

ilog.ca

DW

Photos

Grist

NTP

TP

TTP

MSW

Suunto

MSU SC

SnoTel

MF

Garmin IR

NOAA

YR

GT

GM

Netflix

Twitter

Pandora

Chase

Chase Benefits

WF

Schwab

FIS

VC

USADA

YouTube

Facebook

iLog - Internet Training Log System

Monday, May 28, 2018

Hrs

2:30

Zone

Zone1

Type

SkiC

Time

AM

1:55

Zone1

MTB

PM

0:20

Zone2

MTB

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

4:55

Total

4:45

Easy classic distance in a.m. Ride with Aiden and Pat in afternoon. Great ride. Starting to get a bit tired but still feeling pretty good.

Patrick OBrien: Big days of training but it seems like were handling it well!

Tuesday, May 29, 2018

Hrs

1:20

Zone

Zone1

Type

SkiS

Time

AM

0:12

Zone2

SkiS

AM

0:38

Zone1

SkiS

AM

1:30

Zone1

Run

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

3:46

Total

3:40

Threshold skate intervals 4x10. Good session. Really, really tough conditions to ski in because it was either total ice or super slow slop, but good to practice those conditions. Felt decent. River Trail run with Bolger in p.m.

Wednesday, May 30, 2018

Hrs

2:20

Zone

Zone1

Type

DP

Time

AM

0:10

Zone2

DP

AM

0:45

Zone1

Run

PM

0:30

Zone1

Core

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

3:50

Total

3:45

DP in a.m. Felt good and thought I made some good adjustments with Matt. Energy good. Short run and then river surf in afternoon.

Sverre Caldwell: :)

Thursday, May 31, 2018

Hrs

1:20

Zone

Zone1

Type

RSC

Time

AM

2:20

Zone1

Run

AM

0:10

Zone2

Run

AM

0:20

Strengt

Strg

AM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

5:15

Total

4:10

Sweet OD in morning. Classic (mostly DP) up Skyliners and then cool adventure run loop up by Tumalo/Broken Top. Strength in afternoon but tweaked knee doing DB push jerks so called it early.

Patrick OBrien: Great camp Sim, bummer you tweaked your knee but hopefully that heals quickly and you can enjoy some downtime to absorb a big volume camp!

Friday, June 1, 2018

Hrs

Zone

Type

Time

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

Total

OFF. Fly to CO. Early travel day.

Saturday, June 2, 2018

Hrs

2:45

Zone

Zone1

Type

MTB

Time

PM

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

2:45

Total

2:45

Ride with Al in afternoon. Fun and good to get out with him but tired all afternoon from walking around the woods looking at new trail options.

Sunday, June 3, 2018

Hrs

1:35

Zone

Zone1

More

Sleep

Nap

Stretch

Work

Diff

0

Feel

0

Rusko

RI

TI

1:50

Total

1:45

Skate speeds. 3x5: drop-ins (focusing on V2 alt and transition to V2). steep V2