zone1

Type

MTB

Strg

Time

AM

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

1:30

Total

1:30

Rode to town to run errands in morning and then spun back on the single track to come home. Fun! Surf session on the river in the afternoon. Super fun!

Sverre Caldwell:

was that your 1 off day?