

# 2007 LARGE-PRINT CALENDAR

2007

SUN MON TUE WED THU FRI SAT

1

2

3

4

5

6

7

a sixteen-month calendar  
with more space to write



# JANUARY

## 2007

\* YEAR GOALS  
RESOLVE HIP PAIN  
BACK PAIN & LEG/FOOT PAIN

\* YEAR GOALS  
1500 MILES ROAD RUN  
500 POOL RUN  
100 SWIM

SUN MON TUE WED THU FRI SAT

|                                                                                                                                                                  |                                                                                                                                                                                                            |                                                                                                                                                                                                     |                                                                                                                                                                        |                                                                |                                                                                                                                                                      |                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                  | <b>1</b><br>11/25 HAYWARD'S 118<br>101 NORTH ROAD RUN @ 8:19 AVE<br>1ST RUN IN 3 WKS.<br>"AWESOME!"<br>8:05 1 8:05<br>8:05 1 8:05<br>1:07 8:05 1:07 8:05                                                   | <b>2</b><br>#1 RUN #1 SWIM<br>1- YMCA -<br>5 MILES/30 MIN<br>POOL RUN<br>1 MI/32 MIN<br>SWIM<br>GOOD WORKOUT<br>50 METERS/60 SECS.<br>5:0 1 5:0<br>1:30 1 1:30<br>1:32 1 1:32<br>1:02 5:0 2:09 1:32 | <b>3</b> Full Moon<br>11/25 HAYWARD'S 126<br>101 NORTH E-STREET GLENITAS @ 8:10 AVE.<br>GOOD!!!!<br>FOOT BETTER!<br>8:00 2/3 16"<br>8:06 2/3 16"<br>1:06 8:06 3:15 21" | <b>4</b><br>RESTDAY!<br>WORK 6 HRS.<br>0 0 0<br>0 0 0<br>0 0 0 | <b>5</b><br>11/25 HAYWARD'S 135<br>101 NORTH MOONLIGHT BCH @ 8:28 AVE<br>STEADY!<br>FOOT HOLDING...<br>9:00 3/4 25"<br>9:00 3/4 25"<br>1:16 9:00 4:31 30"            | <b>6</b> YMCA Sign-up 9A-2P<br>11/25 HAYWARD'S 140<br>POB @ 7:42A<br>PM RUN / * BEST EFFORT SINCE FOOT PROBLEM!<br>8P/670<br>GREAT!<br>5:07 4/5 30"<br>5:07 4/5 30"<br>1:30 5:07 5:10 35" |
| <b>7</b><br>1- YMCA -<br>POOL RUN :30<br>POOL SWIM :32<br>50M/1:00 SEC PACE<br>5:0 1 5:0<br>1:04 5:0 1:04 5:0<br>1:04 5:0 1:04 5:0<br>Eastern Orthodox Christmas | <b>8</b> 9:30A DENTIST CLEANING!<br>11/25 HAYWARD'S 150<br>FIESTA ISLAND #1 LOOPS<br>1) 32:56/7:54<br>2) 32:44/7:52<br>4116 LOOP<br>STEADY NICE!<br>10:00 5 10:00<br>40:15 5 8:03<br>1:22 10:00 15:00 2:26 | <b>9</b><br>11/25 HAYWARD'S 157<br>DEL MAR AM<br>@ 8:53 AVE<br>POOL RUN PM<br>@ 1 SWIM<br>1:09 2 7:15<br>47:33 3 7:00<br>1:30 3 1:30<br>1:32 3 1:32<br>1:20 2:15 4:29 27"                           | <b>10</b><br>11/25 HAYWARD'S 167<br>MOONLITE BEACH + BEACH SOFT NO GOOD!<br>#2<br>20:18 3 9:06<br>57:36 7 8:19<br>1:23 10:03 3:39 27"                                  | <b>11</b><br>RESTDAY!<br>0 0 0<br>0 0 0<br>0 0 0               | <b>12</b> #8<br>62 MINUTES<br>POOL RUN 32<br>POOL SWIM 30<br>3X1MI SWIM<br>3X5MI RUN WK<br>5:00 3 15:00<br>20:00 4 5:00<br>1:0 1:32 15:00 5:00<br>1:04 8:13 5:03 35" | <b>13</b><br>11/25 HAYWARD'S 175<br>101 NORTH COLD 40°<br>SEASIDE TO E-ST.<br>@ 44:53/6:30<br>@ 7:24 AVE.<br>35:31 4 8:02<br>40:44 8 8:18<br>1:04 8:13 5:03 35"                           |
| <b>14</b><br>RESTDAY!<br>66.49                                                                                                                                   | <b>15</b><br>11/25 HAYWARD'S 181<br>POB @ 8:59<br>(141 LBS)<br>71:01 9 7:45<br>71:01 9 7:45                                                                                                                | <b>16</b><br>11/25 HAYWARD'S 193<br>#2<br>FIESTA ISLAND<br>2X FIGURE 8'S<br>WINDY AND COLD!<br>BUT SOLID!!!<br>7:14 AVE. ALL DAY!<br>83:72 10 8:37<br>83:72 10 8:37                                 | <b>17</b> TO DATE 8 MILES SWIM<br>11/25 HAYWARD'S 200<br>AM/ EZ POB @ 8:50A<br>PM/ POOL RUN POOL SWIM<br>2:30 5 125<br>2:40 5 5<br>40:12 11 8:24<br>40:12 11 8:24      | <b>18</b><br>RESTDAY!<br>0 0 0<br>0 0 0<br>0 0 0               | <b>19</b> New Moon<br>AM/ 200 LBS<br>POOL RUN<br>POOL SWIM<br>1600 @ 31:26<br>13:00 6 30"<br>3:00 6 30"<br>1:30 6 6"<br>3:02 6 6"<br>98:49 12 8:22<br>98:49 12 8:22  | <b>20</b><br>SAUCONY'S<br>101 NORTH<br>4MI @ 5:57 AVE<br>GREAT!<br>BEST RUN 2 MO'S<br>98:49 12 8:22<br>98:49 12 8:22                                                                      |







# FEBRUARY

## 2007

SUN MON TUE WED THU FRI SAT

|  |  |  |  |                                                               |                                                        |               |
|--|--|--|--|---------------------------------------------------------------|--------------------------------------------------------|---------------|
|  |  |  |  | 1 * ADD 60 PACE MINUTES                                       | 2 ○ Full Moon                                          | 3             |
|  |  |  |  | WAYWARDS ↑                                                    | 11:25 WAYWARDS 268                                     | •   •         |
|  |  |  |  | LAS PALMAS POOL<br>1 MILE SWIM<br>NICE!!<br>12" SWIM OUTSIDE! | RAIL TRAIL<br>@ ML @ EZ<br>101 NORTH<br>5mi @ 8:15 AVE | RESTDAY!      |
|  |  |  |  | :31   1   1:00                                                | 8:00   1   8:00                                        | •   •   •     |
|  |  |  |  | 3:33   7   8:3                                                | 1:05:58   20   8:27                                    | •   •   •     |
|  |  |  |  | :31   1:00   :31   1:00                                       | 1:19   8:00   1:19   8:00<br>Groundhog Day             | •   •   •   • |

|                                                        |                                   |                                         |                                                                                                      |           |                                                      |                                                                 |
|--------------------------------------------------------|-----------------------------------|-----------------------------------------|------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------|-----------------------------------------------------------------|
| 4                                                      | 5                                 | 6                                       | 7 #3                                                                                                 | 8         | 9                                                    | 10 TRACK #1                                                     |
| •   •                                                  | 11:25 WAYWARDS 275                | 02:06 WAYWARDS 6                        | 02:06 WAYWARDS 19:26                                                                                 | •   •     | •   •                                                | 02:06 WAYWARDS 24:00<br>SAUCONY'S ?                             |
| YMCA POOL<br>8 AM<br>RUN / SWIM *<br>MILE SWIM @ 30:23 | RAIL / TRAIL<br>101 NORTH<br>@ EZ | BLACKS<br>LOW TIDE<br>FOO / NHE<br>@ EZ | FIESTA ISLAND<br>LOOP 1 * 7:42 AVE.<br>LOOP 2 * 7:42 AVE.<br>OR * AVE.<br>1.5 MILE WARMUP<br>SOLID!! | RESTDAY!  | YMCA POOL<br>RUN / SWIM<br>29.54 MILE<br>GREG WELCH! | UCSD TRACK -<br>9x 1.21 @ 6:02A<br>11:22 @ 6:02<br>FEEL GREAT!! |
| 4:34   8   9:2                                         | 15:01   2   7:50                  | 21:05   3   7:01                        | 34:31   4   8:57                                                                                     | •   •   • | 5:05   9   10:00                                     | 40:44   5   8:00                                                |
| 3:30   7   35:00                                       | 172:59   21   8:21                | 178:63   22   8:11                      | 191:89   23   8:24                                                                                   | •   •   • | 3:50   8   39:00                                     | 198:02   24   8:25                                              |
| :30   1   5:00                                         | 1:12   7:01   1:12   7:01         | 178:63   22   8:11                      | 191:89   23   8:24                                                                                   | •   •   • | :20   2   9:00                                       | 198:02   24   8:25                                              |
| 1:02   2   2:00                                        | 1:12   7:01   1:12   7:01         | 178:63   22   8:11                      | 191:89   23   8:24                                                                                   | •   •   • | 1:33   3   3:00                                      | 198:02   24   8:25                                              |
| :30   5:00   :30   5:00                                | 1:12   7:01   1:12   7:01         | 178:63   22   8:11                      | 191:89   23   8:24                                                                                   | •   •   • | :20   4:00   :50   9:00                              | 198:02   24   8:25                                              |
| :31   1:00   :30   1:00                                | 1:12   7:01   1:12   7:01         | 178:63   22   8:11                      | 191:89   23   8:24                                                                                   | •   •   • | :32   1:00   1:02   2:00                             | 198:02   24   8:25                                              |

|                                                                       |           |                                                                                              |                                                                   |                            |           |                                                                 |
|-----------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------|-----------|-----------------------------------------------------------------|
| 11                                                                    | 12        | 13 #4                                                                                        | 14                                                                | 15                         | 16        | 17 #2                                                           |
| •   •                                                                 | •   •     | 02:06 WAYWARDS 37                                                                            | 02:06 WAYWARDS 43                                                 | 02:06 WAYWARDS 49          | •   •     | 02:06 WAYWARDS 52                                               |
| 30:56 MILE<br>YMCA POOL<br>RUN / SWIM<br>Run with "MJ"<br>in the POOL | RESTDAY!  | FIESTA ISLAND:<br>2 LOOPS / 9.0<br>MILES @ 7:45 AVE.<br>WINDY! GUSTY!<br>15-20MPH<br>STEADY! | EZ HARCUT<br>RUN @ 8:51A<br>POOL RUN<br>POOL SWIM<br>* 29:23 MILE | 26TH ST / EZ<br>@ 8:56 AVE | RESTDAY!  | UCSD TRACK:<br>7x 400 @ 5:40<br>FEEL STRONG!!<br>"AL" KNOXWOODS |
| 5:36   10   11:30                                                     | •   •   • | 53:60   6   8:40                                                                             | 59:00   7   8:51                                                  | 65:62   8   8:20           | •   •   • | 73:62   9   8:00                                                |
| 4:30   9   45:00                                                      | •   •   • | 211:18   25   8:44                                                                           | 217:18   26   8:50                                                | 223:20   27   8:26         | •   •   • | 231:20   28   8:00                                              |
| :40   3   15:00                                                       | •   •   • | 1:51   13:16   1:51   13:16                                                                  | 1:53   6:00   2:42   19:46                                        | 1:54   6:02   3:36   25:18 | •   •   • | 1:07   8:00                                                     |
| 2:04   4   4:00                                                       | •   •   • | 1:51   13:16   1:51   13:16                                                                  | 1:53   6:00   2:42   19:46                                        | 1:54   6:02   3:36   25:18 | •   •   • | 1:07   8:00                                                     |
| 1:00   6   6:00                                                       | •   •   • | 1:51   13:16   1:51   13:16                                                                  | 1:53   6:00   2:42   19:46                                        | 1:54   6:02   3:36   25:18 | •   •   • | 1:07   8:00                                                     |
| 1   1:00   31   1:00                                                  | •   •   • | 1:51   13:16   1:51   13:16                                                                  | 1:53   6:00   2:42   19:46                                        | 1:54   6:02   3:36   25:18 | •   •   • | 1:07   8:00                                                     |



8:30 AM  
RUN / SWIM  
MILE SWIM @ 30:23

|      |     |      |
|------|-----|------|
| 4:34 | 8   | 9.1  |
| 3:30 | 7   | 35.8 |
| 1:30 | 1   | 5.2  |
| 1:02 | 2   | 2.8  |
| 30   | 5.8 | 30   |
| 31   | 1.0 | 30   |

101 NORTH  
EZ

|       |     |      |
|-------|-----|------|
| 150.1 | 2   | 7.50 |
| 112.5 | 21  | 8.21 |
| 112.7 | 112 | 7.01 |

BLACKS  
LOW TIDE  
FOG / WHE  
EZ

|        |    |      |
|--------|----|------|
| 21.05  | 3  | 7.01 |
| 178.63 | 22 | 8.11 |
| 103.6  | 25 | 13.5 |

FIESTA ISLAND  
LOOP 1 \* 7:42 AVE  
LOOP 2 \* 7:42 AVE  
1.5 MILE WARM UP  
SOLO!!

|        |      |       |
|--------|------|-------|
| 34.31  | 4    | 8.57  |
| 191.89 | 23   | 8.34  |
| 52.13  | 4:07 | 26.31 |

RESTDAY!

YMCA POOL  
RUN / SWIM  
29.54 MILE  
GREEN WHEEL!!

|      |     |      |
|------|-----|------|
| 5.05 | 9   | 10.2 |
| 3:50 | 8   | 39.8 |
| 1:20 | 2   | 9.00 |
| 1:33 | 3   | 3.0  |
| 20   | 4.0 | 56   |
| 32   | 1.0 | 102  |

UCSD TRACK  
9X 21 @ 6:02 A  
11:22 @ 6:02  
FAT GREAT!!

|        |      |       |
|--------|------|-------|
| 40.44  | 5    | 8.00  |
| 198.02 | 24   | 8.25  |
| 51.613 | 4:58 | 32.44 |

30:56 MILE  
YMCA POOL  
RUN / SWIM  
Run with "MJ"  
IN THE POOL

|      |     |      |
|------|-----|------|
| 5:36 | 10  | 11.2 |
| 4:30 | 9   | 45.8 |
| 1:40 | 3   | 15.2 |
| 2:04 | 4   | 4.00 |
| 1:40 | 6   | 6.8  |
| 1:31 | 1.0 | 31   |

RESTDAY!

0206  
HAYWARDS 37

FIESTA ISLAND:  
2 LOOPS @ 9.01  
MILES @ 7:45 AVE  
WINDY! GUSTY!  
15-20 MPH  
STEADY!

|        |       |      |
|--------|-------|------|
| 53.60  | 6     | 8.90 |
| 211.18 | 25    | 8.44 |
| 1:51   | 13.16 | 1:51 |

0206  
HAYWARDS 43

EZ HARCUT  
RUN @ 8:51 A

POOL RUN  
POOL SWIM  
\* 29:23 MILE

|        |     |      |
|--------|-----|------|
| 59.00  | 7   | 8.51 |
| 217.18 | 26  | 8.35 |
| 1:30   | 4   | 4.28 |
| 1:31   | 1.0 | 10   |
| 1:53   | 6.0 | 2:42 |

0206  
HAYWARDS 49

26TH ST / EZ  
@ 8:56 AVE

|        |      |      |
|--------|------|------|
| 65.62  | 8    | 8.20 |
| 223.20 | 27   | 8.26 |
| 1:54   | 6.02 | 3:36 |

RESTDAY!

0206  
HAYWARDS 52

UCSD TRACK:  
7X 400 @ 5:49  
AVE.  
FELT STRONG!!!  
"AL" KINO WOODS!

|        |      |      |
|--------|------|------|
| 73.62  | 9    | 8.18 |
| 231.20 | 28   | 8.25 |
| 1:07   | 8.00 | 4:43 |

YMCA POOL:  
@ EZ  
too long in Santa!

|      |     |       |
|------|-----|-------|
| 2:52 | 6   | 5.50  |
| 2:14 | 5   | 23.50 |
| 6:31 | 12  | 12.50 |
| 5:14 | 11  | 53.00 |
| 1:24 | 1.0 | 116   |

RESTDAY!

0206  
HAYWARDS 67

FIESTA ISLAND:  
2 LOOPS @  
7:39 AVE (5:43  
7:30  
2:00  
1:00)  
9.02  
NEG.  
AWESOME / LOOPS

|        |      |      |
|--------|------|------|
| 88.62  | 10   | 8.86 |
| 246.20 | 29   | 8.48 |
| 1:50   | 2:07 | 2:07 |

YMCA POOL:  
36 LAPS = 1 MILE  
POOL 25 yds long  
25 METERS WIDE

|      |    |       |
|------|----|-------|
| 3:28 | 7  | 6.50  |
| 2:50 | 6  | 29.00 |
| 7:07 | 13 | 13.50 |
| 5:50 | 12 | 59.00 |
| 1:36 | 6  | 1:00  |

0206  
HAYWARDS 74

DELMAR WOODS  
@ 8:08 AVE  
GOOD!

|        |      |      |
|--------|------|------|
| 95.63  | 11   | 8.69 |
| 253.21 | 30   | 8.44 |
| 1:51   | 7.01 | 3:14 |

YMCA POOL:  
5 LAP WARM  
9X LAP HARD 1:50  
9X LAP EZ 1:00  
4 LAP COOL

|      |    |       |
|------|----|-------|
| 3:55 | 8  | 7.25  |
| 3:17 | 7  | 34.00 |
| 7:34 | 14 | 14.25 |
| 6:17 | 13 | 64.00 |
| 1:33 | 5  | 1:33  |

0206  
HAYWARDS 78

UCSD TRACK:  
4X 800 @  
400 REST  
@ 5:58  
@ 5:57 5:58 AVE  
@ 5:59  
@ 5:57 BP 5:05 ??

|        |       |      |
|--------|-------|------|
| 103.63 | 12    | 8.45 |
| 261.21 | 31    | 8.42 |
| 1:06   | 18.00 | 4:20 |

RESTDAY!

YMCA:  
POOL SWIM  
(PM) RUN

|      |      |       |
|------|------|-------|
| 4:31 | 9    | 8.25  |
| 3:53 | 8    | 40.00 |
| 8:10 | 15   | 15.35 |
| 6:53 | 14   | 70.00 |
| 1:36 | 6.00 | 1:36  |

0206  
HAYWARDS 95

BLACKS  
BACK IN  
@ 8:28  
SUNNY / WINDY  
SOLID EZ EFFORT!

|        |       |      |
|--------|-------|------|
| 120.67 | 13    | 9.28 |
| 278.25 | 32    | 0.68 |
| 2:24   | 17.04 | 2:24 |

YMCA  
POOL RUN  
POOL SWIM  
KICK BOXED 15 min

|      |      |       |
|------|------|-------|
| 5:07 | 10   | 9.25  |
| 4:37 | 9    | 46.35 |
| 8:14 | 16   | 16.35 |
| 7:36 | 15   | 76.15 |
| 1:44 | 6.33 | 1:20  |

MONTH TOTALS

ROAD RUN: 120.67  
3X TRACK @ 6 MILES  
4X LSD @ 14.61 AVE.

POOL RUN: 46 mi  
POOL SWIM: 9.25

YEAR

10X POOL

BALANCE PLAN

SUN - POOL RUN / POOL SWIM / TRAIN  
MON - REST  
TUE - LSD  
WED - POOL RUN / LSD  
THUR - EZ HR  
FRI - POOL RUN / POOL SWIM / TRAIN  
SAT - UCSD TRACK

3 POOL  
3 ROAD RUN  
1 REST

1800 540 1633 PRO ACTIV

OLIVE HOOVER

JANUARY 2007  
S M T W T F S  
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

216  
324

MARCH 2007  
S M T W T F S  
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



# MARCH

## 2007

SUN MON TUE WED THU FRI SAT

FEBRUARY 2007

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 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 |    |    |    |

APRIL 2007

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
| 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 |    |    |    |    |    |

1 \* ADD \*  
GO PHONE  
MINUTES

0301  
SAUCONY  
0301

101 NORTH  
4 Mi @ 7:12 AVE.  
+ 12 SEC ABOVE ME  
TEMPO PACE!

Tempo #1

|        |      |      |
|--------|------|------|
| 7:04   | 1    | 7:04 |
| 205.29 | 33   | 8:64 |
| 58.00  | 7:04 | 58   |

2

RESTDAY!

3

70°  
Full Moon  
#4

0301  
SAUCONY  
0206  
HAYWARD

JCSD TRACK:  
3x1200  
800 REC  
(1) 5:58 (2) 5:53  
(3) 5:48 (5:53 AVE.)  
GREAT!!!

|        |      |      |
|--------|------|------|
| 15:56  | 2    | 7:78 |
| 293.81 | 34   | 8:64 |
| 1:11   | 8:52 | 2:09 |

TX POOL

4 \* STOP  
KICKBOARD  
(HIP!)

0301  
SAUCONY  
0301

POOL:  
RUN :30  
KICKBOARD :14  
SWIM :18  
505

|      |      |       |
|------|------|-------|
| 62   | 1    | 5:02  |
| 18   | 1    | 5:50  |
| 964  | 16   | 8:33  |
| 555  | 16   | 13:41 |
| 1:02 | 5:02 | 1:02  |

5

RESTDAY!

6 LSD#7

0206  
HAYWARD 116

FIESTA ISLAND  
10 Mi @ 7:44 AVE  
NEGATIVE loops!  
AWESOME!!!

|        |       |       |
|--------|-------|-------|
| 31.60  | 3     | 10:53 |
| 309.85 | 35    | 8:85  |
| 2:13   | 16:04 | 2:13  |

7

POOL  
RUN :24  
SWIM :36  
9x50 HARD

|      |    |       |
|------|----|-------|
| 1:60 | 2  | 10:00 |
| 1024 | 17 | 85.23 |
| 521  | 17 | 14:47 |

8

TEMPO  
#2

0301  
SAUCONY 15

DEL MAR  
WOODS/TEMPO  
4 Mi @ 7:04 AVE

|        |      |      |
|--------|------|------|
| 39.60  | 4    | 9.9  |
| 317.85 | 36   | 8:82 |
| 1:06   | 8:00 | 3:19 |

9

RESTDAY!

10 #5

0301  
SAUCONY 18

VCSD TRACK!  
2 MI TIME TRIAL  
12:01/6:01 AVE

|        |      |      |
|--------|------|------|
| 47.60  | 5    | 9:52 |
| 325.85 | 37   | 8:80 |
| 1:06   | 8:00 | 4:25 |

11

RESTDAY!

12

RESTDAY!

13

0301  
SAUCONY 23

VCSD TRACK:  
#6

4x400 @ 5:46 AVE.  
8x200 @ 5:31 AVE.  
SOLID! BP  
SUB 19 CARLSBAD!!

|        |      |      |
|--------|------|------|
| 55.67  | 6    | 9:27 |
| 333.92 | 38   | 8:78 |
| 1:04   | 8:07 | 1:04 |

14

MCA  
POOL  
RUN/SWIM  
RUNNING SHOES  
FOR POOL AOK

|      |    |       |
|------|----|-------|
| 1:30 | 3  | 2:25  |
| 1084 | 18 | 90.38 |
| 551  | 18 | 15:30 |

15

NO TEMPO!

0206  
HAYWARD 131

E STREET  
@ 8:02 AVE.

NO AOK'S UNTIL AFTER 5:00!  
BP  
7:07

|        |      |      |
|--------|------|------|
| 63.67  | 7    | 9:00 |
| 341.92 | 39   | 8:76 |
| 1:04   | 8:00 | 2:08 |

16

MCA POOL  
RUN/SWIM  
NO SHOES!  
BETTER!!!

|        |    |       |
|--------|----|-------|
| 1:24   | 4  | 3:00  |
| 601.44 | 18 | 45.38 |
| 575    | 18 | 15:41 |

17

0206  
HAYWARD 141

ENCINITAS  
101

@ 7:30 AVE  
BP 6:11  
GREAT RUN!!

|        |      |      |
|--------|------|------|
| 73.67  | 8    | 9:00 |
| 351.92 | 40   | 8:78 |
| 1:05   | 8:00 | 2:03 |

Run  
YR  
TOTAL

447.85  
58  
7.41

Daylight Saving  
Time Begins (US)



| 6                                     | 7                                       | 8                                        | 9                    | 10                                                         |
|---------------------------------------|-----------------------------------------|------------------------------------------|----------------------|------------------------------------------------------------|
| 0206<br>Hayward 116                   | 0301<br>Sunny 15                        | 0301<br>Sunny 15                         | 0301<br>Sunny 15     | 0301<br>Sunny 15                                           |
| RESTDAY!                              | POOL<br>RUN :24<br>SWIM :36<br>QX50 HAD | DEL MAR<br>WOODS/TEMPO<br>4mi @ 7:04 AVE | RESTDAY!             | UCSD TRACK!<br>2 mi TIME TRIAL<br>12:01/6:01 AVE<br>SOLID! |
| 31.60 3 10:53                         | 1024 17 85.33                           | 317.85 36 8.82                           | 47.60 5 9.52         | 325.85 37 8.80                                             |
| 2:13/16:00 2:13/16:00 1:00 5:22 10:00 | 1:06/8:00 3:19/24:00                    | 1:06/8:00 3:19/24:00                     | 1:06/8:00 3:19/24:00 | 1:06/8:00 3:19/24:00                                       |

| 11                  | 12                  | 13                                                                                               | 14                                                     | 15                                                              | 16                                                   | 17                                                       |
|---------------------|---------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------|
| 0206<br>Hayward 123 | 0206<br>Hayward 123 | 0206<br>Hayward 123                                                                              | 0206<br>Hayward 123                                    | 0206<br>Hayward 123                                             | 0206<br>Hayward 123                                  | 0206<br>Hayward 123                                      |
| RESTDAY!            | RESTDAY!            | UCSD TRACK!<br>#6<br>4x400 @ 5:46 AVE<br>8x200 @ 5:31 AVE<br>SOLID! BP 5:12<br>SUB 19 CARLSBAD!! | YMCA POOL<br>RUN/SWIM<br>RUNNING SHOES<br>FOR POOL ASX | E STREET<br>@ 8:02 AVE<br>NO REX'S UNTIL AFTER 5:00!<br>BP 7:07 | YMCA POOL<br>RUN/SWIM<br>NO SHOES!<br>BETTER in 1204 | ENCINITAS<br>101<br>@ 7:30 AVE<br>BP 6:11<br>GREAT RUN!! |
| 333.92 38 8.78      | 1:04/8:07 1:04/8:07 | 1:00/5:00 1:00/5:00                                                                              | 1:04/8:00 2:00/16:07                                   | 1:00/5:00 2:00/16:07                                            | 1:00/5:00 2:00/16:07                                 | 1:00/5:00 2:00/16:07                                     |

| 18                  | 19                    | 20                                                                                               | 21                                                                                                                                         | 22                                                                      | 23                   | 24                                    |
|---------------------|-----------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------|---------------------------------------|
| 0206<br>Hayward 146 | 0206<br>Hayward 146   | 0206<br>Hayward 146                                                                              | 0206<br>Hayward 146                                                                                                                        | 0206<br>Hayward 146                                                     | 0206<br>Hayward 146  | 0206<br>Hayward 146                   |
| RESTDAY             | RESTDAY               | UCSD TRACK!<br>#7<br>16x200<br>@ 5:29 AVE<br>200 REST/JOG<br>GREAT!<br>"ON TO SOMETHING @ 200s!" | YMCA DOUBLE POOL<br>E2HRY<br>AM/PM<br>RUN/SWIM<br>TO DATE<br>* 579 MINUTES/SWIM<br>16.03 MILES<br>20.3 SWIMS<br>107.63 1244 TOTAL MIN POOL | E2 MARI<br>DM @ E2<br>50YDS<br>6X STRIDES<br>IN LAST MILE!<br>BP @ 6:37 | YMCA POOL<br>RESTDAY | E2 DEL MAR<br>@ 8:24 AVE<br>ALL GOOD! |
| 361.92 41 8.82      | 1:24/10:00 1:24/10:00 | 1:30/7:50 1:30/7:50                                                                              | 1:42/5:00 2:03/15:00                                                                                                                       | 1:42/5:00 2:03/15:00                                                    | 1:42/5:00 2:03/15:00 | 1:42/5:00 2:03/15:00                  |

| 25                  | 26                  | 27                              | 28                                     | 29                                  | 30                  | 31                  |
|---------------------|---------------------|---------------------------------|----------------------------------------|-------------------------------------|---------------------|---------------------|
| 0206<br>Hayward 162 | 0206<br>Hayward 162 | 0206<br>Hayward 162             | 0206<br>Hayward 162                    | 0206<br>Hayward 162                 | 0206<br>Hayward 162 | 0206<br>Hayward 162 |
| RESTDAY             | RESTDAY             | E2 POB<br>@ 8:50 AVE<br>BP 6:29 | YMCA POOL<br>HAIRCUT RUN<br>@ 8:28 AVE | DM WOODS<br>@ 9:30 AVE<br>BP @ 5:43 | RESTDAY             | RESTDAY             |
| 98.91 12 8:24       | 103.91 13 7.99      | 112.00 14 8.00                  | 390.33 46 8.40                         | 244 18:20                           |                     |                     |

(67x 7.43 AVE 448.16 RUN POOL) NO MATTER SOMETHING

3mo's  
400  
FARD  
20  
SWIM  
111  
POOL

F S  
2 3 4 5  
8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31



# APRIL 2007

HYDROX ATHLETICS  
1-800-800-3311

"NAPPY HEADED HO'S"  
D. IMUS

SUN MON TUE WED THU FRI SAT

(RETIREMENT PARTY BY THE SEA)

| 1                                                                                                                                                                                                        | 2                                                                       | 3                                                                                             | 4                                                                                     | 5                     | 6                                                                                  | 7                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <p><b>"RETIRED" LAST RACE!</b></p> <p>0206 HAYWARDS 185</p> <p>CARLSBAD * 5000 *</p> <p>19:40/6:20</p> <p>9TH 60-64</p> <p>QUIT WHILE I AM AHEAD!!! NOT FUN ANYMORE!!!</p> <p>60,000 MILES 300 RACES</p> | <p>Full Moon</p> <p>YMCA POOL</p> <p>RUN/SWIM (PM)</p> <p>AQX/START</p> | <p>0206 HAYWARDS 197</p> <p>BEACONS @ 7:53 AM</p> <p>SOLID! FELT GREAT!!!</p> <p>NON-STOP</p> | <p>YMCA POOL (AM)</p> <p>RUN/SWIM</p> <p>AQX'S ARE GREAT!!! GETTING USED TO THEM!</p> | <p><b>RESTDAY</b></p> | <p>24 LAPS / 23 MINUTES</p> <p>YMCA POOL (AM)</p> <p>RUN/SWIM</p> <p>GOOD WEE!</p> | <p>0206 HAYWARDS 205</p> <p>(E STREET)</p> <p>3 mi @ 7:30 AM</p> <p>80 7:50 AM</p> <p>BP 5:09?</p> |
| 1000 1 1000                                                                                                                                                                                              | 124 1 166                                                               | 2201 2 1105                                                                                   | 1414 23 1178                                                                          |                       | 1438 24 1228                                                                       | 3001 3 1000                                                                                        |
| 400.33 47 8.51                                                                                                                                                                                           | 1354 22 112.88                                                          | 422.34 48 8.79                                                                                | 681 23 18.91                                                                          |                       | 703 24 19.58                                                                       | 430.34 49 8.78                                                                                     |
| 1:30 10 1:30 10                                                                                                                                                                                          | 1:00 5 1:00 5                                                           | 1:35 12 2:35 22                                                                               | 1:00 5 2:00 10                                                                        |                       | 1:00 5 3:00 15                                                                     | 1:03 8 3:38 30                                                                                     |

| 8                     | 9                                                                                | 10                                                                                                                         | 11                                                                                                  | 12                                                      | 13                                              | 14                                                                                                                                                                                          |
|-----------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>RESTDAY</b></p> | <p>YMCA POOL (PM)</p> <p>CATCH/PULL</p> <p>GREG WELCH</p> <p>1ST SWIM LESSON</p> | <p>0206 HAYWARDS 220</p> <p>FIESTA ISLAND LOOPS</p> <p>PACKED ON ISLAND ROUNDS, ROUNDS!!</p> <p>7:24 AM</p> <p>BP 6:49</p> | <p>YMCA POOL (AM)</p> <p>AWESOME!</p> <p>PUMPED!!!</p> <p>3X500 YDS @ 9:00</p> <p>15:00 @ 27.00</p> | <p>0206 HAYWARDS 227</p> <p>DEL MAR WOODS @ 8:29 AM</p> | <p>YMCA POOL</p> <p>RW/SWIM AM</p> <p>EZ in</p> | <p>0206 HAYWARDS 232</p> <p>0301 SUNDAY 31</p> <p>UCSD TRACK:</p> <p>1 mi @ 5:55</p> <p>1/2 @ 3:03</p> <p>1/2 @ 2:53</p> <p>1.48 MI STRIDES</p> <p>STRAIGHTS x 12</p> <p>GOOD!! BP 5:53</p> |
|                       | 1534 25 127.83                                                                   | 445.53 50 8.91                                                                                                             | 1594 26 132.83                                                                                      | 452.53 51 8.87                                          | 1638 27 136.83                                  | 460.53 52 8.85                                                                                                                                                                              |
|                       | 735 25 20.41                                                                     | 1:00 5 1:00 5                                                                                                              | 765 26 21.39                                                                                        | 777 27 21.55                                            | 777 27 21.55                                    | 777 27 21.55                                                                                                                                                                                |
|                       | 1:00 5 1:00 5                                                                    | 1:53 15 1:53 15                                                                                                            | 1:00 5 2:00 10                                                                                      | 1:59 14 2:52 22                                         | 1:42 13 2:42 13                                 | 1:03 8 3:55 30                                                                                                                                                                              |

| 15                                                                                          | 16                                                                                         | 17                                                                                                                                              | 18                                                                                                                             | 19                                                                     | 20                                                   | 21                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>RESTDAY</b></p> <p>1000 HOMEOWNERS/MO</p> <p>LOSING HOMES IN CAL/CAN'T PAID/LOANS</p> | <p><b>RESTDAY</b></p> <p>HAL GOFORTH 62</p> <p>BABY BOSTON/RAIN</p> <p>3:14/3:20 60-64</p> | <p>0206 HAYWARDS 247</p> <p>FIESTA ISLAND</p> <p>2009 100 laps + 1 mile</p> <p>@ 7:14 AM</p> <p>CLOUDY/COOL</p> <p>STEADY, LAST 3 MI @ 7:30</p> | <p>YMCA POOL - AM</p> <p>SHOES ARE WORKING!</p> <p>STARTING TO GET A GOOD PUMP AFTER POOL WORKOUTS!!!</p> <p>30 LAPS / 129</p> | <p>0206 HAYWARDS 255</p> <p>DEL MAR WOODS @ 8:00 AM</p> <p>BP 6:17</p> | <p>YMCA POOL (AM)</p> <p>3X500 @ 27</p> <p>GOOD!</p> | <p>0206 HAYWARDS 259</p> <p>0301 SUNDAY 35</p> <p>UCSD TRACK/ROAD</p> <p>Y2'S ROAD</p> <p>1 3:06</p> <p>2 2:57</p> <p>3 3:03</p> <p>4 2:55</p> <p>DOWN HILL/CURVES AWESOME!!!</p> |
|                                                                                             |                                                                                            | 75.32 7 10.76                                                                                                                                   | 174 7 4.83                                                                                                                     | 482.63 54 8.93                                                         | 1752 29 146.8                                        | 490.81 55                                                                                                                                                                         |
|                                                                                             |                                                                                            | 475.65 53 8.91                                                                                                                                  | 807 28 22.41                                                                                                                   | 156 16 2:52 21.98                                                      | 157 17 2:52 21.98                                    | 157 17 2:52 21.98                                                                                                                                                                 |
|                                                                                             |                                                                                            | 1:56 15 1:56 15                                                                                                                                 | 1:59 14 1:59 14                                                                                                                | 1:56 16 2:52 21.98                                                     | 1:57 17 2:52 21.98                                   | 1:57 17 2:52 21.98                                                                                                                                                                |

22 23 24 25 26 27 28



|                                             |                                                            |                                                                                |                                         |                                         |                                                                                                                                                      |
|---------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| CATCH/PUll<br>GREG WEICH<br>1st SWIM LESSON | PACKED ON ISLAND<br>ROUND & ROUND!!<br>7:24 AVE<br>BP 6:49 | YUCA POOL<br>(AM)<br>AWESOME!<br>PUMPED!!!<br>3x500 yds @ 9:00<br>15:01 @ 27.8 | DEL MAR<br>WOODS<br>@ 8:29 AVE.         | YUCA POOL<br>Run/Swim<br>Am<br>EZ in    | 0206 HAYWARD 232<br>0301 SUNDAYS 31<br>UCSD TRACK:<br>1mi @ 5:55<br>1/2 @ 3:03<br>1/2 @ 2:53<br>1.48 MI STRIDES<br>STRAIGHTS x 12<br>6000!! BP 5:133 |
| 1534 25 20 45:20 4 11:30                    | 735 25 20 44:53 50 8:91                                    | 132 5 25:35 52:20 5 10:44                                                      | 1594 26 132:35 452:53 5 8:67            | 3:55 6 28:55 144 6 4:00 1636 27 136:32  | 100:32 6 10:05 460:65 52 8:85                                                                                                                        |
| 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59     | 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59                    | 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59                                        | 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59 | 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59 | 1:00/5:00 1:00 5:00 1:53 1:59 1:53 1:59                                                                                                              |

|                                                                  |                                                 |                                                                                      |                                                                                                |                                       |                                            |                                                                              |
|------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|
| 15                                                               | 16                                              | 17                                                                                   | 18                                                                                             | 19                                    | 20                                         | 21                                                                           |
| RESTDAY                                                          | RESTDAY                                         | M FIESTA Island                                                                      | YUCA POOL                                                                                      | DEL MAR                               | YUCA POOL                                  | UCSD TRACK/ROAD                                                              |
| 1000 HOMEOWNERS/MO<br>LOSING HOMES IN<br>CAL/CALIFORNIA<br>LOANS | HAL GOFORTH/62<br>BOSTON/RAIN<br>3:11/3:00 6:04 | 2 OUTSIDE LAPS<br>+ INSIDE<br>@ 7:14 AVE<br>CLOUDY/COOL<br>STEADY LAST 3MI<br>@ 7:30 | SHOES ARE WORKING!<br>STARTING TO GET A<br>GOOD PUMP AFTER<br>POOL WORKOUTS...<br>30 LAPS/1:29 | WOODS<br>@ 8:00 AVE.<br>BP 6:17       | 3x500 @ 27<br>6000!                        | Y2'S ROAD<br>① 3:06<br>② 2:57<br>③ 3:03<br>④ 2:55<br>NOT A GOOD<br>up! sure! |
| 0206 HAYWARD 247                                                 | 0206 HAYWARD 255                                | 0206 HAYWARD 259                                                                     | 0206 HAYWARD 259                                                                               | 0206 HAYWARD 259                      | 0206 HAYWARD 259                           | 0206 HAYWARD 259                                                             |
| 75:32 7 10:76                                                    | 475:65 53 8:97                                  | 1:56 1:50 1:56 1:50                                                                  | 5:00 7 33:50 174 7 4:02 1695 28 141:25 807 28 22:41                                            | 82:30 8 10:20 4:15 8 38:25 201 8 5:50 | 482:63 54 8:93 1752 29 146:00 834 29 23:16 | 90:48 9 10:05 490:81 55 8:92                                                 |
| 1:56 1:50 1:56 1:50                                              | 1:56 1:50 1:56 1:50                             | 1:56 1:50 1:56 1:50                                                                  | 1:56 1:50 1:56 1:50                                                                            | 1:56 1:50 1:56 1:50                   | 1:56 1:50 1:56 1:50                        | 1:56 1:50 1:56 1:50                                                          |

|                                                                                                                                 |                       |                                                                                                      |                                                                                                                      |                                                                |                                                                            |                                            |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------|
| 22                                                                                                                              | 23                    | 24                                                                                                   | 25                                                                                                                   | 26                                                             | 27                                                                         | 28                                         |
| * 1.84 SWIM FOR<br>WEEK = 25.08 MILES<br>68 LAPS NEEDED 4<br>WEEK!<br>RESTDAY<br>32 MILES RUN<br>FOR 9.01 AVE<br>DAY FOR 4 MO'S | RESTDAY               | LA COSTA AVE<br>@ 8:25 AVE.<br>Hip (LEFT) SIDE?<br>DOWNHILLS 1/2 on<br>SAT! BP 6:58<br>SHOES TO GO!! | NO POOL<br>Running!! 34<br>LAPS 22<br>3x500 yds.<br>① 8:42<br>② 8:41<br>③ 8:42<br>ON @ 1:20 REST!<br>GREAT WORKOUT!! | BEGIN REST<br>MODE FOR 8K<br>RESTDAY<br>10 DAY REST<br>MODE... | YUCA POOL<br>36 LAPS<br>@ 32:21<br>X PR MILE<br>STRAIGHT/NORSE!<br>GREAT!! | DEL MAR<br>WOODS<br>@ 8:06 AVE.<br>BP 6:21 |
| 0206 HAYWARD 274                                                                                                                | 0206 HAYWARD 281      | 0206 HAYWARD 281                                                                                     | 0206 HAYWARD 281                                                                                                     | 0206 HAYWARD 281                                               | 0206 HAYWARD 281                                                           | 0206 HAYWARD 281                           |
| 105:51 10 10:55                                                                                                                 | 505:84 56 9:03        | 15:03 2:07 2:07 15:03                                                                                | 2:50 9 40:35 231 9 6:41 1782 30 148:55 864 30 24:00                                                                  | 3:00 10 43:75 267 10 7:41 1818 31 151:30 900 31 25:00          | 112:51 11 10:22 502:84 57 8:82                                             | 7:00 1:57 22:02 3:04                       |
| 15:03 2:07 2:07 15:03                                                                                                           | 15:03 2:07 2:07 15:03 | 15:03 2:07 2:07 15:03                                                                                | 15:03 2:07 2:07 15:03                                                                                                | 15:03 2:07 2:07 15:03                                          | 15:03 2:07 2:07 15:03                                                      | 15:03 2:07 2:07 15:03                      |

# 29

RESTDAY

# 30

16 LAPS  
1/2 mi  
@ 15:41  
52/50 yds  
AVE.  
GOOD

|      |      |        |
|------|------|--------|
| 1:00 | 11   | 45:50  |
| 289  | 11   | 8:03   |
| 1840 | 31   | 153:33 |
| 922  | 31   | 25:01  |
| 22   | 1:00 | 22     |
| 22   | 1:00 | 22     |

\* 4 MO'S / 2007

150 MILES POOL RUN  
25 MILES SWIM

520 ROAD RUN

KITCHEN

www.xpress.com

STICK-UP BROOM

WHEN THE RITE FALLS  
FROM THE SKY/BDXAN

BEARS TIRES

7023 CARROLL RD  
858 453-2449

CHEAP TIRES!

8.05

CALIFORNIA HOME  
OFFICE.COM

AIR PURIFIER

Month

RUN 11 DAYS/1/2  
SWIM 11 DAYS/8mi  
REST 8 DAYS

\* 0.12 mi day swim  
10.25 mi day run  
YEAD DATE  
918 LPS

MARCH 2007

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 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 |

MAY 2007

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 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 |    |



# Running

## UNION-TRIBUNE 8K RACE FOR LITERACY (Sunday's Results)

### Male Division Top Finishers

12-under: Angel Lopez, Imperial Beach, 32:47; Collin Brown, San Diego, 33:55; Lance Lerum, San Diego, 34:48.

13-17: Cameron Sundin, La Mesa, 27:40; Mitchel Dominguez, El Cajon, 29:48; Michael Romero, Escondido, 30:13.

18-24: Jesse Armijo, San Marcos, 24:14; Ben Aragon, San Diego, 27:23; Juan Torres, La Mesa, 29:30.

25-29: Tom Burns, Del Mar, 24:44; Dane Mitchell, Flagstaff, Az., 24:58; Jeremy Brown, San Diego, 25:30.

30-34: M.M., 24:50; David Dominguez, San Diego, 24:54; Sean Birren, Ocean-side, 25:52.

35-39: Hector Hernandez, Chula Vista, 24:18; Chris Hupfeld, Carlsbad, 25:39; Ben Cravatt, La Jolla, 27:33.

40-44: James Sheremeta, La Jolla, 25:32; Rich Brownsberger, El Cajon, 25:40; Michael Marck, Palos Verdes Peninsula, 27:25.

45-49: Adam Weiner, San Diego, 27:36; Kevin Prochaska, Valley Center, 29:03; Dave Spinler, El Cajon, 29:05.

50-54: Greg Wilson, Chula Vista, 27:48; Eddie Goldberg, San Diego, 28:48; Matt Lake, San Diego, 29:19.

55-59: Hank Sullivan, San Diego, 31:16; David Dunbar, La Jolla, 31:23; Robert Boyce, Del Mar, 31:47.

60-64: Ron Wells, Alpine, 28:56; Ron Enos, Poway, 30:47; John Montgomery, Del Mar, 31:51.

65-69: Steven Brenneck, San Diego, 34:54; Charles Burton, Palm Desert, 38:24; Michel Ribet, La Jolla, 41:50.

70-74: Don Foster, San Diego, 46:16; Manuel Idarra, San Diego, 48:03; David Long, San Diego, 56:43.

75-79: Edward Maher, Carlsbad, 44:43; Bob Holmes, San Diego, 54:54; Lloyd McGuire, San Diego, 56:27.

80-84: Charles Ross, La Mesa, 1:48:10; James Spiller, San Diego, 1:19:10.

# MAY 2007

SU

TUE

WED

THU

FRI

SAT

1

0501 HAYWARDS

6

DEL MAR (6)  
WOODS @ 8:28A  
EZ... 9:00 down  
8:00 BACK!  
READY TO GO  
FOR SUNDAY!

6.04 | 1 | 6.04  
518.88 | 58 | 8.94  
1:51 | 6.04 | 1:51 | 6.04

2

Full Moon

100 WARM-UP  
800yds  
@ 14:43  
100 WARM-DOWN  
GOOD!!

22 | 1 | 0.04  
1.23 | 1 | 1.23  
155.16 | 32 | 4.84  
9.44 | 32 | 26.22

3

0501 HAYWARDS

12

101 NORTH  
@ 8:28  
(6)  
20/55°  
ICE BATH

12.04 | 2 | 6.02  
524.88 | 59 | 8.88  
1:51 | 6.00 | 1:42 | 12.04

4

RESTDAY  
20/54°  
ICE BATH

0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00

5

RESTDAY  
20/52°  
ICE BATH

0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00

6

0501 HAYWARDS  
0301 SAUCONY

16  
43

UNION TRIBUNE  
\* 8K \*  
BALBOA PARK

31:51 / 6:24  
3RD 60+  
PAINFUL DOWNHILL!  
I CAN RUN WITH RON ENOS!

24.25 | 3 | 8.00  
537.09 | 60 | 8.95  
1:39 | 12.21 | 1:39 | 12.21

7

\* SHOCK  
HANDS WITH  
GARY PLAYER  
TODAY / MON

12 MIN RUN / AEROBICS  
150 WARM-UP  
900 @ SUB 16:00  
150 WARM-DOWN  
GETTING USED TO  
WATCH? 20/56°  
FEET GOOD!!

24.25 | 2 | 1.23  
3.00 | 2 | 4.83  
158.16 | 33 | 14.29  
968 | 33 | 26.00

8

HAIROT  
7:45A

RESTDAY  
20/56°  
ICE BATH

0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00

9

SD UNION  
CALLED ABT STORY!

900 @ 16:23  
20/56°  
ICE BATH

68 | 3 | 1.88  
1.83 | 3 | 5.49  
154.98 | 34 | 26.10  
992 | 34 | 27.20

10

MANATESSA  
INSURANCE  
\$600

0501 SAUCONY  
ICE BATH  
20/56°  
DEL MAR (7)  
WOODS  
@ 7:58

S.D. UNION  
DON NORCROSS  
CALLED ABOUT STORY

31.25 | 4 | 7.81  
544.09 | 61 | 8.41  
1:56 | 7.00 | 2:35 | 19.21

11

ADDITIONAL  
CAR PAYMENT  
\$100

RESTDAY  
20/56°  
ICE BATH

0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00

12

BP  
6:08

0501 HAYWARDS  
TOP OF TOWER  
@ 7:56 AVE  
FEET GREAT ALL  
THE WAY, STRUG  
LITTLE LEG PAIN!  
NEGATIVE GRIT

42.48 | 5 | 8.48  
555.27 | 62 | 8.95  
1:29 | 11.18 | 1:40 | 30.39

13

YMCA  
POOL

450yds warm-up  
8:52  
900yds @ 16:19  
450 yds warm-down  
9:34

14

0501 HAYWARDS  
101 NORTH  
ENCINITAS  
@ 7:50 AVE.

DON NORCROSS  
CALLED!!! PICTURES  
TOMORROW!  
STORY FRIDAY?

15

RESTDAY!

16

New  
Moon

0501 HAYWARDS  
FIESTA ISLAND  
4 loops @  
7:58  
Loops 1,2 @ 7:58  
Loops 3,4 @ 7:59

99 | 7 | 1.57

17

RESTDAY!  
20/56°  
ICE BATH

0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00  
0.00 | 0.00 | 0.00

18

YMCA  
POOL  
8:44 WU  
900yds @ 16:12  
9:22 WD  
FITNESS & FITNESS  
MUSIC & GEAR!!

140 | 5 | 3.88  
3.00 | 5 | 11.28

19

UCSD ROAD  
TRACK  
CLOSED!  
9x.15 @ 6:11

0501 HAYS  
0301 SACS  
73.99 | 8 | 1.82



12  
BALBOA PARK  
31.51 / 6:24  
300 60+  
DINTEL MOUNTAIN!  
3.1K RUN IN THE RUN CROS  
24.25 3 8.00  
537.09 60 8.00  
1:39 / 12.2 1:39 / 12.2

150 WARM-UP  
900 @ SUB 1:00  
150 WARM-UP  
GETTING USED TO  
WATCH 20/56  
FEET GOOD  
24.22 2 1.66

RESTDAY!  
120/56  
ICE BATH

50 UNION  
CALLED ABOUT STORY!  
900 @ 16:00  
20/56  
ICE BATH

501 HAYWARD 50  
1-ICE BATH-  
DEL MAR  
WOODS  
@ 7:58  
S.D. UNION  
DON NORCROSS  
CALLED ABOUT STORY  
31.25 4 7.81  
544.09 61 8.91  
1:56 / 100 2:35 / 19.21

RESTDAY!  
120/56  
ICE BATH

12  
TOP OF TORREY  
@ 7:52 AVE  
FEET CRISP ALL  
THE WAY, STRONG  
LITTLE LEG PAIN  
NEGATIVE CRUT  
42.48 5 8.48  
555.27 62 8.98  
1:29 / 11.8 1:40 / 30.39

13  
YMCA  
Pool  
450 yds warm-up  
8:52  
900 yds @ 16:19  
450 yds warm-up  
9:34  
10.4 4 2.88  
3.00 4 8.49  
162.99 35 4.02  
1028 35 28.35  
35 36 1.00 1.00  
Mother's Day (Canada, US)

14  
8501  
HAYWARD 35  
101 NORTH  
ENCINITAS  
@ 7:50 AVE.  
DON NORCROSS  
CALLED III PICTURES  
TOMORROW!  
STORY FRIDAY?  
50.46 6 8.41  
563.30 63 8.94  
1:03 8.03 1:03 8.03

15  
RESTDAY!  
ICE BATH

16  
8501  
HAYWARD 51  
FIESTA ISLAND  
4 loops @  
7:58  
Loops 1,2 8:00  
@ 7:58  
Loops 3,4 @ 7:59  
66.99 7 9.51  
579.83 64 9.05  
2:12 / 16.8 2:15 / 24.3

17  
RESTDAY!  
20/56  
ICE BATH

18  
YMCA  
POOL  
8:44 WU  
900 yds @ 16:12  
9:22 WU  
FITNESS FINANCIALS!!  
ACERCA GREAT!!  
140 5 3.88  
3.00 5 11.49  
165.06 36 4.61  
1064 36 29.53  
1:34 / 1.00 1:09 2.00

19  
UCSD ROAD  
TRACK  
CLOSED!  
9x.15 @ 6:11  
73.99 8 9.29  
586.83 65 9.02  
1:04 / 7.00 4:19 / 31.56

20  
RESTDAY!  
120/52  
ICE BATH

21  
RESTDAY!  
Victoria Day (Canada)

22  
MILES  
#1  
UCSD TRACK #11  
3x1mi / 800 REST  
1) 5:59 BP  
2) 5:58 5:02  
3) 5:52  
LEGS GETTING MUCH  
BETTER SIATICA IS  
GOING AWAY!!  
84.94 9 9.44  
597.83 66 9.05  
1:25 / 11.00 1:25 / 11.00

23  
SWIM  
YMCA  
POOL  
450 yds EZ  
450 @ 8:08  
450 yds EZ  
450 @ 8:13  
176 6 4.88  
3.00 6 11.49  
168.99 27 4.38  
100 37 30.25  
1:35 / 11.00 1:35 / 1.00

24  
8  
0501  
HAYWARD 73  
TOP OF TORREY/  
@ 7:56 AVE.  
GOOD!! BP 6:01  
WORK  
@ 120/53  
ICE BATH

25  
SWIM  
YMCA  
POOL  
900 yds  
@ EZ  
194 7 5.88  
1.50 7 16.8  
170.44 38 4.48  
11.8 38 31.02  
1:18 / 1.50 53 1.50

26  
400's 6:00 8  
#2  
UCSD TRACK  
#12  
8x400 (400 REST)  
@ 5:39 AVE  
120/54  
ICE BATH  
104.14 11 9.46  
66.99 68 9.07  
1:04 / 8.00 4:02 / 30.15

27  
RESTDAY!  
NO BACK OF IN  
TODAY!  
JUN NERDS SICK!

28  
RESTDAY!  
Memorial Day Observed

29  
MILES  
#2  
UCSD TRACK #13  
8x400 (400 REST)  
@ 5:38  
114.15 12 9.51  
626.99 69 8.94  
1:20 / 10.01 1:20 / 10.01

30  
SWIM  
YMCA  
POOL  
5 mo's swimming  
31.48 MILES / 6:35 NONE  
216 8 6.01  
.61 8 17.01  
1.63 39 17.01  
1140 39 21.01  
1:22 / 1.61 1:22 / 1.61

31  
8  
0301  
HAYWARD 88  
EZ  
DEL MAR  
WOODS  
@ 8:20  
8:43 DOWN  
7:58 BACK  
121.15 13 9.31  
623.99 70 8.94  
1:58 / 7.00 2:48 / 17.01

120 MILES RUN / 13 DAYS

44  
APRIL 2007  
S M T W T F S  
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  
JUNE 2007  
S M T W T F S  
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



# JUNE

## 2007

WORLD?  
2 CLICKS / 3 SECONDS

SAPPY?

SONG?

"ON THE ROAD TO NOWHERE"

SUN MON TUE WED THU FRI SAT

MAY 2007  
S M T W T F S  
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

JULY 2007  
S M T W T F S  
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

1

Full Moon

2

200'S TRACK 4

0301 HAYWARDS 95

RESTDAY

SWAMI'S  
EZ!  
NO WATCH!  
PM RUN

|   |   |   |        |       |       |
|---|---|---|--------|-------|-------|
| 0 | 0 | 0 | 7.04   | 1     | 7.00  |
| 0 | 0 | 0 | 631.00 | 71    | 8.88  |
| 0 | 0 | 0 | 7.04   | 11.03 | 11.03 |

3

(swim)

4

(REST)

5

(RUN)

6

(swim)

7

(RUN)

8

(REST)

9

STATE STREET  
MOTEL 6  
800 245 4083  
805 687 5400

YMCA POOL  
1/2 MILE @  
15:53  
GOOD!!

RESTDAY

DEL MAR WOODS  
@ 8:00 AM  
BP 5:52!  
55° / 120  
ICE BATH

YMCA POOL  
1/2 mi @ 16:06  
150 yds warm up  
900 yds @ 16:06  
150 yds warm down

SWAMI'S  
@ 8:00 AM  
56° / 120  
ICE BATH

RESTDAY

RESTDAY

|       |     |        |
|-------|-----|--------|
| 18    | 1   | 150    |
| 15:53 | 1   | 15:53  |
| 1:29  | 40  | 173.61 |
| 1:58  | 40  | 32.10  |
| 18    | 150 |        |

|        |    |       |
|--------|----|-------|
| 7.00   | 2  | 14.01 |
| 638.00 | 72 | 8.88  |
| 7.00   | 56 | 7.8   |

|       |     |        |
|-------|-----|--------|
| 24    | 2   | 1.16   |
| 22.30 | 2   | 38:23  |
| 2.00  | 41  | 175.61 |
| 11:2  | 41  | 32.83  |
| 24    | 166 | 42     |

|        |      |       |
|--------|------|-------|
| 7.05   | 3    | 14.06 |
| 645.05 | 73   | 8.83  |
| 56.88  | 7.02 | 11:12 |

10

11

12

13

14

15

16

0301 HAYWARDS 114

0301 SACS 93

STATE STREET  
MILES 111  
1) 5:31.3  
2) 5:31.6

3RD AGE GROUP 60+  
AGE GRADED MILE  
10th

HEAL? / COLD?

|        |      |       |
|--------|------|-------|
| 31.00  | 4    | 7.00  |
| 655.05 | 74   | 8.85  |
| 0      | 1:23 | 10:00 |

RESTDAY  
HEAD COLD!  
REST TOTX 111

RESTDAY  
HEAD COLD in

SICK  
RESTDAY  
HEAD COLD in

RESTDAY  
HEAD COLD in

CALLS in  
sick in

RESTDAY  
HEAD COLD in

TORRE 1120  
@ 8:22 AM  
GOOD! FINISH  
FELT LIKE RUN  
HEAD TOO COOL  
CHEST / COOL

|        |    |
|--------|----|
| 39.85  | 5  |
| 663.34 | 75 |
| 109.00 | 23 |



YACA Pool

1/2 mile @ 15:53

GOOD!!

RESTDAY

DEL MAR WOODS @ 8:00 AM

BP 5:52 / 55° / 120

ICE BATH

YACA POOL

1/2 mile @ 16:06

50 yds warm up 900 yds @ 16:06

150 yds warm down

SWAMI'S @ 8:00 AM

56° / 120

ICE BATH

RESTDAY

56° / 20

ICE BATH

RESTDAY

|       |    |        |
|-------|----|--------|
| 18    | 1  | 1.50   |
| 19.53 | 1  | 15.33  |
| 1.29  | 40 | 173.61 |
| 1.56  | 40 | 32.20  |
| 18    | 18 | 1.50   |

|      |    |       |
|------|----|-------|
| 7.00 | 2  | 14.01 |
| 6.38 | 72 | 8.88  |
| 7.00 | 56 | 7.88  |
| 7.88 | 56 | 7.88  |

|       |    |        |
|-------|----|--------|
| 24    | 2  | 11.18  |
| 22.30 | 2  | 38.23  |
| 1.52  | 41 | 173.61 |
| 1.52  | 41 | 32.20  |
| 24    | 24 | 1.46   |

|      |    |       |
|------|----|-------|
| 7.05 | 3  | 2.46  |
| 6.45 | 73 | 8.88  |
| 5.60 | 72 | 11.2  |
| 11.2 | 14 | 14.00 |

STATE STREET MILES 111

0 5:31.3

20 5:31.6

3RD AGE GROUP BOT

AGE GRADED MILE 10TH

HEAL? / COLD?

RESTDAY

HEAD COLD!

REST TOTAL 111

RESTDAY

HEAD COLD in

SICK

RESTDAY

HEAD COLD in

RESTDAY

HEAD COLD in

RESTDAY

HEAD COLD in

RESTDAY

HEAD COLD in

|        |       |       |
|--------|-------|-------|
| 655.05 | 74    | 8.88  |
| 10.00  | 11:23 | 10.00 |
| 10.00  | 1:23  | 1:23  |

|        |     |      |
|--------|-----|------|
| 39.35  | 5   | 7.88 |
| 663.34 | 75  | 8.88 |
| 1:09   | 829 | 2132 |
| 18.29  |     |      |

YMCA POOL EZ!

PM

RESTDAY

BACK ON TRACK

1206 LAPS

TORREY HILTON

@ 8:15 AM

STRONGER ON THE UPHILLS!

(AWESOME RUN) HAPPY B-DAY!

BP 6:24

YMCA POOL EZ!

(1230 LAPS)

TORREY H2O

@ 8:15 AM

8:23 DOWN

8:00 BACK

RESTDAY

COLD BACK IN (NEEDLE TIP)

FIXED HEEL!

\* WARM UP

ENCINITAS @ EZ

8:30 AM

BP 6:54

TURBO in

|       |    |        |
|-------|----|--------|
| 66    | 3  | 1.83   |
| 11.07 | 3  | 20.42  |
| 2.09  | 42 | 177.61 |
| 11.86 | 42 | 33.55  |
| 24    | 66 | 24     |
| 66    | 24 | 66     |

|       |      |      |
|-------|------|------|
| 53.36 | 6    | 8.88 |
| 6.77  | 76   | 8.88 |
| 1:55  | 140  | 1:55 |
| 140   | 1:55 | 140  |

|       |       |         |
|-------|-------|---------|
| 22.55 | 4     | 1:23.07 |
| 2.09  | 43    | 179.61  |
| 12.30 | 43    | 34.10   |
| 24    | 12:55 | 14:35   |
| 14:35 | 1:33  |         |

|        |     |      |
|--------|-----|------|
| 61.61  | 7   | 8.88 |
| 6.5.60 | 77  | 8.88 |
| 1:08   | 831 | 3103 |
| 22.32  |     |      |

|         |       |      |
|---------|-------|------|
| 69.55   | 8     | 8.88 |
| 6.93.34 | 78    | 8.88 |
| 1:05    | 17.61 | 1408 |
| 20.00   |       |      |

RESTDAY

HUGE

\* 6 MONTHS LATER

RESTDAY

\* SIATICA

ALMOST GONE

RIGHT LEG / LEFT

HP 80% NORMAL

TORREY H2O

@ 7:59 AM

8:09 DOWN

7:47 BACK

ICE BATH

152 / MCA

56°

POOL

@ EZ

30 LAPS @ 28:04

RESTDAY

RESTDAY

VC SAHAWARDS

1- TRACK MEET

5K 19:55

1500

800

800 HOT

GOOD

QUICK

56°

1:20

|         |      |      |
|---------|------|------|
| 78.48   | 9    | 8.88 |
| 7.02.48 | 79   | 8.88 |
| 101.72  |      |      |
| 1:13    | 9.11 | 1:13 |
| 9.11    |      |      |

|         |       |         |
|---------|-------|---------|
| 120 LPS | 5     | 3.33    |
| 25.05   | 5     | 1:51.11 |
| 2.55    | 144   | 182.88  |
| 12.60   | 44    | 35.55   |
| 30      | 28.54 | 28.54   |
| 28.54   | 28.54 | 28.54   |

|       |     |      |
|-------|-----|------|
| 91.11 | 10  | 9.11 |
| 72.05 | 80  | 9.11 |
| 12.55 | 136 | 249  |
| 24.66 |     |      |

720 MILES RUN 6 MILES // \* 35 MILES SWIM 6 MONTHS



# JULY

## 2007

7BRUCE.COM  
INTERNET \$

1400 MILES  
GOAL ROLL/END

SUN MON TUE WED THU FRI SAT

| 1                          | 2                              | 3                                 | 4                | 5                                          | 6                               | 7         |
|----------------------------|--------------------------------|-----------------------------------|------------------|--------------------------------------------|---------------------------------|-----------|
| VACATION REQ<br>INTO LEVY? |                                | 0501<br>HAYWARDS   177            |                  | 0501<br>HAYWARDS   188                     |                                 | TRACK     |
| RESTDAY                    | YMCA<br>EZ                     | DEL MAR<br>WOODS<br>EZ<br>8:30 AM | RESTDAY          | TORREY GATE<br>@ 8:27A<br>56 MILE @ 8:57   | YMCA<br>EZ<br>29 CARP EZ        | RESTDAY   |
| 0   0   0                  | 30   1   30<br>2.50   1   2.50 | 7.00   1   7.00                   | 0   0   0        | ICE<br>BATH   54   120<br>19.20   2   9.60 | 129   2   59<br>2.41   2   4.82 | 0   0   0 |
| 0   0   0                  | 2.50   45   184.41             | 727.00   81   8.91                | 0   0   0        | 739.20   82   9.01                         | 2.41   46   187.02              | 0   0   0 |
| 0   0   0                  | 1290   45   3583               | ICE BATH   15   54                | 0   0   0        | 1319   46   36.02                          | 1319   46   36.02               | 0   0   0 |
| 0   0   0                  | 83   28.30   83   28.30        | 7.00   59   7.00   59             | Independence Day | 143   123   242   1920                     | 80   2731   103   1.63          | 0   0   0 |
| Canada Day (Canada)        |                                |                                   |                  |                                            |                                 |           |

| 8                                        | 9                      | 10                                                                 | 11                                                  | 12        | 13                              | 14                                             |
|------------------------------------------|------------------------|--------------------------------------------------------------------|-----------------------------------------------------|-----------|---------------------------------|------------------------------------------------|
| 0301 SACS   58                           | 11:00<br>DENTAL<br>APT | NOT MADE!<br>0710<br>SIMPSTERS   12.40                             |                                                     |           |                                 | 0501<br>HAYWARDS   195                         |
| G. STREET<br>@ 8:01 AVE.<br>GOOD!        | RESTDAY                | TORREY GATE<br>NON-STOP @ 8:15<br>AVE.<br>GREAT!<br>56 MILE @ 8:54 | YMCA<br>EZ                                          | RESTDAY   | YMCA<br>EZ<br>1/2 mi @ 16:30    | J STREET<br>@ 7:31 AVE<br>MAX 6:15<br>AWESOME! |
| ICE<br>BATH   52   15<br>2.10   3   9.06 | 0   0   0              | ICE<br>BATH   56   15<br>39.60   4   9.40                          | ADD 20 TO TOTALS<br>135   3   94<br>2.91   3   7.82 | 0   0   0 | 18   4   112<br>1.50   4   9.00 | 46.00   5   9.33                               |
| 747.20   83   9.00                       | 0   0   0              | 759.00   84   9.04                                                 | 2.91   47   189.13                                  | 0   0   0 | 1.20   48   191.40              | 766.00   85   9.00                             |
| 1:04   800   1:04   800                  | 0   0   0              | 142   12   246   20.40                                             | 1354   47   37.51                                   | 0   0   0 | 1372   48   38.00               | 53   709   3:40   27.40                        |

| 15        | 16        | 17                                             | 18        | 19                                        | 20        | 21        |
|-----------|-----------|------------------------------------------------|-----------|-------------------------------------------|-----------|-----------|
|           |           | NIKE<br>ZOOM AIR<br>SKYLONS<br>(AIRGUM)        |           |                                           |           |           |
| RESTDAY   | RESTDAY   | 07.17<br>SKYLONS   7.01                        | RESTDAY   | 07.17<br>SKYLONS   14.11                  | RESTDAY   | RESTDAY   |
| 0   0   0 | 0   0   0 | DEL MAR<br>WOODS @<br>7:58 AVE.<br>EZ! BP 6:44 | 0   0   0 | J STREET<br>@ 8:00 AVE<br>EZ!<br>BP 6:45  | 0   0   0 | 0   0   0 |
| 0   0   0 | 0   0   0 | ICE<br>BATH   52   20<br>53.90   6   8.98      | 0   0   0 | ICE<br>BATH   53   20<br>61.00   7   8.71 | 0   0   0 | 0   0   0 |
| 0   0   0 | 0   0   0 | 773.90   86   8.98                             | 0   0   0 | 781.00   87   8.97                        | 0   0   0 | 0   0   0 |
| 0   0   0 | 0   0   0 | 56   701   56   7.01                           | 0   0   0 | 157   70   1.53   14.11                   | 0   0   0 | 0   0   0 |



|                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                     |                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>STREET<br/>@ 8:01 AVE.<br/>GOOD!</div> <div>ICE BATH 52° :15<br/>2.20 3 9.46<br/>747.20 83 9.00<br/>1:04   8:00 = 1:04   8:00</div>                                                                      | <div>RESTDAY</div> <div></div>                                                                                                                                                                                                                                                    | <div>STRETCHES 12.40<br/>TORREY GATE<br/>NEW STOP @ 8:15 AVE.<br/>GREAT!<br/>56 MILE @ 8:54</div> <div>ICE BATH 56° :15<br/>39.60 4 9.90<br/>759.60 84 9.04<br/>1442   12:40 = 2:46   26:40</div>                                                                                       | <div>YMCA<br/>@ EZ</div> <div>ADD .20 TO TOTALS<br/>135 3 9.4<br/>2.91 3 7.62<br/>2.91 47 169.93<br/>1354 47 57.61<br/>47   33:25 = 47   33:25</div>                                                | <div>12</div> <div>RESTDAY</div> <div></div>                                                                                                                                                          | <div>13</div> <div>YMCA<br/>@ HART</div> <div>1/2 mi @ 16:30<br/>18 4 112<br/>1.50 4 9.33<br/>1.50 48 141.48<br/>1372 48 38.11<br/>150   16:30 = 1:47   48:59</div>                                                                                                                  | <div>14</div> <div>0501<br/>WAYNE @ 195</div> <div>J STREET<br/>@ 7:31 AVE<br/>MAX 6:15<br/>AWESOME!</div> <div>46.64 5 9.33<br/>766.64 85 9.02<br/>53   7:09 = 8:40   27:49</div> |
| <div>15</div> <div>RESTDAY</div> <div></div>                                                                                                                                                                  | <div>16</div> <div>RESTDAY</div> <div></div>                                                                                                                                                                                                                                      | <div>17</div> <div>NUKE<br/>2100 AIR<br/>SKYLOPS<br/>(AIRBORNE)<br/>07.17<br/>SKYLOPS 7.01</div> <div>DELMAR<br/>WOODS @<br/>7:58 AVE.<br/>EZ! BP 6:44</div> <div>ICE BATH 52° :20<br/>53.90 6 8.90<br/>773.90 86 8.99<br/>56   7:01 = 56   7:01</div>                                  | <div>18</div> <div>RESTDAY</div> <div></div>                                                                                                                                                        | <div>19</div> <div>07.17<br/>SKYLOPS 14.11</div> <div>J STREET<br/>@ 8:00 AVE.<br/>EZ!<br/>BP 6:45</div> <div>ICE BATH 53° :20<br/>61.00 7 8.71<br/>781.00 87 8.97<br/>57   7:01 = 1:53   14.11</div> | <div>20</div> <div>RESTDAY</div> <div></div>                                                                                                                                                                                                                                         | <div>21</div> <div>VACATION</div> <div>RESTDAY</div> <div></div>                                                                                                                   |
| <div>22</div> <div>07.17<br/>SKYLOPS 26.49</div> <div>TORREY GATE<br/>@ 8:15 AVE.<br/>BP 6:53<br/>BACK?</div> <div>ICE BATH 53° :20<br/>73.38 8 9.17<br/>793.38 88 9.01<br/>1:42   12:38 = 1:42   12:38</div> | <div>23</div> <div>AMED<br/>10:00<br/>WAP.<br/>1:30</div> <div>VACATION<br/>"OK! AT<br/>WAREHOUSE<br/>AMED"<br/>YMCA<br/>AVE 28.73<br/>LAPS PER DAY<br/>FOR YEAR.</div> <div>36 5 148<br/>3.00 5 12.30<br/>3.00 49 194.40<br/>1408 49 39.11<br/>1.00   33:54 = 1.00   33:54</div> | <div>24</div> <div>RESTDAY</div> <div>NEW BATTERY.<br/>NEED BRAKES \$240</div> <div></div>                                                                                                                                                                                              | <div>25</div> <div>07.17<br/>SKYLOPS 38.33</div> <div>STONE STOPS<br/>@ 8:27<br/>BACK BETTER!</div> <div>ICE BATH 54° :20<br/>85.22 9 9.46<br/>005.22 89 9.04<br/>1:40   11:84 = 3:22   24:22</div> | <div>26</div> <div>RESTDAY</div> <div></div>                                                                                                                                                          | <div>27</div> <div>"(28.88)<br/>LPAVE" 5 34<br/>YMCA<br/>@ EZ<br/>9:30A HAIRCUT</div> <div>36 6 184<br/>3.0 6 15.30<br/>3.0 50 197.40<br/>1444 50 40.11<br/>1.0   33:31 = 1:06   2.0</div>                                                                                           | <div>28</div> <div>03.01<br/>SAVCONYS 64</div> <div>101 NORTH<br/>2 mi @ SUB 7</div> <div></div>                                                                                   |
| <div>29</div> <div>RESTDAY</div> <div></div>                                                                                                                                                                  | <div>30</div> <div>32<br/>LPS<br/>11<br/>6.0<br/>FOR AN.</div> <div>Full Moon</div> <div>YMCA<br/>@ EZ<br/>5.61</div> <div>18 7 20.2<br/>1.39 7 16.67<br/>1.37 5 198.85<br/>1462 51 40.61<br/>50   16:53 = 50   16:53</div>                                                       | <div>31</div> <div>10.75<br/>NEW<br/>BRAKES<br/>\$179.</div> <div>0301<br/>SAVCONYS 77</div> <div>TOP OF TORREY<br/>OUTSIDE<br/>INSIDE BACK "<br/>54 mi 8:26<br/>8:26 AVE TOTAL</div> <div>ICE BATH 53° :20<br/>104.40 11 9.49<br/>824.40 90 9.05<br/>1:51   13:15 = 1:51   13:15</div> | <div>MONTH<br/>TOTALS</div> <div>RUN 104.40<br/>11 DAYS<br/>9.49<br/>AVE.<br/>DAY</div> <div>SWIM<br/>202 LPS<br/>5.61 miles<br/>1.80 DAY<br/>AVE.</div>                                            | <div>"AL"<br/>TRACK<br/>KIND WORDS!</div>                                                                                                                                                             | <div>JUNE 2007<br/>S M T W T F S<br/>1 2<br/>3 4 5 6 7 8 9<br/>10 11 12 13 14 15 16<br/>17 18 19 20 21 22 23<br/>24 25 26 27 28 29 30</div> <div>AUGUST 2007<br/>S M T W T F S<br/>1 2 3<br/>5 6 7 8 9 10 11<br/>12 13 14 15 16 17<br/>19 20 21 22 23 24<br/>26 27 28 29 30 31</div> |                                                                                                                                                                                    |



# AUGUST

## 2007

SUN MON TUE WED THU FRI SAT

STARTED  
STRETCHING  
PROGRAM  
ABDOMINALS  
JULY  
28

\*  
1 HR SWIM  
EQUALS 6mi Run  
Immersion  
= 6mi Run

1

Y/MCA  
1/2 MILE  
@ 16:31

|       |       |       |
|-------|-------|-------|
| 18    | 1     | 150   |
| 16:31 | 1     | 16:31 |
| 1480  | 52    | 41.11 |
| 1.80  | 52    | 246.0 |
| 16:31 | 1.50  | 16:31 |
| 1.50  | 16:31 | 1.50  |

2

0301  
SAUCONY'S 86  
TEMPO RUN  
TORREY H<sub>2</sub>  
@ 8:00 AM  
8:06 DOWN...  
7:54 BACK!  
ICE BATH 20/52°

|         |      |      |
|---------|------|------|
| 9.12    | 1    | 9.12 |
| 8:23.52 | 91   | 9.15 |
| 1.12    | 9.12 | 1.12 |
| 9.12    | 9.12 | 9.12 |

3

RESTDAY

|       |      |      |
|-------|------|------|
| 17.4  | 2    | 8.57 |
| 84.54 | 92   | 9.14 |
| 1.08  | 1.02 | 2:20 |
| 17.4  | 17.4 | 17.4 |

4

ENCINITAS  
101  
2.23 mi @ 6:57 AM  
ICE BATH 20/52°

|       |      |      |
|-------|------|------|
| 17.4  | 2    | 8.57 |
| 84.54 | 92   | 9.14 |
| 1.08  | 1.02 | 2:20 |
| 17.4  | 17.4 | 17.4 |

5

RESTDAY

|   |   |   |
|---|---|---|
| 1 | 1 | 1 |
| 1 | 1 | 1 |
| 1 | 1 | 1 |
| 1 | 1 | 1 |

6

RESTDAY

|   |   |   |
|---|---|---|
| 1 | 1 | 1 |
| 1 | 1 | 1 |
| 1 | 1 | 1 |
| 1 | 1 | 1 |

7

0301  
SAUCONY'S 110  
SEASIDE TO  
TORREY HUTTON  
OUTS (DE LSD)  
@ 8:30 AM  
GOOD!!  
ICE BATH 20/52°

|        |       |       |
|--------|-------|-------|
| 33.21  | 3     | 11:07 |
| 857.61 | 93    | 9:22  |
| 2:17   | 16:07 | 2:17  |
| 16:07  | 2:17  | 16:07 |

8

Y/MCA  
1 mi @ 33:39  
EZ LSD!

|       |       |        |
|-------|-------|--------|
| 37    | 2     | 1:52   |
| 34:39 | 2     | 51:10  |
| 15:17 | 53    | 42:10  |
| 3:10  | 53    | 249.10 |
| 34:39 | 1:02  | 34:39  |
| 1:02  | 34:39 | 1:02   |

9

TEMPO RUN...  
0301  
SAUCONY'S 117  
DELMAR WOODS  
@ 7:43 AM  
8:01 DOWN...  
7:24 BACK...  
FELT STRONG...  
ICE BATH 20/52°

|        |      |       |
|--------|------|-------|
| 40.22  | 4    | 10:05 |
| 864.65 | 94   | 9.19  |
| 54     | 701  | 3:11  |
| 23:08  | 3:11 | 23:08 |

10

Y/MCA  
1/2 mi @ EZ  
\* 16:32

|       |      |         |
|-------|------|---------|
| 18    | 3    | 2:02    |
| 16:32 | 3    | 1:07:42 |
| 1535  | 54   | 42:42   |
| 1:30  | 54   | 261.42  |
| 16:32 | 1.50 | 5:11    |
| 1:52  | 5:11 | 1:52    |

11

0301  
SAUCONY'S 124  
J STREET  
4 @ 9:00  
2 @ 6:55  
1 @ 9:00  
ICE BATH 20/52°

|        |      |       |
|--------|------|-------|
| 47.29  | 5    | 9.45  |
| 871.69 | 95   | 9.17  |
| 59     | 707  | 4:10  |
| 30:15  | 4:10 | 30:15 |

12

Y/MCA  
@ EZ

13

RESTDAY

14

SUNSET RUN...  
TORREY H<sub>2</sub>  
@ 7:59 AM

15

Y/MCA  
@ EZ

16

TORREY H<sub>2</sub>  
@ 8:06 AM  
5.4 @ 8:26  
3:10 @ 7:29 ← GOOD!  
7:29 @ 8:10

17

RESTDAY

18

LSD @ EZ  
BTM OF TORREY  
SEASIDE TURN  
AROUND @ 8:22 AM

|      |           |     |
|------|-----------|-----|
| 0301 | SAUCONY'S | 145 |
|------|-----------|-----|







# SEPTEMBER

## 2007

M40039

IF YOU CAN DREAM IT... YOU CAN DO IT!

SUN MON TUE WED THU FRI SAT

AUGUST 2007  
M T W T F S  
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

OCTOBER 2007  
M T W T F S  
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

:20/52°  
1- ICE BATH -1

12:00 = 1mi Run  
Swim

1

0 1 0

RESTDAY

|   |   |   |
|---|---|---|
| 0 | 0 | 0 |
| 0 | 0 | 0 |
| 0 | 0 | 0 |

X START 30 LAP PER DAY  
MINIMUM

2

RESTDAY  
FEEL GOOD!  
READY TO GO!!!

3

80° AT  
START!  
113° ONTARIO  
0830  
SAVCONYS 22

RUN TO THE TOP  
MT. BALDY  
1:34:47 1st 60+  
2 MINUTES FASTER  
THAN '06 GOOD!!  
RAN BACK DOWN!!!

|        |       |            |
|--------|-------|------------|
| 16:00  | 1     | 16:00      |
| 966.16 | 104   | 929        |
| 3:22   | 16:00 | 3:22 16:00 |

4

RESTDAY  
LEGS SORE!

5

AM/PM 1/2  
YMCA  
AM: 17:21  
PM: 17:23  
LEGS VERY SORE!

|       |       |            |
|-------|-------|------------|
| 36    | 1     | 36         |
| 34:44 | 1     | 34:44      |
| 1692  | 60    | 47         |
| 3:00  | 60    | 303.28     |
| 1:00  | 34:44 | 34:44 1:00 |

6

AM/PM 1/2  
YMCA  
AM 17:01  
PM 17:03  
LEGS BETTER!

|       |       |              |
|-------|-------|--------------|
| 36    | 2     | 72           |
| 34:00 | 2     | 1:08:48      |
| 1728  | 61    | 48           |
| 3:00  | 61    | 306.25       |
| 1:00  | 34:04 | 1:08:48 2:00 |

7

X CANCEL  
DOW JIRA

RESTDAY  
LEGS BETTER!  
SWIMS GREAT!!!

|   |   |   |
|---|---|---|
| 0 | 0 | 0 |
| 0 | 0 | 0 |
| 0 | 0 | 0 |

8

TORREY H2O  
@ 8:05 AM  
DOWN HILL LEGS  
SORE!!!

|        |      |            |
|--------|------|------------|
| 25:01  | 2    | 12:50      |
| 975.17 | 105  | 9.28       |
| 1:13   | 9:01 | 4:35 25:01 |

9

:30 CIRCUIT  
RESTDAY

10

11:30 EYE APPT.  
RESTDAY

11

UCSD TRACK  
3000M  
@ 6:20 AM  
3x 1mi @ 6:20 AM  
YMCA  
EZ MILE!  
(36:06)

|        |     |         |
|--------|-----|---------|
| 36:00  | 3   | 12:00   |
| 986.17 | 106 | 9:30    |
| 36:06  | 3   | 1:44:34 |
| 3:00   | 62  | 309.26  |
| 1764   | 62  | 49      |

12

CALL ROADRUNNER  
(858) 974-4475  
BTM TORREY  
@ 8:01 AM  
STEADY, GOOD!

13

BTM TORREY  
@ 8:01 AM  
STEADY, GOOD!

|        |     |       |
|--------|-----|-------|
| 11:55  | 4   | 46:02 |
| 996.36 | 107 | 9:31  |

14

:20 CIRCUIT  
RESTDAY

|   |   |   |
|---|---|---|
| 0 | 0 | 0 |
| 0 | 0 | 0 |
| 0 | 0 | 0 |

15

BTM TORREY  
@ 8:02  
GOOD!!

|         |     |         |
|---------|-----|---------|
| 55:50   | 5   | 1:00:50 |
| 1005.00 | 108 | 1:00    |



|                                                                                                                                                                                 |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                |                                                                                                                                                                                                                               |                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>16.00 1 16.00</p> <p>966.46 104 929</p> <p>3:22 16.00 3:22 16.00</p> <p>Job Day (Canada, US)</p>                                                                             | <p>10</p> <p>11:30 EYE APPT.</p> <p>RESTDAY</p>                                                                                                                                                                                        | <p>11</p> <p>08:21 SWS 28</p> <p>08:30 SWS 39</p> <p>UCSD TRACK</p> <p>10.67</p> <p>36.00 3 12.00</p> <p>986.17 106 930</p> <p>1:31 11.00 1:31 11.00</p> <p>Patrol Day</p>                                                                                                                   | <p>12</p> <p>CALL ROADRUNNER (858) 974-4475</p> <p>YMCAs</p> <p>EZ MILE!</p> <p>(36:06)</p> <p>36 3 108</p> <p>36:06 3 1:44.34</p> <p>3.0 62 309.26</p> <p>1764 62 49</p>                                                         | <p>13</p> <p>08:30 SAUCONY 50</p> <p>BTM TORREY</p> <p>@ 8:01 AVE.</p> <p>STEADY, GOOD!</p> <p>36 2 72</p> <p>34.00 2 1:08.40</p> <p>1728 61 48</p> <p>3.00 61 306.25</p>                                      | <p>14</p> <p>20 CIRCUIT</p> <p>RESTDAY</p>                                                                                                                                                                                    | <p>15</p> <p>08:30 SWS 59</p> <p>BTM TORREY</p> <p>@ 8:02</p> <p>GOOD!!</p> <p>55.50 5 11.00</p> <p>1005.00 108 9.31</p> <p>1:15 11.00 1:15 11.00</p>                                   |
| <p>16</p> <p>RESTDAY</p>                                                                                                                                                        | <p>17</p> <p>MT. BALDY HIKE</p> <p>PEGASUS 12</p> <p>MT. BALDY HIKE</p> <p>@ ERIC</p> <p>RUN 3.00</p> <p>@ 12:18</p> <p>DOWN UNDER</p> <p>SKI LIFT/COOL!</p> <p>67.20 6 11.20</p> <p>1017.36 109 9.33</p> <p>11:00 5:32 5:32 11:00</p> | <p>18</p> <p>RESTDAY</p>                                                                                                                                                                                                                                                                     | <p>19</p> <p>YMCAs</p> <p>1/2 mi Swim</p> <p>18 4 126</p> <p>16:40 4 2:01.36</p> <p>1:50 63 3:0.79</p> <p>1702 63 49.50</p> <p>16:40 1:50 16:40 1:50</p>                                                                          | <p>20</p> <p>08:30 SAUCONY 70</p> <p>UCSD TRACK</p> <p>3x1 mile #15</p> <p>6:17 AVE.</p> <p>@ 1/2 mi. REST.</p> <p>77.70 7 11.10</p> <p>1027.96 110 9.34</p> <p>1:26 10:50 6:50 22:20</p>                      | <p>21</p> <p>SWIM</p> <p>*50 MILES - YMCAs</p> <p>1/2 mi SWIM</p> <p>20.12 LAPS AVE</p> <p>.78 mi AVE/DAY</p> <p>18 5 144</p> <p>16:15 5 2:47.51</p> <p>1:50 64 3:12.28</p> <p>1800 64 50.00</p> <p>16:15 1:50 32:55 1:00</p> | <p>22</p> <p>08:22 VOMERO 8</p> <p>4 mi MARK TORREY</p> <p>@ 7:56 AVE.</p> <p>SUPER SOFT SHOES</p> <p>85.00 8 10.73</p> <p>1036.04 111 9.33</p> <p>1:05 10:50 8:03 30.38</p>            |
| <p>23</p> <p>24</p> <p>22:36 6 1168</p> <p>22:36 6 2:40.25</p> <p>2.00 65 3:40.28</p> <p>1824 65 50.40</p> <p>22:36 1.66 22:36 1.66</p> <p>YMCAs</p> <p>SWIM</p> <p>LBS/LBS</p> | <p>24</p> <p>RESTDAY</p>                                                                                                                                                                                                               | <p>25</p> <p>MACAFEE EXPRESS!</p> <p>09:22 VOMERO 14</p> <p>08:30 SAUCONY 76</p> <p>RSE</p> <p>HILL REPEATS 12</p> <p>6x1/2 mi @ 7:23 AVE</p> <p>1/2 JOK @ 9:00 BACK ON HORSE TRAIL</p> <p>(GOOD!! 100' climb)</p> <p>97.89 9 10.07</p> <p>1048.05 112 9.35</p> <p>1:50 12:01 1:50 12:01</p> | <p>26</p> <p>00 Full Moon</p> <p>LAGUNA BEACH</p> <p>EZ YMCAs</p> <p>SWIM</p> <p>LAST 1/4 @ 7:25</p> <p>1 - LBS -</p> <p>24 7 192</p> <p>123 7 3:03.25</p> <p>2.00 66 3:16.28</p> <p>1048 66 51.00</p> <p>1:23 1:06 1:33 1:12</p> | <p>27</p> <p>08:30 SAUCONY 85</p> <p>CHECK ON GLASSES</p> <p>TORREY SO.</p> <p>NON-STOP</p> <p>@ 7:56 A</p> <p>\$752.00/02 GOLD</p> <p>106.90 10 10.69</p> <p>1057.06 113 9.35</p> <p>1:12 9:01 3:02 21.02</p> | <p>28</p> <p>RESTDAY</p>                                                                                                                                                                                                      | <p>29</p> <p>08:30 SAUCONY 96</p> <p>101 NORTH</p> <p>2 mi @ 13:29</p> <p>6:45 AVE.</p> <p>708:20 10800</p> <p>116.91 11 10.63</p> <p>1067.13 114 9.36</p> <p>1:24 10:02 4:23 31.09</p> |
| <p>30</p>                                                                                                                                                                       |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                |                                                                                                                                                                                                                               |                                                                                                                                                                                         |



# OCTOBER

## 2007

3 options  
 ① FRIHT  
 ② FLIGHT  
 ③ FIGHT

SUN MON TUE WED THU FRI SAT



994  
2403  
1800  
RESUENT

| 1       | 2                                                                                                             | 3                                                                   | 4                                                | 5                                  | 6                                                          |
|---------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------|------------------------------------|------------------------------------------------------------|
| RESTDAY | TRACK<br>0922 UOMERO 19<br>1002 SAUCONY 5<br>UCSD TRACK<br>2x1 mi 3/4 mi JOE REST<br>1) 6:02<br>2) 6:03 GOOD! | SORE RIGHT SHOULDER<br>YMCA NERVE DEEP STRAIN<br>SWIM<br>EZ 3/4 mi. | 0830 SAUCONY 103<br>DM WOODS @ 7:58A<br>141 LBS+ | SORE RIGHT ARM/SHOULDER<br>RESTDAY | 0830 SAUCONY 110<br>J STREET ENCINITAS @ 7:58A<br>142 LBS+ |
|         | 10:10 1 10:10                                                                                                 | 27 1 27                                                             | 17 1 2 8:55                                      |                                    | 24 2 3 8:07                                                |
|         | 1077.23 115 9:36                                                                                              | 25:50 1 25:50                                                       | 1084.24 116 9:34                                 |                                    | 1091.35 117 9:32                                           |
|         | 1:22 10:10 1:22 10:10                                                                                         | .75 318.53 67<br>1875 52.00 67<br>25:50 .75 25:50 .75               | .56 7:01 1:18 17:11                              |                                    | :57 7:11 2:15 24:22                                        |

| 7       | 8                                                    | 9       | 10                                                                 | 11      | 12      | 13                                                                                                                              |
|---------|------------------------------------------------------|---------|--------------------------------------------------------------------|---------|---------|---------------------------------------------------------------------------------------------------------------------------------|
| RESTDAY | 0830 SAUCONY 117<br>DELMAR WOODS @ 7:58A<br>142 LBS+ | RESTDAY | 1002 SAUCONY 12<br>ICE BATH 52°/15<br>J STREET @ 7:56A<br>142 LBS+ | RESTDAY | RESTDAY | 0822 UOM 9/26<br>1002 SAUCONY 18<br>13 MILES FOR 27 TRAM ROAD<br>37:18<br>25 SEC OFF OF COURSE ROAD 60+<br>3RD 50+ APPROX 10:11 |
|         | 31:22 4 7:80                                         |         | 38:32 5 7:66                                                       |         |         | 51:49 6 8:48                                                                                                                    |
|         | 1098.23 118 9:30                                     |         | 1105.48 119 9:28                                                   |         |         | 1118.65 120 9:32                                                                                                                |
|         | 5:17 10:10 5:17 10:10                                |         | 56:17 1:33 14:10                                                   |         |         | 13:17 4:11 27:33                                                                                                                |

| 14                     | 15      | 16                                                                                    | 17                                | 18                                         | 19      | 20                                                                                  |
|------------------------|---------|---------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------------|---------|-------------------------------------------------------------------------------------|
| YMCA EZ SWIM 3 in LAKE | RESTDAY | 0830 SAUCONY 130<br>FLETCHER COWE TO GRANDVIEW @ 8:57A<br>EZ LSD 1111 ICE BATH 52°/20 | YMCA EZ SWIM<br>SHOULDER HOLDING! | 0830 SAUCONY 140<br>TORREY H2O BTM @ 8:13A | RESTDAY | 0830 SAUCONY 150<br>5mi MARK @ TORREY INSIDE @ 7:54A<br>FELT GREAT! ICE BATH 52°/20 |
|                        |         |                                                                                       |                                   |                                            |         | 07:48 191                                                                           |



12 RESTDAY  
13 RESTDAY  
14 RESTDAY  
15 RESTDAY  
16 RESTDAY  
17 RESTDAY  
18 RESTDAY  
19 RESTDAY  
20 RESTDAY

14  
YMCA EZ SWIM  
3 IN LANE  
121 TIME THIS YEAR!  
18 2 45  
17:00 2 42:50  
50 320.3 68 4.70  
1893 52.50 68 1.77  
17:00 1.50 42:50 1.25

15  
RESTDAY

16  
0830 SAUCONY 130  
FLETCHER COVE  
TO GRANDVIEW  
@ 8:57A  
EZ LSD!!!  
ICE BATH  
57/120  
64.51 7 9.21  
1131.67 121 9.35  
1:57 13:02 1:57 13:02  
Boss's Day

17  
YMCA EZ SWIM  
SHOULDER HOLDING!  
18 3 63  
16:25 3 59:15  
50 324.69 4.65  
1911 58.00 69 .76  
1625.50 59.12 1.00

18  
0830 SAUCONY 140  
TORREY H2O  
BTM  
@ 8:13A  
73.87 8 9.23  
1141.63 122 9.35  
1:17 9:36 3:4 22.30

19  
RESTDAY

20  
0830 SAUCONY 150  
5MI MARK @  
TORREY INSIDE  
@ 7:54A  
FELT GREAT!  
ICE BATH  
52/20  
83.88 9 9.22  
1151.04 122 9.35  
1:19 10:43 32.30  
Sweetest Day

21  
YMCA EZ SWIM  
77° H2O  
SWIM BETTER IN COLD  
30 4 93  
20:30 4 1:28:45  
183/70 324.03 7.15  
1941 53.91 70 1.77  
29:25 183 29:25 183

22  
HUGE S.O. FIRE  
EAST COUNTY!  
RESTDAY  
RANCHO SANTA FE  
VOLUNTARY EVACUATION

23  
FIRE STILL  
BURNING!!!  
RESTDAY  
CAMP PENDELTON  
HWY 5 CLOSED

24  
MASK AT WORK!!!  
SMOKE  
RESTDAY  
LOTS OF SMOKE!

25  
LESS SMOKE  
RESTDAY  
NO MASK/WORK

26  
0830 MON  
SAUCONY 163  
LSD  
GRANDVIEW  
@ 8:07A  
SMOKEY/WORE  
SCARF! AC!  
2 PEE STOPS ONLY!!  
95.91 10 9.59  
1164.07 123 9.46  
1:46 13:03 1:46 13:03

27  
1002 SAUCONY 25  
DEL MAR  
WOODS @  
7:58  
AIR OK!  
102.93 11 9.35  
1171.09 124 9.44  
1:56 7:02 2:42 20:03

28  
RESTDAY

29  
YMCA CLOSED DUE  
TO POOR AIR QUALITY  
LAST WEEK!!  
YMCA 1/2 MI  
SWIM  
1/4 @ 8:14  
1/4 @ 8:11  
GOOD!!  
18 5 111  
16:25 5 1:45:10  
15/71 325.53 27.59  
1959 54.41 70 1.76  
16:25 .50 1625 .50

30  
#17  
12:07  
59/122 VANDER 30  
1002 SAUCONY 31  
UCSD TRACK:  
4 mi @ 6:19AVE  
6:20/6:31  
6:22/6:18  
Y.M.I. 306/1001  
114.92 12 9.58  
119.97 125 9.46  
1:36 12:06 1:36 12:06

31  
21/33  
LPS  
YMCA POOL  
3X 7LPS  
① 6:30 ② 6:25  
③ 6:22  
21 6 132  
19:18 6 20:22  
58/72 325.53 27.8  
1980 55  
19:18 58 3243 1.00  
Hollywood

MASTERS SWIM  
COACH  
JOE  
BOYS AND  
GIRLS CLUB  
SOLANA  
BEACH  
\*  
TO ACCOMPLISH GREAT  
THINGS, WE MUST NOT  
ONLY ACT, BUT ALSO DREAM!  
NOT ONLY PLAN, BUT ALSO  
BELIEVE.

GOAL  
6:50 AVE  
11:20:31  
SILVER STRAND  
1/2 MARATHON  
VACATION RACE  
LAST NOV. 9  
(NOV. 10-13)  
FIRST NOV 14-  
217 MILES SWO.  
109

SEPTEMBER 2007  
S M T W T F S  
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  
NOVEMBER 2007  
S M T W T F S  
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  
- VACATION -



# NOVEMBER

## 2007

CHARACTER COUNTS. ORG

7:37

SUN MON TUE WED THU FRI SAT

5 WKS TO DATE  
NO SWIM WKS

1

0830  
SAUCONY 170

DEL MAR  
WOODS @ 7:48  
AVE.  
FELT EZ in STAIRS  
TO FEEL FAST  
AGAIN!! NO PAIN!  
90% FREE

7.0 1 7.0  
1190.15 126 9.44  
55 7.0 55 7.0

2

RESTDAY

3

0830  
SAUCONY 178

101 NORTH  
2 @ 8:41  
5 @ 7:13A  
1 @ 8:42A  
FEEL! EZ!

8.02 2 7.51  
1198.17 127 9.43  
102 8.02 11.57 15.02

4

YMCA  
8:13) x4  
8:07) x4  
GOOD!!

18 1 18  
1630

5

RESTDAY

6

0922  
VOLWERO 36

DEL MAR  
@ EZ  
8:54A

6.15 3 7.05  
1204.32 128 9.40  
55 6.15 55 6.15

7

RESTDAY

8

0922  
VOLWERO 42

DEL MAR  
@ EZ  
8:54A  
+ ICE BATH 52°/20+

27.18 4 6.79  
1210.33 129 9.38  
53 6.0 148 12.16

9

New Moon

RESTDAY

10

RESTDAY

9 New Moon

12

13

14

15

16

17

0922  
VOLWERO 50



|        |         |                   |                   |   |    |
|--------|---------|-------------------|-------------------|---|----|
| Good!! | RESTDAY | DEL MAR<br>EZ     | 0922 VOLUNTEER 42 | 9 | 10 |
| 18     | 1       | 18                |                   |   |    |
|        |         | 6.15/21.0 3 7.05  |                   |   |    |
|        |         | 1204.32 128 9.40  |                   |   |    |
|        |         | 55 6.15 55 6.15   |                   |   |    |
|        |         | ICE BATH 52°/20°  |                   |   |    |
|        |         | 27.18 4 6.79      |                   |   |    |
|        |         | 1210.33 129 9.38  |                   |   |    |
|        |         | 53 6.01 148 12.16 |                   |   |    |

|                                                                                                                |                                            |                                                                       |         |         |                                                |                          |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------|-----------------------------------------------------------------------|---------|---------|------------------------------------------------|--------------------------|
| 9                                                                                                              | 12                                         | 13                                                                    | 14      | 15      | 16                                             | 17                       |
| 0922 VOLUNTEER 49                                                                                              | 328.03 RUN MILES                           | 0922 VOLUNTEER 49                                                     |         |         |                                                | 0922 VOLUNTEER 50        |
| SILVER STRAND Y2 MARATHON<br>11:31:32 / 6:59A<br>1st 60+ 5th 50+<br>6th 9A 78 54% NEGATIVE<br>10mi @ 1:09:13.6 | YMCA POOL<br>18 CPS<br>@ 17:00             | DEL MAR AT EZ<br>* 8:48 AVE<br>RIGHT LEG STRAINED!<br>COOL IT WIDE!!! | RESTDAY | RESTDAY | EZ MILE YMCA!<br>SWIM 36 LAPS = 4.5 LAND MILES | EZ HAIRCUT RUN<br>@ 8:52 |
| 47.10 5 9.43                                                                                                   | 18 2 36                                    | 52.18 6 8.69                                                          |         |         |                                                |                          |
| 1230.33 130 9.46                                                                                               | 33:20 2 17:00                              | 1235.33 131 9.43                                                      |         |         |                                                |                          |
| 2:40:00 20.00 2:40:00 20.00<br>Veterans Day (Canada)                                                           | 1995/55.41 74 26.95                        | 44 5.00 324 25.00                                                     |         |         |                                                |                          |
|                                                                                                                | 17:00 18 17:00 18<br>Veterans Day Observed |                                                                       |         |         |                                                |                          |

|                     |         |                                                             |                                             |                                          |                                 |                                 |
|---------------------|---------|-------------------------------------------------------------|---------------------------------------------|------------------------------------------|---------------------------------|---------------------------------|
| 18                  | 19      | 20                                                          | 21                                          | 22                                       | 23                              | 24                              |
| YMCA EZ SWIM 2082   | RESTDAY | SAUCONYS?<br>ENCINITAS 101<br>@ 8:00A<br>HEAD/CHEST COLD??? | STAY OUT OF H2O!<br>RESTDAY<br>COLD! CHEST! | DEL MAR WOODS<br>@ 7:57A<br>CONGESTED in | RESTDAY<br>COLD/HEAD CONGESTED! | TORREY/H2O<br>@ 7:58<br>SO, SO? |
| 30 4 102            |         | 64.51 8 8.06                                                |                                             | 71.51 9 7.94                             |                                 | 80.04 10 8.00                   |
| 28:00 4 1:36:58     |         | 1247.66 133 9.38                                            |                                             | 1254.66 134 9.36                         |                                 | 1263.19 135 9.35                |
| 3.15 mi. 76 257.62  |         | 157 7.20 57 7.08                                            |                                             | 55:38 7.00 1:53 14.00                    |                                 | 1:08 8.02 3:02 22.61            |
| 2061 57.25 76 27.11 |         |                                                             |                                             |                                          |                                 |                                 |
| 28:00 30 28:00 30   |         |                                                             |                                             |                                          |                                 |                                 |

|         |         |                                                                                         |                        |                                                               |         |
|---------|---------|-----------------------------------------------------------------------------------------|------------------------|---------------------------------------------------------------|---------|
| 25      | 26      | 27                                                                                      | 28                     | 29                                                            | 30      |
| RESTDAY | RESTDAY | UCSD TRACK:<br>3x1mi @ 6:25A<br>@ 6:22 @ 6:25 @ 6:28<br>1mi REST / JOG @ 8:30<br>GOOD!! | RESTDAY<br>1:16 LBS -1 | TOP OF TORREY<br>@ 8:00<br>8:20 DOWN -<br>7:40 BACK!<br>GOOD! | RESTDAY |
|         |         | 94.05 11 8.55                                                                           |                        | 105.31 12 8.77                                                |         |
|         |         | 1277.20 136 9.39                                                                        |                        | 1288.46 137 9.40                                              |         |
|         |         | 1:53 14.01 1:53 14.01                                                                   |                        | 1:30 11.26 2:23 25.27                                         |         |

|                                     |
|-------------------------------------|
| 1 YEAR TOTALS PREDICTION (1/11/06)  |
| 2274 / 63 MILES SWIM 27.02 84 SWIMS |
| OCTOBER 2007                        |
| S M T W T F S                       |
| 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                         |
| 2301 / 85 SWIMS                     |
| 63 1/2 YR TOTAL                     |
| DECEMBER 2007                       |
| S M T W T F S                       |
| 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                               |

2340 TOTAL LPS FOR GENIUS



Levemir<sup>®</sup>  
insulin detemir (rDNA origin) injection

Swim  
227745  
YEAR  
63.25 MILES

NOVEMBER 2007

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    | 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 |    |

JANUARY 2008

|    |    |              |    |              |    |    |
|----|----|--------------|----|--------------|----|----|
| S  | M  | T            | W  | T            | F  | S  |
|    |    | <del>4</del> | 2  | <del>6</del> | 4  | 5  |
| 6  | 7  | <del>8</del> | 9  | 10           | 11 | 12 |
| 13 | 14 | 15           | 16 | 17           | 18 | 19 |
| 20 | 21 | 22           | 23 | 24           | 25 | 26 |
| 27 | 28 | 29           | 30 | 31           |    |    |

34 RUNS  
AVE. 12.99  
MILES

20 TRACK  
WORKOUTS

9 RACES

6 AGE-GROUP  
WINS

[illegible]

2339

~~8543~~  
~~2277 TOTAL~~  
LAPS/YEAR  
63.25  
2304 LPS  
85 X  
64 MILES  
27.10 X 85

KON

108      111. 54 = 1408

112      1288. 46

12

130      137

12      13

144      150

150

---

SWIM

216 |

2061 |

2077 = 63. 25

1

140

0 1 0

RESTDAY

|   |   |   |
|---|---|---|
| 0 | 0 | 0 |
| 0 | 0 | 0 |
| 1 | 0 | 0 |

2

6 | 1

0-211

11

CHUCK  
HEALTH SA  
RAN WHOLE  
LAST NIG 06/3

09 22 VOLMERO | 44

3

4 # LSD 16

1002 SAUCONY 5 | 71

SCRIPTS GREEN!  
LSD @ NON-STOP  
8:08 AVE.  
8:09 DOWN!!!  
8:07 BACK GOOD.

|            |      |       |
|------------|------|-------|
| 15.00      | 1    | 15.00 |
| 1303.46    | 128  | 9.46  |
| 2.02   150 | 2.02 | 150   |

|                                               |              |      |  |
|-----------------------------------------------|--------------|------|--|
| 6                                             | tuesday<br>7 |      |  |
| 1002<br>SAWOON <sup>4</sup>                   | 79           |      |  |
| ENCINITAS<br>101<br>① ② 30 AVE<br>EZ!!! GOOD! |              |      |  |
| 8.01                                          | 2            | 11.5 |  |
| 1311.47                                       | 139          | 9.4  |  |
| 1:00 80                                       | 3:10         | 230  |  |

|   |       |    |       |
|---|-------|----|-------|
| 0 | 27    | 2  | 54    |
|   | 24:50 | 2  | 51:22 |
| 3 | 3:37  | 78 | 26:42 |
|   | 2115  | 78 | 58:75 |
| 1 | 24:50 | 27 | 51:22 |
|   |       |    | 54    |

|                  |      |       |
|------------------|------|-------|
| 8                |      |       |
| 1002<br>SAVCONYS | 86   |       |
| DELMAR WOODS     |      |       |
| 6 @ 7143A        |      |       |
| 1 EZ             |      |       |
| 7.0              | 3    | 10.0  |
| 1318.47          | 140  | 9.41  |
| 155 7.0          | 4105 | 30.81 |

Time Ends (US)

9 ● New Moon

|   |   |
|---|---|
| 0 | 0 |
|---|---|

REST DAY

10

|   |   |
|---|---|
| • | • |
|---|---|

RESTA

11 TRACK  
14  
# 19

|                 |    |
|-----------------|----|
| SAUCONY<br>1001 | 94 |
| VOLVO<br>0922   | 61 |

UC9D TRACK

3X 1 MILE + 1800 YD

1) 6:11 2) 6:35 3) 6:37

-11 SEC PER MILE 11:27

|                                                                         |                               |         |
|-------------------------------------------------------------------------|-------------------------------|---------|
| 12                                                                      |                               | S<br>27 |
| 65 MILES<br>855 swims                                                   | 2340 LPS<br>6000 TOP<br>YEAR! |         |
| <u>YMCA Swim</u><br>1 mi @ EZ<br>4 x 9 LPS @ Bid<br>2:15 2:21 2:25 2:31 |                               |         |

13 <sup>1002</sup> 5  
SAUCONY | 105  
WINNERS CIRCLE  
TO TOP OF TORRE  
8:19A DOWN  
7:25A BACK!  
ON FIRE COMING B  
GET STRONG...

14 27 80  
✓ MCA Swim  
✓ 2 mi @ 16:19  
GOOD!

15  
1002  
SAUCONY 4 112  
DEL MAR  
WOODS  
2 MILES BACK  
FROM TURN  
13.13



Handwritten calendar grid for 1984, featuring dates 9 through 31. The grid is color-coded by day of the week: Sunday (pink), Monday (light blue), Tuesday (light green), Wednesday (light orange), Thursday (light purple), Friday (light yellow), and Saturday (light pink). Each date box contains handwritten notes, including activities, distances, times, and personal reflections. Key entries include:

- 9 (New Moon):** RESTDAY
- 10:** RESTDAY
- 11 (Track #19):** UCSD TRACK, 3X 1 MILE + 18 laps, 17:06, 11:52 PER MILE, 6:14 AVE. GOOD!
- 12 (S 27):** 65 MILES, 855 SWIMS, 2340 LPS, 1002 SAUCONY, 105, WINNER'S CIRCLE TO TOP OF TORREY, 8:19A DOWN, 7:25A BACK, ON FIRE COMING BACK! FELT STRONG...
- 13 (S 5):** 1002 SAUCONY, 105, WINNER'S CIRCLE TO TOP OF TORREY, 8:19A DOWN, 7:25A BACK, ON FIRE COMING BACK! FELT STRONG...
- 14 (S 27 80):** YMCASWIM, 1/2 mi @ 16:19, GOOD!
- 15 (TODAY 11 145):** 1002 SAUCONY, 112, DEL MAR WOODS, 2 MILES BACK FROM TURN @ 13:13
- 16 (27 2187 31=2342):** RESTDAY
- 17:** RESTDAY
- 18 (LSD 20 146):** 1002 SAUCONY, 127, N. TORREY PINES ROAD TURNING DOWN 8:09A, 8:05 AVE. BACK 8:00A, STRONG BACK!
- 19 (S 81 RUN 27):** 63 MILES FOR YEAR, 2268, 61:58, 175 MILE SWIM, @ EZ/PM, REST MODE, GOING FOR 300 SWIM NEXT YEAR
- 20 (TODAY 6 147):** 1002 SAUCONY, 135, G STREET: @ 8:29A, REST MODE FOR HOLIDAY/BOWL 5K
- 21 (27 82 27):** RESTDAY
- 22 (7.6 8 148 8):** 1222 SAUCONY, 8, DEL MAR WOODS @ 8:02
- 23 (2268 63 MILES):** 2063 MILES TO 1400, 2340 65 MILES, 35 LPS/30 LPS, RESTDAY
- 24 (2250 83 S 18 R 48):** Full Moon, 30 LPS/24 LPS, EZ 1/2 MILE, CROWDED/ALL THE MASTERS TAKING LAPS
- 25 (TODAY R):** (FEB 10) ADD 60-PHONE MINUTES, RESTDAY
- 26 (R):** RESTDAY
- 27 (TODAY 5K 137M):** 1002 SAUCONY, 15, UCSD TRACK: 3X 1 mi @ 6:00A, 1 mi REST @ 8:40A, 1) 6:06 2) 6:05 3) 6:08 STRONG!
- 28 (2268 S 27 84 27):** 30 LPS/27 LPS, 30 LPS PER DAY AVE, 33 LPS = 63 MI, 2268 LPS/84 DAYS, EZ 30 MIN.
- 29 (1132.55 156 8.6 150):** 1222 SAUCONY, 22, DEL MAR WOODS @ 8:00A, 8:13 DOWN, 7:45 BACK, 113400 YDS/68 LPS
- 30 (2224 85 2312):** 2268/63, 2224
- 31 (150 New Year's Eve):** 2294, Christmas Day, Kwanzaa Begins (Boxing Day (Canada))

At the bottom of the page, there are additional handwritten notes: "84 SWIMS / 26.25", "1425", and "150000 X 2.35 = 1402.5".

84 swims /  $26 \frac{25}{100}$