

1 11/22 VOLUNTEER 102.70 9:26 AVE/6:44 MAX LAGOON RUN POLO FIELD H2O 4@JC 10:35 AVE. 6@8:28 AVE. PUSHED! COMING BACK! RUN 10 VERY GOOD! 10:01 1 10:01 2000 1 1:13 2000 1 1:13 2000 10:01 1 10:01 2000 1 1:13 2000 134:33 10:01 134:33 10:01 38:53 2000 38:53 2000	2 RECOVERY LSD @ EZ YMCA CROWDED!	3 11/22 VOLUNTEER 109.14 CALL SCRIPTS APT. TESTS! (760) 633-6528 CONFIRM TIME/PLACE LAGOON RUN @ 8:59 AVE. (HEADCOLP) REST - 7:30 HAIRCUT - 7:30 16:45 2 8:22 16:45 2 8:22 57:59 6:44 2:32 16:45	4 CHECK M @ 11:30 PER OUT PATIENT AREA/IMAGING. CT SCAN @ 1 PM BONE SCAN @ 2 PM FINDS ALL CANCERS IN BODY? SKIN, ORGANS ETC? RESTDAY	5 11/22 VOLUNTEER 114.37 20.95 RECYCLEABLES RAILTRAIL L000 1) 8:50 2) 8:37 3) 8:47 4) 8:31 5) 8:26 6) 8:39/23 7) 8:38/6:06 @ 8:30A RUN 7 21:68 3 7:22 21:68 3 7:22 45:11 5:23 3:17 21:68	6 FEB 27 10:15 LSD @ EZ RECOVERY 200 3600 2 2:04 3600 2 2:04 3600 2 2:04 30:18 1:09 3600	7 11/22 VOLUNTEER 120.72 8:29 - 6:23 1ST ROAD RUN 101 NORTH SEASIDE LOOP LBS @ 8:29 AVE. 1) 8:53 2) 8:26 3) 8:35 4) 8:09 5) 8:20 6) 8:32 7) 8:35 8:49 28:03 4 7:00 28:03 4 7:00 53:53 6:35 3:11 28:03
8 11/22 VOLUNTEER 126.87 9:23 - 7:36 WK 8 RUNNING!!! RECOVERY: RAILTRAIL @ EZ! 9:23 AVE. 1ST TIME RUNNING 2 DAYS IN ROW YEAR! LITTLE MUCH YET! 34:18 5 6:83 34:18 5 6:83 57:47 6:15 57:47 6:15	9 144.0 LBS RESTDAY! SCANS?	10 11/22 VOLUNTEER 136.90 WARSHAWSKY @ 4:45P 9:04 - 6:26 LAGOON RUN @ 9:04 AVE. FELT HARD @ 1M! 136.88 5:45 AVE. / 17:59 RUN # 23 ON COMEBACK RUN 10 44:21 6 7:36 44:21 6 7:36 10:03 1:31 2:25 16:18	11 9:10 - 7:15 9:30 - 7:30 9:36 RECOVER 78 SEC RESTDAY! 1600 SWIM TO DATE	12 11/22 VOLUNTEER 144.40 8:59 - 6:24 LAGOON RUN @ 8:59 AVE. 145.0 LBS NO SWIMMING THIS WEEK! 51:71 7 7:38 51:71 7 7:38 1:07 7:50 3:35 23:66	13 145.0 LBS RESTDAY! ROAD RUN #2 GREAT! 58:65 8 7:33 58:65 8 7:33 50:35 6:44 4:32 30:62	14 11/22 VOLUNTEER 151.34 M/W MARATHON TRIALS 8:26 - 4:56 MAX DELMAR WOODS @ 8:26 AVE. 1) 9:08 2) 8:05 3) 8:35 4) 8:30 5) 8:25 6) 8:21 ROAD RUN #2 GREAT!
* 17 RUNS NOV/DEC. 7 @ 8:53 3 @ 9:26 JANUARY 2012						
15 RESTDAY!	16 EZ LEFT KNEE STILL SORE/RAW 2000 SWIM 18:00 48:00 3 2:12 48:00 3 2:12 1:41 11:41 1:41 11:41	17 11/22 VOLUNTEER 162.48 LAGOON RUN @ 9:08 AVE. 141.3 LBS 69:79 9 7:15 69:79 9 7:15 1:41 11:41 1:41 11:41	18 RESTDAY! HIP/LEG PAIN!	19 RESTDAY! HIP/LEG PAIN!	20 11/22 VOLUNTEER 167.48 145 LBS RAILTRAIL DELMAR DIET TRACK @ 8:54 AVE 74:79 10 7:47 74:79 10 7:47 4:31 5:00 2:26 16:14	21 2ND SKIN/GOOD FOR SWIMMING! EZ LSD 9:53 x 500 (1) 9:44 x 500 (2) 9:48 x 500 (3) 9:45 x 500 (4) 68:00 4 3:06 68:00 4 3:06 34:15 2:00 10:25 32:00

⑦ 12350

11/22/11 31 DAYS RUN
2/22/12 2 MONTHS

175.05
27 RUNS
LA COSTA
6-48 AM CONCORDIA
APT.

193.23
74.79

5.53
MIN
-NADAL
5 SETS

CHECK OUT
3332 CORTE VERSO
CARLSBAD, CA
92009
7:10 AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
5 STRAIGHT DAYS WORK - TOO MUCH! RESTDAY ACHE BACK IN RIGHT LEG. EZ NEXT 9 DAYS!	4X 6000 YDS 1) 5:42 2) 5:41 3) 5:37 4) 5:38 5:40 AVE 3.33/56.70 2000 1800	8:23 NOW! 6:58 CHOP STEP 100% RAILTRAIL @ 8:23 AM 1) 8:56 4) 8:19 2) 8:19 5) 8:17 3) 8:15 6) 8:13 NO ACHES?	EZ LSD: 9:32/500 9:12/500 9:31/500 8:25/450 2000 1800	8:39 - 6:22 RAILTRAIL Lagoon Loop @ 8:39 AVE.	RESTDAY	8:58 - 7:07 LABOOR @ 8:58 AVE.
6 6 6	8000 5 4:54 8000 5 4:54 22:40 1200 22:40 1200	80.83 11 734 80.83 11 734 50:41 6:04 50:41 6:04	9950 6 5:55 9950 6 5:55 36:50 1950 36:50 1950	8786 12 732 8786 12 732 1:01 7:03 1:52 13:07	95.23 13 732 95.23 13 732 1:06 7:57 2:58 20:44	95.23 13 732 95.23 13 732 1:06 7:57 2:58 20:44
29	30	31				
RESTDAY	LAST RUN! RAILTRAIL @ 8:49 A	LSD SWIM! WOW! 4:50 AM CROWDER/KOS ONLY 2 LAPS!				
6 6 6	100.54 14 7:18 100.54 14 7:18 46:47 53:1 47 53:1	12350 7 7:18 12350 7 7:18 46:21 240 46:21 240				

MORONGO CASINO
1000 1\$
SLOT MACHINES
7 MILES / SWIM
1000 MILES / RUN
22 40
36 56
8750
1500

* 17600 / 10 MILES SWIM / 9 SWIMS / 1955 YAC DAY
* 120 MILES RUN FOR MONTH / 6 AM
15 RUNS / 8.2 MILE DAY AVE.
14800 / 1850
8 SWIMS
14960
1400 / 7
(FORD FUSION)

* EARTH / 75% WATER
* 8 SW
13450 41
2065 14080
284 50 - 4130
1376 920

SWIM GOALS:
8.50 MILE FOR MONTH?
→ 102 YEAR

RUN GOALS:
90 MILE FOR MONTH?
→ 1080 YEAR

FEB 27 @ 10:15
DR. GLENN
92014

SUNDAY MONDAY TUESDAY MARCH FEB. 6TH
195 MCL BD
ACCT #
INCREMMENT
824624
82426400
8000
824

= 10,000 PEOPLE
RETIRE A DAY!

SWIM
TATTOO
SEPT. 11

CANCEL
SEPT. 11 / DOW
VILLI

LONE PINE:

JULY 16, 17, 18

BEST WESTERN MOTEL (800) 231-4071
130 + TAX

DR. SALEM
+ MERCY HOSPITAL
MEDICAL CENTER

GIANTS
PUNTER
STEVE
WEATHER FORD

JOHN
CARNES

FEBRUARY
2012

1924

#9978

(28 CPS)
X5 = 4MI.

1. #	2. #	3. #	4. #
LSD MILE: PULL BUOY 100%	6 hrs. work RESTDAY STOPPED/STATION BACK!!	NOWORK! RESTDAY! REST!/BED	NOWORK! RESTDAY! REST!/BED
1800 1 102	1800 1 102	1800 1 102	1800 1 102
14150 8 8.02	14150 8 8.02	14150 8 8.02	14150 8 8.02
3520 1800 3520 1800	3520 1800 3520 1800	3520 1800 3520 1800	3520 1800 3520 1800
8. #	9. #	10. #	11. #
1-HAIRCUT- 900 P-BUY @STEADY	WORK 8 HRS! PAINFUL RESTDAY \$102	CAL LIPINES 500 P-BUY 450 FREE WORK 8 HRS PAINFUL! \$110	RESTDAY \$102
4500 4 1425	4500 4 1425	4500 4 1425	4500 4 1425
16040 11 1458	16040 11 1458	16040 11 1458	16040 11 1458
900 1706 52:27 2700	900 1706 52:27 2700	900 1706 52:27 2700	900 1706 52:27 2700
15. #	16. #	17. #	18. #
in EZ 1050	LEG PAIN MILD RESTDAY	TIREZ/ACHY!! 1100 @EZ WORK 8 HRS BUSY!	RESTDAY
9800 9 556	9800 9 556	9800 9 556	9800 9 556
21340 16 12.12	21340 16 12.12	21340 16 12.12	21340 16 12.12
2040 1050 1400 125	2040 1050 1400 125	2040 1050 1400 125	2040 1050 1400 125
10900 10 6.19	10900 10 6.19	10900 10 6.19	10900 10 6.19
22440 17 12.12	22440 17 12.12	22440 17 12.12	22440 17 12.12
2155 1100 5:00 147:27	2155 1100 5:00 147:27	2155 1100 5:00 147:27	2155 1100 5:00 147:27

17/ 22446

1000⁰⁰ 18 wheelers

320

28TH 11:15 AM

$$\begin{array}{r} 59.9 \\ 60.00 \\ \underline{3.25} \\ 56.65 \end{array}$$

14TH WED 11:00

1 - SUNDAY - 1 - MONDAY - 1 - TUESDAY - 1 - WEDNESDAY - 1 - THURSDAY - 1 - FRIDAY - 1 - SATURDAY -

19. ~~+~~ ~~+~~ 20. ~~+~~ ~~+~~ 21. ~~+~~ ~~+~~ 22. ~~+~~ ~~+~~ 23. ~~+~~ ~~+~~ 24. ~~+~~ ~~+~~ 25. ~~+~~ ~~+~~

WORK BARG. 1500
5000 @ 9:28 5000 @ 9:28
5000 @ 9:19 3000!
2400 11 1127 13900 12 1158
23940 18 1330 25440 19 1338
8:17 1500 20:17 1500 20:20 1500 56:37 3000
6. ~~+~~ ~~+~~ 27. ~~+~~ ~~+~~ 28. ~~+~~ ~~+~~ 29. ~~+~~ ~~+~~

1600 @ EZ
300 WARMUP @ 5:52
400 @ 7:10
200 @ 4:06 } 1:57 AVE.
400 @ 7:14
300 WARM-DN @ 6:02
SOLID/GOOD!!
21 1100 26300 16 1153
0700 15 1246 21900 17 1244
0240 22 1374 31840 23 1384 33440 24 1393
00 30 1600 30 1600 30 11:00:31 3200 1600 30 11:31:04 3200

DR. GLENN @ 10:15A
CALL DR. SALEM FOR API.
NEXT WEEK (BONE SCAN)
1500
7:27 @ 9:28 9:28
600 KICKBOARD @ 27
300 F/300 B 100
RESTDAY!
STOP KICKBOARD
NET GOOD 1100
PM 2:20 TUES DR. AHMED
CALL DR. SALEM
CALL LINDA/CANCEL
CALL WARSHEWSKY
8:30/8:20/8:29
8:18 = 8:26 AVE
15700 13 8:22
27240 20 12:07
3440 1800 23 11:33 4800
1600 30 11:31:04 3200

WORK @ 11AM
RESTDAY!
LEG PAIN GONE!!
JANET @
1840 32390
1100 9 09:00
14TH MARCH 11:00AM
10:45AM

14TH WED 11:00
26.29
2400
3:25 X 50 27 1850
17100 14 9:11
28640 21 16:27
2629 140 11:59 6200
SCRIPTS COASTAL MEDICAL CENTER
12 MILES SWIM MONTH!
JENNY // CORE OETHO
SAHASA / AHMED / FIRST NAME!
CANCEL LONE PINE:
SEPT. 11 ??
MT. GALEY?
10:45AM

SCRIPTS COASTAL MEDICAL CENTER

(7600)

12 MILES SWIM MONTH!

JANET

JENNY // CORE OETHO
SAHASHA / AHMED / FIRST NAME!

$$\begin{array}{r} 1640 \\ \hline 32390 \end{array}$$

CANCEL LONG PINE:

SEPT. 11 33

MT. LANGLEY?

march

14th

11:00 AM

MARCH 7TH

五。

10:45 AM

Dr. Saegm

Rock
© LA MUSEUM

INCOME AT HOME 12.COM

MARCH

GAS \$ \$

UP .60 CENTS
IN LAST
30 DAYS
(08 MARCH 12)
\$4.40
GAL

MRO.
MATISE
\$882

Ave. HEART RATE:

72 BEATS PER MINUTE 24/33440

1 # #			2 # #			3 # #		
HAIRCUT! RESTDAY!			300 warm-up @ 5:50 400 @ 6:58 200 @ 7:09 300 warm-up @ 6:09 1600yd @ \$95 CAR SCRAPE / DRUGS \$90			RESTDAY!		
#	#	#	1600	1	600	#	#	#
#	#	#	35040	25	19.90	#	#	#
#	#	#	1600	3001	1600	3001	#	#
4 # #			5 # #			6 # #		
\$140 RESTDAY!			5:59X 300 9:03X 500 4:00X 200 9:02X 500 6:00X 300 @ 800			LSD RECOVERY! EZ		
#	#	#	3400	2	1.93	5200	3	2.95
#	#	#	36840	26	20.93	3640	27	21.95
#	#	#	1800	345	1800	345	25	10.9
7 # #			8 # #			9 # #		
DR. SALEM @ 10:45 AM 5:49 @ 300 8:48 @ 500 4:01 @ 200 8:49 @ 500 5:56 @ 300			#101 RESTDAY!			#104 LSD RECOVERY @ EZ		
#	#	#	7000	4	3.97	8800	5	5.00
#	#	#	40440	28	22.97	42240	29	24.00
#	#	#	5400	1:45	5400	35	1800	1.85
10 # #			11 # #			12 # #		
RESTDAY!			RESTDAY!			535 WARM-UP 8:52 500 4:08 200 8:48 500 5:57 warm-up GOOD!		
#	#	#	10600	6	6.02	12400	7	7.04
#	#	#	44040	30	25.02	45840	31	26.04
#	#	#	3322	1800	3322	1800	3547	1800
13 # #			14 # #			15 # #		
DR. GLENN @ 11:00 AM + SWIM / SUDS / SALEM WORK! #1 LUNG WORK BREATHING EXERCISES!			RESTDAY!			500 @ 9:01 500 @ 8:48		
#	#	#	2400	7	7.04	4250	8	8.09
#	#	#	45840	31	26.04	47690	32	27.09
#	#	#	3514	185	3514	185	5450	1.85
16 # #			17 # #			18 # #		
RESTDAY!			RESTDAY!			RESTDAY!		

2mo's 1571
51850
29.46 MILES

16 17 33
14250
47690
50300

MONTH
28650 Yds.
16.27 MILES
YEAR
40 SWIMS
1552 Yds.
62090 Yds.
35.27 MILES

29500
16.70

1.176 MILLION

1:40:27
40:43
2:21 10

18	#	#	19	#	#	20	#	#	21	#	#	22	#	#	23	#	#	24	#	#					
RESTDAY!			557 844 @ 500 409 845 @ 500 602 x PR 500 YDS. VERY GOOD!			DR. AH MEN @ 2:20 pm. SKIN DOCTOR NOTE FOR WORK. BREATHING EXERCISES 5, 7, 9, 11 STROKES 1800			EZ! TIRELESS			107 RESTDAY!			151 EZ! STEADY			RESTDAY!							
#	#	#	16050	9	9.11 1783	17850	10	10.14 1785	19350	11	10.94 1759	#	#	#	21350	12	12.13 1779	#	#	#					
#	#	#	49490	33	29.11 1499	51290	34	29.14 1508	52790	35	29.99 1508	#	#	#	54790	36	31.13 1521	#	#	#					
#	#	#	3339	1800	3339	1800	3545	1800	10924	3600	2953	1500	1:40	5100	#	#	#	4048	2000	221.16	7100	#	#	#	#
25	#	#	26	#	#	27	#	#	28	#	#	29	#	#	30	#	#	31	#	#					
RESTDAY!			CALL NON-SMOKING ROOM SUNSET SUITS SPEEDWORK ⑤ 250 YDS @ 4:14 = 9.20 ⑤ 250 YDS @ 4:14 = 9.20 ⑤ 550 YDS @ 9:53 = 6.10			EZ/BREATHING EXERCISES EZ SOME BREATHING 5 STROKES 2000			LSD: EZ SOME BREATHING EXERCISES 2700			RESTDAY!			EZ/BREATHING EXERCISES 5 STROKE BREATH CONTROL 900 1800 2700 3600			RESTDAY!							
#	#	#	23200	13	13.18 1784	25200	14	14.31 1800	27300	15	15.51 1820	#	#	#	28400	16	16.13 1775	#	#	#					
#	#	#	56640	37	32.18 1530	58640	38	32.31 1543	60740	39	34.51 1557	#	#	#	61840	40	35.13 1546	#	#	#					
#	#	#	1850	3512	3512	1850	2000	3554	11106	3850	4113	2100	1:52	5450	#	#	#	2112	1100	213	7050	#	#	#	#

CALL ABT,
NON-SMOKING
ROOM! APRIL
2ND

PRE-OP
APRIL
6TH
10TH

APRIL 2ND
STOP ALL PAIN-RELIEFERS
MAY 1
CALL UNION
ABT. DOES

350
COPY
AT BEGINNING
SARAH/SCHENKER
619-686-3746
2 WKS BEFORE BLOOD WORK
PRE-OP

APRIL 12
SURGERY
5:15 AM
2ND FLOOR
SUMMER SET
SUITS

61840

11250

10650

50300/33

APRIL

34.97

34.97
61550/39
1578

73900/41.98/46/1606

12350/7 SAH

21900/17 FEB

28400/16 MARCH

11250/6 APRIL

1	#	#	2	#	#	3	#	#	4	#	#	5	#	#	6	#	#	7	#	#
LAST DAY OF WORK! EZ!			STOP BATH INFLAMMABLES ARRIVE - ASPRINS 4000@7.05 200@3.32 200@3.33			RESTDAY			EZ!			BREATH CONTROL 5 STROKES EACH LAP			PRE-OP APT @ 10:30A MERCY HOSPITAL CHECK ON NO SMOKING ROOM @ 5:00 PM 500 yds/5 STROKES 1 LAP			RESTDAY		
1400	1	1.79	3250	2	1.84	#	#	#	4750	3	2.64	5900	4	3.35	7650	5	4.0	#	#	#
63240	41	35.93	65090	42	36.98	#	#	#	6590	43	37.83	67740	44	38.46	68890	45	39.14	#	#	#
2656	1400	2656	1400	35.35	185.02	3250	#	#	2847	1500	1.31	4750	2151	1.53	5900	2135	1.50	7070	#	#
8	#	#	9	#	#	10	#	#	11	#	#	12	#	#	13	#	#	14	#	#
EASTER			500 yds @ 9:20 5x1B BREATH CONTROL 650 yds/5x1B			500 yds @ 9:13 5x1B			500 yds @ 9:14 5x1B			PROSTATE SURGERY @ MERCY HOSPITAL 5:15 AM SURGERY @ 8 AM 6 HRS OF SURGERY VASCULAR SYSTEM SLOWED PROCESS DOWN			= PUSHED IV STAND = WALKED OVER A MILE ON HOSPITAL FLOOR: 1/16 OF MILE FOR 1 LAP 18 TIMES AROUND / TWO DAYS			WALK BAREFOOT		
#	#	#	8250	6	4.68	9450	7	5.36	10650	8	6.05	#	#	#	#	#	#	1.00	1	1.00
#	#	#	70090	46	39.82	71290	47	40.50	72490	48	41.18	#	#	#	#	#	#	1.00	1	1.00
#	#	#	2228	1200	2228	1200	2331	1200	4559	2400	2222	1200	106	3600	#	#	#	1.00	1.00	1.00

CALL UNION
WITHDRAWAL

10650

63550/36¹⁰/40/1588MAY 1
CALL UNION
ABOUT DUES39 SWIMS
35 MILES SWIM
SINCE FEB 1STSAN DIEGO ZOO:
X BUTTERFLIES
SDZOO SAFARI PARK.ORG

15 VOLUNTEER (WALKERS)			16 VOLUNTEER (WALKERS)			17 (WALKERS) VOLUNTEER			18 # #			19 (WALKERS) VOLUNTEER			20 WALKERS VOLUNTEER			21 WALKERS VOLUNTEER																	
S.D. 200 WALKED 3 MILES @EZ!			BOSTON MARATHON HOT 80'S 2:57 TORREY PINES BEACH/BEACH TRAIL STAIRS			SOLANT BEACH WALKS ANY PM @23:33			RESTDAY			SWAMI'S TO CARDIFF REEF BALL EXERCISES 60 AM/PM SEVERAL HUND 35K CRUM 55KPS 6-8 SETS 15-20 KEGAL EXERCISE			SOLANT BEACH SEASIDE ROAD @ 16:15 AVE. 25000 VIAGRA 3.35 DAY AVE WK			SWAMI'S BEACH WALK @ 17:37 AVE																	
4.00	2	2.00	8.00	3	2.88	12.24	4	3.05	#	#	#	14.73	5	2.94	17.79	6	2.96	21.13	7	3.01															
4.00	2	2.00	8.00	3	2.88	12.24	4	3.05	#	#	#	14.73	5	2.94	17.79	6	2.96	21.13	7	3.01															
3.00	3.00	3.00	1.55	4.4	4.55	7.00	1.26	3.44	5.21	10.64	#	#	#	3.09	58.30	2.24	13.73	1.50	3.34	4.13															
22	#	#	23	#	#	24	WALKERS VOLUNTEER	25	WALKERS VOLUNTEER	26	#	#	27	#	#	28	#	#																	
RESTDAY			STOMACH VERY TIGHT CAPLE OF LAPS/POOL RUNNING EZ 25000 VIAGRA 10.45 MIN			WALKS DELMAR POB @ 15:59 AVE.			Run/WALK TO JC'S HOUSE TOP OF CARDIFF @ 13:53 25000 VIAGRA AVE.			EZ! STOMACH DULLING!			BETTER! 4:45 @ 250 YDS 4:38 @ 250 YDS 25000 VIAGRA 2			GOOD! 14:55 GOOYDS 400 @ 7:28 400 @ 7:26 156 LAP AVE. 3 16																	
#	#	#	#	#	#	27.22	8	3.40	35.29	9	3.92	11.50	9	6.33	11.50	10	6.61	12.450	11	7.07															
#	#	#	#	#	#	27.22	8	3.40	35.29	9	3.92	7.29	90	49	11.49	7.34	90	50	14.69	7.42															
#	#	#	#	#	#	1:37	6.09	1:37	6.09	1:52	8.07	2.29	14.16	9.38	500	9:38	500	9:38	500	9:38															
29	#	#	30	#	#	Pump WORKOUT ~ 800 CAL IN 1:45 MIN N 43 18 24 33 07															CALL UNION ABT. DUES MAY 1 ST					RETURN TO WORK: MAY 23 RD					MAY 11 TH DR. SKEW @ 11:15 AM 10.80 4 MONTH MILES AVERAGE SWIMMING PER MONTH				
14:43 400 @ 7:22 400 @ 7:20			500 @ 9:12 500 @ 9:12																																
1250	12	7.52	14250	13	8.09																														
5090	52	42.66	76090	53	43.22																														
43	800	1443	800	1024	1000	3307	1800																												

MILES 3.92 / 9 WALKS

Pound
WORKOUT
800 CAL IN
1:45 MIN
143
18.21
33.07

CALL UNION
ABT. DUES
MAY 1ST

RETURN TO WORK!
MAY 23RD

MAY 11TH 46
DR. SKEW
@ 11:15 AM

10.80 4 MONTH
MILES AVERAGE
SWIMMING PER
MONTH

"55" WORK FOR TODAY,
BUILD YOUR TOMORROW,
PRAY FOR THE REST!!

MAY

TWENTY-TWELVE

LEFTY LOOSEY, RIGHTY TIGHTY!
MEASURE TWICE, CUT ONCE!

APRIL 26TH
405.5
4600 / 6 / 261
09/01 AVE
760 DAY AVE / 43 MILE

1. # #	2. # #	3. # #	4. # #	5. # #
CALL UNION AVE DUES 55.95 500 @ 9:14 500 @ 9:24 9:19 AVE 55.9 1000 1 0.56 77090 54 43.80 1039 1000 1039 1000 1039 1000	32 SEAN DEAD @ 9:30 AM SUICIDE! 500 @ 9:14 500 @ 9:17 55.60 9:16 AVE 1000 = 800 AVE 704/5 2000 2 1.13 78090 55 44.30 1039 1000 1039 1000 1039 1000	RESTDAY!	2ND 500 GREAT! 53.80 8:58 @ 500 8:58 @ 500 8:58 AVE! VERY GOOD!! 3000 3 1.70 79090 56 44.43 1756 1000 55:07 3000	RESTDAY!
6. # #	7. # #	8. # #	9. # #	10. # #
FORMULA: TIME IN SECS DIVIDED BY LPS 55.81 PER 50 22 LAPS/50 YDS 4100 4 2.32 80190 57 45.50 2030 1100 2030 1100 2030 1100	10:27 AVE 1100 @ 20:54 :57 x 50 10:27 AVE 5200 5 2.95 81290 58 46.10 2030 1100 2030 1100 2030 1100	9:58 AVE 550 @ 9:58 96 550 @ 9:58 16 STEADY! 6300 6 3.57 82390 58 46.81 1957 1100 10119 3300 2112 1100 12:31 4400	10:36 AVE 550 @ 10:51 550 @ 10:21 EZ! 7400 7 4.20 83490 60 47.43 2112 1100 12:31 4400	RESTDAY!
11. # #	12. # #	13. # #	14. # #	15. # #
DR. SAVEN @ 3:45 550 @ 9:58 550 @ 9:47 LEWIS & GREAT! 28 DAY/5 00 VICTIM 8500 8 4.82 84590 61 48.06 1942 1100 1142 5400	RESTDAY!	13. # #	14. # #	15. # #
16. # #	17. # #	18. # #	19. # #	20. # #
LSD EZ! MASTERS CROWDER!!! 28 LPS 9900 9 5.62 85090 62 48.85 2617 1400 2617 1400 2617 1400	LSD EZ! 8 LPS FINS SCORE TUES 11700 10 6.17 87790 63 49.88 2617 1400 2617 1400 2617 1400	500 @ 9:05 500 @ 9:01 5:10 / 5430 32:58 12700 11 7.21 88790 64 50.44 1800 1000 11:17 4200	RESTDAY!	500 @ 9:23 500 @ 9:13 500 @ 9:02 9:13 AVE 32:30 3:15 VALERIE 55:30 14200 12 8.06 90290 65 51.30 2740 1500 11:45 5700
21. # #	22. # #	23. # #	24. # #	25. # #
EZ MILE! 8:53 AVE EZ 1800 = 426 10000 13 9.09 92090 66 52.25 5700 3533 1800 2:21 7500	5:30 - 7:30 6:43 PM SUN -> SUN ECLIPSE RESTDAY! 1/2 @ 19 DAZE VICTIM	21. # #	22. # #	23. # #
26. # #	27. # #	28. # #	29. # #	30. # #
2617 1400 2617 1400 2617 1400	2617 1400 2617 1400 2617 1400	2617 1400 2617 1400 2617 1400	2617 1400 2617 1400 2617 1400	2617 1400 2617 1400 2617 1400

16000
92090

MT. BALDY SPLITS

- ① 19:42 ⑤ 28:15 ⑨ 21:37
- ② 19:39 ⑥ 32:04 ⑩ 20:38
- ③ 21:24 ⑦ 35:30 ⑪ 17:47
- ④ 22:03 ⑧ 19:48 ⑫ 18:34
- ⑬ 12:51

20. #	#	21. #	#	22. #	#	23. #	#	24. #	#	25. #	#	26. #	#
HARD 38 400 @ 7:21 400 @ 7:16 AVE 7:14 400 @ 7:13 400 @ 7:08		GO INTO WORK SUBMIT SCHEDULE REQUEST 39 CALL SALEM FAX WORK RELEASE CALL UNION LSD: 1600		MART ABT SCHEDULE GO OUT TO WORK REST DAY		EZ LSD 7:38 AVE @ 400		REST DAY		HARD 43 450 @ 7:57 450 @ 8:04 AVE 400 @ 7:11 500 @ 8:59		REST DAY	
17600	14	19200	15	#	#	20800	16	#	#	22600	17	#	#
93690	67	95290	68	#	#	96890	69	#	#	98690	70	#	#
28:59	1600	28:59	1600	30:47	1600	30:34	1600	11:30	4800	32:12	1800	2:02	6600
27. #	#	28. #	#	29. #	#	30. #	#	31. #	#				
500 @ 9:28 500 @ 9:26 500 @ 9:24 500 @ 9:17 AVE 9:23 AVE		WARM POOL 80+ HOT! @ EZ		REST DAY		STEADY @ 8:23 AVE 4 X 450 yds		HIKE/RUN 49 MT. BALDY RUN 1 TOP ROUTE @ 22:18 AVE 25 UP 19 DOWN DAY		28:50 28:100 yds/mn 150 MARIA # (800) 644-2397 X 66614 5550 3200			
24600	18	26400	19	#	#	28200	20	1300	1	1300	1	1300	1
100690	71	102490	72	#	#	104290	73	1300	1	1300	1	1300	1
37:34	2000	37:34	2000	35:01	1800	34:00	1800	4:50	1300	4:50	1300	4:50	1300

11.85 MONTH AVE.
FOR Y/EM 64290

5 MONTHS
11.85 mo. 16000

28200
1602

MAY GOAL
30400
17.27 1447 DAY AVE.

150 MILE SWIM
GOAL FOR Y/EM

1st DAY HIKE/RUN
TRAINING
JUNE 1st
RETURN TO WORK.

JUNE 15th
DE. SALEM
@ 3pm

JUNE 23
PIER TO COLE
SWIM

JUNE 15th
LA JOLLA SWIM APT. IN -

JUNE 2012

ALLEN WIRTH
SANTA VALLEY

1	#	#	2	#	#
EZ!			1 st DAY BACK TO WORK! 110 8:50/13.88 105 <u>RESTDAY</u>		
LEG SORE! (DMS)					
900	1	900	#	#	#
105190	74	59.76 421	#	#	#
173	900	723 900	#	#	#
3	#	#	4	#	#
<u>RESTDAY</u>			150 - 8:50 / 1764 145 8:21 8:17 8:16 AVE 8:13 450's 1125		
#	#	#	2250	2	121 60.53 1420
#	#	#	106540	75	61.32 1420
#	#	#	2451 1350	2451 1350	2542 1400
5	#	#	6	#	#
8:12-450 8:17-450 9:12-500 (LOST COUNT!) STEADY/GOOD!			LSD @ EZ!		
3650	3	2.07 1216	5000	4	2.04 1250
107940	76	61.32 1420	109290	77	62.09 1419
2542 1400	5033 2150	2523 1350	14553 4100		
7	#	#	8	#	#
113 8:50 94 1329			104 8:50 100 1223		
<u>RESTDAY</u>			7:21 7:20 7:19 7:16 AVE. LITTLE TIRED!		
#	#	#	6200	5	3.52 1240
#	#	#	10490	78	62.77 1416
#	#	#	248 1200	53 5300	
9	#	#	10	#	#
81 8:00 86 10.13			530 5		
<u>RESTDAY</u>					
#	#	#	#	#	#
#	#	#	#	#	#
#	#	#	#	#	#

130

109

301

9) 22.6 115 24) 22.3 116
 10 30.3 124 20) 22.3 107
 21) 24.0 101
 22) 24.5 104

2735

30 151 8.50 133 17.76 ⑥ 11950 AVE DAYC TURN IN POOL AT YMCA CLOSED	11 # # LTD EZ 272 LAPAVE	12 05/31 28.24 HOKAS SEEKING LIKE SAN JACINTO 6506 DEVILS SLIDE 301.17 TOP 10.674 7.42 MILES 23.47 PACE 20.56 PACE UP/DOWN	13 # # EZ RECOVERY SWIM DR. SALEM 3pm	14 80 8.5 108 9.41 797 771 113 RESTDAY! WORK OVER THE TOP VERY TIRED!	15 133 8.15 132 15.64 930 8 116 EZ!	16 134 8.5 127 15.15 1064 1020 9 ASHLEY 3 121.00 RESTDAY
# # # 8000 4.54 1333	# # # 11220 70 63.80 1421	28.24 2 14.12 28.24 2 14.12	8900 7 5.09 1271 643 1414	# # # 9800 8 5.52 1225 642 1408	# # # 114090 81 64.2 1408	# # #
# # # 342 1800 342 1800	5:19:11 15.24 5:19:11 15.24	17.43 900 52.05 2700	# # # 7.15 1100 11.09 3600	# # #	# # #	# # #
17 151 8.15 150 17.76	18 # #	19 # #	20 142 8.5 120 16.70	21 130 8.50 97 15.24	22 124 8.50 112 14.58	23 125 8.50 101 14.70
WIND WAVES SURF. PM SWIM WIND WAVES	RESTDAY!	LAJOLLA COVER SWIM 103 1st BOON HAPPY B-DAY!	9:38 X 500 9:24 X 500 9:31 AVE.	RESTDAY	9:36 X 500 9:42 X 500 9:30 X 500 (9:36 AVE)	RESTDAY!
10300 9 6.13 1200	# # # 11700 10 6.64 1170	12700 11 7.21 1154	# # # 14200 12 8.06 1183	# # # 118490 85 67.2 1394	# # # 28.44 1500 1.24 4400	# # #
115090 82 65.34 1403	# # # 115990 83 65.90 1397	116990 84 66.71 1392	# # # 1902 1000 57.54 2900	# # #	# # #	# # #
1852 1000 1852 1000	# # # 20 900 30.52 1900	# # #	# # #	# # #	# # #	# # #
24 176 8.50 140 20.70	25 # #	26 05/31 52.14 HOKAS	27 # #	28 108 8.50 122 12.70	29 126 8.50 160 14.82	30 167 8.50 165 18.44
1912/15/127/1494 1759 15 117/1379 738 733 727	RESTDAY!	SAN GORGONIO LOOP SOUTH FORK/DOLLAR LAKE 22.71 PACE BONDED @ 20 MILES WATT STRIKE TOP/BOTTOM	RESTDAY! VERY TIRED!!	RESTDAY! HAIR CUT!	2034 16.1 127 14.95 1881 16 117 13.83 8:37 8:31 8:29 8:19	RESTDAY!
15400 13 8.12 1184	# # # 52.14 3 1738	# # # 52.14 3 1738	# # #	# # # 16750 14 9.21 1196	# # # 121040 87 68.71 1391	# # #
119690 86 68.00 1391	# # #	# # #	# # #	# # #	# # #	# # #
1200 2234 1200 2239	# # #	1103 2390 9103 2390	# # #	# # #	257 138 48 2550	# # #

July 2012



MOUNTAIN GOAT

Robert Bateman

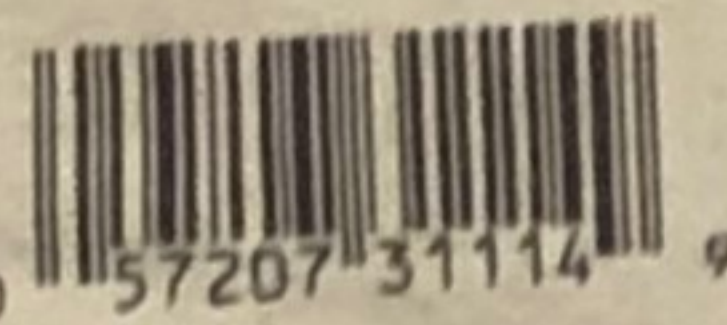
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Robert Bateman, Cover Series



20-17
RHINO ART
18.15



is that you never know what will appear on the next page. The many ideas as they occur, such as my goat on the cover, and work.

are valuable as visual diaries. They are a record of what I see in a sketchbook going.

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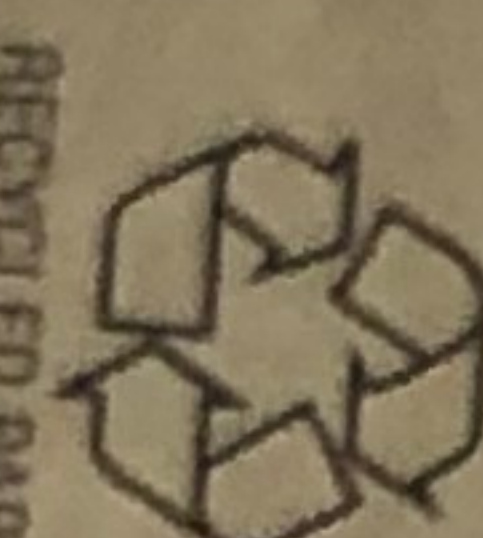
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RECEIVED PAPER

Handwritten logbook with 24 numbered entries. Each entry contains a grid of numbers and text notes. Entries 1-24 include various numerical data, time logs, and status notes like 'RESTDAY', 'EVLSD', 'DEATH VALLEY', 'MATT 4:55', 'GREAT DAY!', 'MIKE NORDEN', 'MARIA', 'MICHAEL GORSE', 'GANE DAWN', 'OVER TOP BUSY AT WORK!'. The logbook is filled with handwritten numbers and text, with some entries marked as 'RESTDAY'.

5:40 up
4:20 down

3720

1080
840
1020
780
1.05
3721.05

* READ PSE WRONG - 0.01
LESS THAN 1

DO WHATEVER
IT TAKES!!! DOWN
BUT NOT OUT!
IT COULD BE .01 WORSE!

132040 96
12500 9
3448

154.80
140 = 2min
15 SEC
3448 28 123

3600
215
3315
3230

MILE AVE
118/19-1st 6@ MT. WHITNEY
135/22- LAST 6@ " "

VEGAN!!!

22. 150 8.50 133 17.64 WORK 3581 OVER THE TOP! 123.48 WOW!!! EZ 1000 19.21 @ 9.13 = 9.17 3230 1548 4.30 AVE.	23. # # EZ/TIRED! 500 @ 9.45 500 @ 9.39 9.42 3410 6480 (1.80)	24. # # EPIDURAL @ 1200 10:20 20:15 10:17 3115 1404 (3.90)	25. # # * WAIT A COUPLE OF DAYS BEFORE POOL MEG/HS PUBLIC POOL RESTDAY! 1st 61000 TEST/PSA CANCER FREE	26. 109 8.50 125 12.82 4000 30 133.48 +10 3706 30 1/123.53 RESTDAY HAIRCUT! @ 8AM	27. 156 8.50 121 18.32 4156 31 3406 6:46 7:01 6:53 6:42 LEG BAD/SURGERY AUG 10?	28. 205 18.50 147 24.11 4365 32 13640 3971 32 12409 RESTDAY!
133040 97 75.59 13500 10 7.67 1000 10.35 1000 10.35	134040 98 76.15 14500 11 8.23 1000 19.25 2800 2000 1100 20.35 5835 3100	135140 99 76.78 15600 12 8.86 1000 19.25 2800 2000 1100 20.35 5835 3100	# # # # # # # # # # # # # # #	# # # # # # # # # # # # # # #	136540 13 77.57 17000 13 9.65 224 1400 1.25 3560	# # # # # # # # # # # # # # #

29. 172 9.00 4537 33 137.48 6:26 6:32 6:24 6:30 1400 18400 14 10.45 137940 101 78.37 2554 1400 2554 1400	30. # # EZ! 000 LSD 0.16 ARMS TIRED. BUSY AT WORK 7/29 1400 14900 15 11.30 139440 102 79.22 2955 1500 55.49 2900 2902 1500 1.24 4400	31. # # EZ LSD 1.93 1500 21400 16 12.15 140940 103 80.07 2955 1500 55.49 2900 2902 1500 1.24 4400
--	--	--

AUG 1st
10:30
DR. GIENN
OVERNITE

JULY 2012

5:40 up
4:20 down
MT. WHITNEY

GOAL FOR YEAR 150 MILE SWIM
START RUNNING/SWIMMING COMBO

66.35 / 146 MILE YEAR
21400
140840 yds YEAR
80.02 MILES FOR YEAR
103x 1367 DAY/AVE

3 SWIMS
3 RUNS

DR. SALEM
SEPT 04
@ 3:45

140940 80.07
57.19
1143 / 7 mo's
JULY 21300 / 1331 / 12.10
JULY 140840 / 1367 / 80.02
21300 yds JULY
12.10 MILE
16x 1367 yds AVE.
1331
704700

PSA 0.00
CANCER FREE!

25000/30000
CLs 25000 5000
20 50

3 DAY
4
20 3000

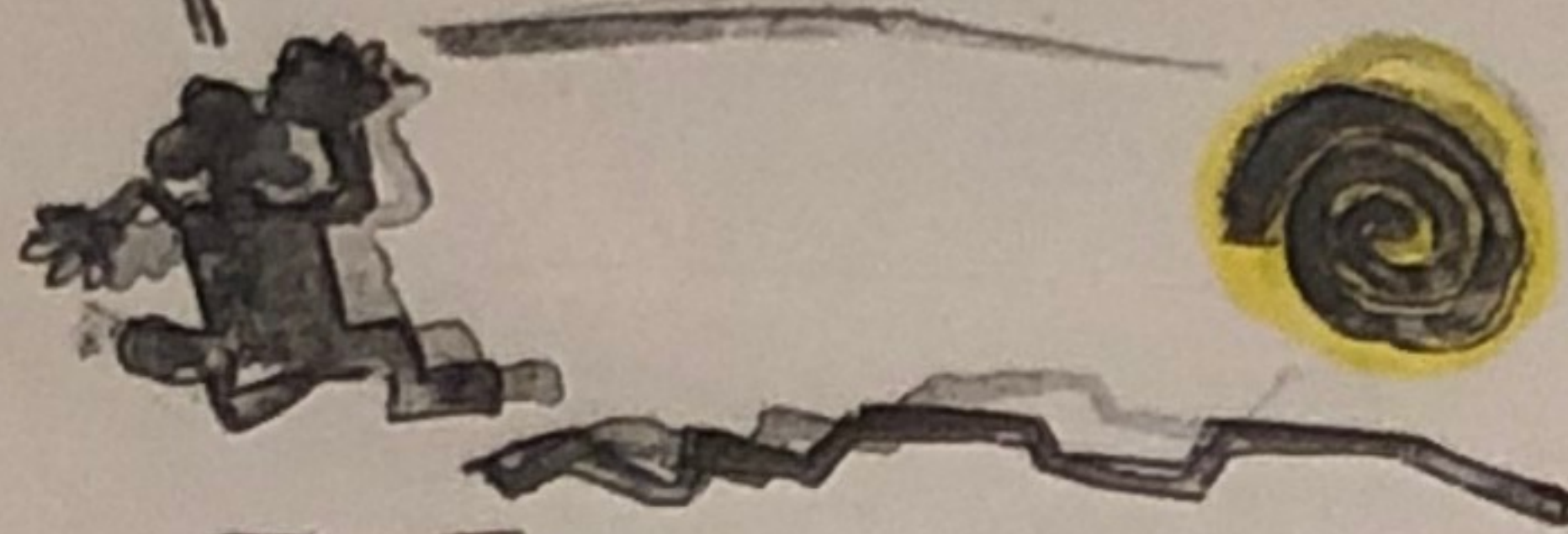
GARY \$40

ACOUCHIAN
STELLA (FISH)

MR. MATISE

Liz Ext. 643
760 1943-6700

20
5
100



AUGUST 2012

START EATING APPLES!
[1 DAY]

140940

1. # # DR. GLENN 10:30 9:22 9:18 9:17 4.10	2. 117 8.50 95 1376 4654 34 1368 RESTDAY!	3. 150 8.50 704 4804 35 13725 EZ!	4. 158 8.50 122 1858 4962 36 13782 RESTDAY!
1500 1 1500 142440 104 80.93 1369	# # # # # # # # #	2650 2 150 1325 143590 105 81.58 1367	# # # # # # # # #
2758 1500 2758 1500	# # # #	2255 1150 53 2650	# # # #
5. 154 8.50 122 1811 5116 37 1382 4555 37 12310 6:26 6:35 6:29 6:27 4.42 6:29 AVE 1400	6. # # 9:39 AVE 9:39 9:38 9:37 2.20 1400	7. # # EZ!	8. 103 8.50 112 1211 5219 38 137.34 4667 36 122.51 EZ!
4050 3 230 1356 82.58 144990 106 1367	5550 4 3.16 1307 83.23 146490 107 1369	7050 5 4.00 1440 84.08 147990 108 1370	8400 6 4.71 1440 84.85 149340 109 1370
1400 2559 2559 1400	1500 2856 54 2900	1500 2959 125 4400	2654 1350 152 5750
9. 133 8.50 110 1564 5352 39 137.23 4779 39 122.53 RESTDAY!	10. 163 8.50 132 1911 5515 40 137.87 4911 40 122.77 EZ!	11. 118 8.50 1300 5633 41 137.34 RESTDAY!	LAST DAY WEEK!
9700 7 551 1385 85.54 150640 110 1369	2556 1300 218 7050	# # # #	# # # #

11916

26=1300

1290
4 MILES

7040

152 98
25 50
8 44

85 MILES
FOR YEAR
SWIMMING!

12. # # 13. # # 14. # # 15. # # 16. # # 17. # # 18. # #

8:29
8:30
8:30
8:20

8:28
3:55

DR. GLENN @ 11:00
FORMS TO OFFICE!

9:47
9:50
9:46

9:33
9:23
9:26

(5:21)

CARL WON'T START!
STARTER \$800

9:20
3:20

PAINFUL
WORSE DAY THIS
YEAR!

56
46
42

SONIC CARE
THAT SCOT CO
#20 OFF

SURGERY @
DR. GLENN @
5:30A CH SCOPES
ENCOUNTER

WOKE UP
FROM SURGERY
VERY VERY PAINFUL!

Horrible
PAIN UNTIL
ON morphine
GOT BEHIND ON
PAIN MEDS!!!

11500 8 6:53
152440 111 860
3352 1800 3352 1800

13000 9 7:36
152440 112 87:46
1500 29:24 1:03 3300

14500 10 8:23
155440 113 88:31
1500 20:24 1:31 4000

16000 11 9:09
156440 114 89:17
1500 20:2 2:02 4000

17500 12 9:24
158440 115 1377
29:20 1500 2:32 7800

#

19. # #

WOW UNTIL morphine
Very
PAINFUL BUT
WENT HOME FROM
HOSPITAL

20. # #

(HOME) 6PM
PAINFUL
REST DAY
WALKED 10 MINUTES
IN THE HOSPITAL

21. GREY
VOLMEROS 1:01

CHANGED MEDS AND
AMOUNTS IN INSTANT RELIEF!
WALKED @ 8PM
NEIGHBORHOOD
"AWESOME!"

22. GREY
VOLMEROS 3:01

PAINFUL DAY
STOMACH! 17:42
UPSET. AVE.
NEIGHBORHOOD
WALK @ 8PM

23. GREY
VOLMEROS 5:01

BETTER
TODAY!
NEIGHBORHOOD
8PM WALK @ 17:40

24. GREY
VOLMEROS 8:01

17:07 AVE.
HOOD WALK
@ 8PM

25. # #

BEST PAIN
DAY SINCE SURGERY!
142 LBS

#

#

1:01 1 1:01
1:01 1 1:01
19:02 1:01 19:02 1:01

3:01 2 1:50
3:01 2 1:50
2:00 35:20 54:30 3:01 35:20 2:00 1:10 5:01 51:25 3:00 2:21 8:01

5:01 3 1:67
5:01 3 1:67
5:01 3 1:67

8:01 4 2:00
8:01 4 2:00
8:01 4 2:00

#

26. GREY
VOLMEROS 10:02

HOODWALK @
16:53 AVE.
* CAR COVER
STOLEN!

27. RED
VOLMEROS 12:02

CALL UNION/ROSA
LAST MEDS 5AM!
24 HRS. NO MEDS!
WIT A DROWL, WOW!
HOODWALK @
16:07 AVE.

28. VOLMEROS 5:02

NO MEDS DAY!
3 CARBAPENEM
HOODWALK
@ 17:03
(138 LBS)

29. VOLMEROS 8:03

HOOD/SIDE
@ 15:12
SOME EZ RUNNING!

30. HOKA 1 7609

DR. GLENN @ 11:00AM
WUNDERS/TINGLING (8 BED CLIP!)
SEA SIDE
RUN/WALK @
16:37 AVE. 12:54 AVE.

31. HOKA 1 7911

SEA SIDE
@ 11:58 AVE.

DR. ADAMS

PHYSICAL:
* DR. AHMED
* OPTOMETRIST
* DENTIST
* DERMATOLOGIST

10:02 5 2:00
10:02 5 2:00
3352 2:01 3352 2:01

13:02 6 2:17
13:02 6 2:17
48:31 3:01 22:33 5:01

15:02 7 2:14
15:02 7 2:14
34:14 2:01 1:56 7:02 45:42 3:01 2:42 10:03 39:06 3:05 3:24 13:06 3:08 3:02 28 3:57 16:08

18:04 8 2:25
18:04 8 2:25
21:07 9 2:34 24:09 10 2:40

21:07 9 2:34 24:09 10 2:40
21:07 9 2:34 24:09 10 2:40

24:09 10 2:40
24:09 10 2:40

158400 596

SEPTEMBER 2012

106 46
56 45
44 16
1:03 15
1:02 15
3:46:56

79 158440 19 DAYS

32:25
157 30:32
25 52

FAIRBROOK
760 468 6321

1. RED VOLNERO 1304

8:48 MAX PACE

12 54 AVE.

750 REFILL? VICOONSCRIPT/DONE

5:01 1 5:01

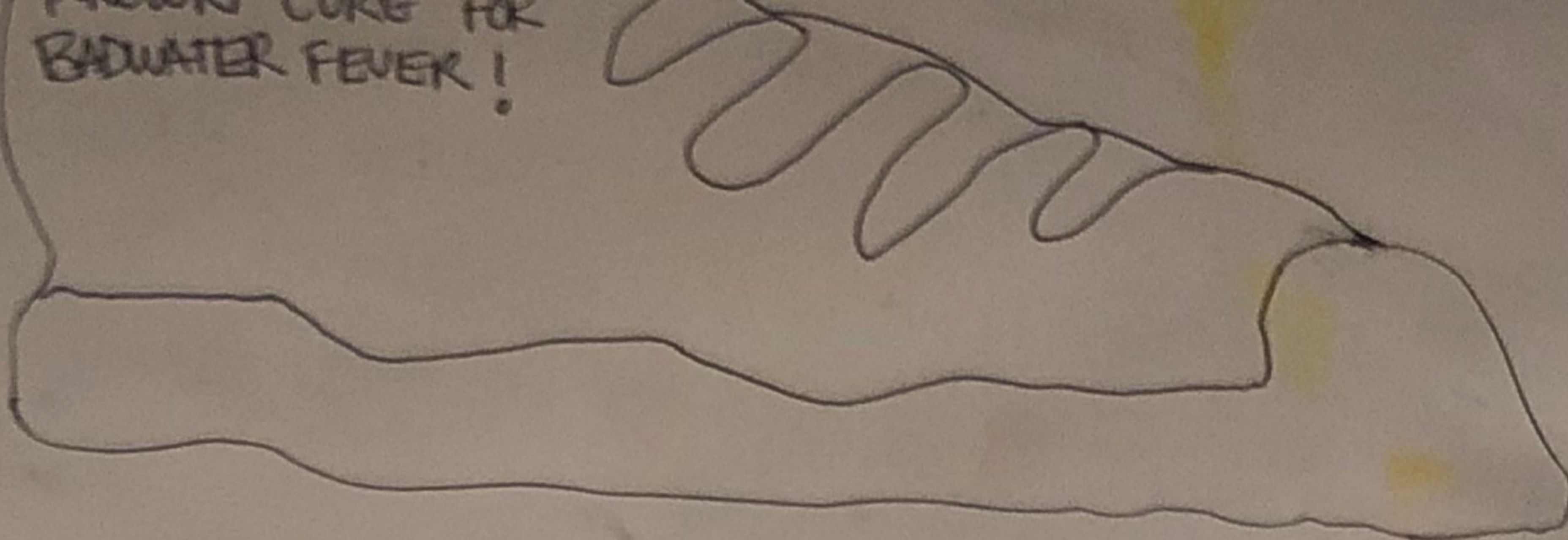
2010 11 20

501 104:31 501 104:39

2. # #	3. AKA 1 8412	4. # #	5. 05 SEPT 12 VOLNEROS 503	6. # #	7. 05 SEPT 12 VOLNEROS 1007	8. # #
SRT! RISTDAY!	BETTER TODAY! RAIL TRAIL/SEASIDE 11:55 AVE. RUN TO THE TOP! LABOR DAY!!!!	EZLSD MRI 2 PM ENGINHAS SCRIPTS DR. SALEM @ 3:45 PM	(8:05 MAX) RAIL TRAIL NON STOP/NO WALKING @ 10:22 GREAT!! AVE.	11:38 12 LPS EZLSD STINGING QUAD! WOW??	RAIL TRAIL 10:08 (MAX 7:57)	STEADY LSD
# # #	1002 2 501	1250 1 0.71	1505 3 501	2450 2 139	2010 4 502	3602 3 207
# # #	3411 12 284	159690 116 90.73	3914 13 301	160890 117 91.41	4410 14 315	162090 118 92.09
# # #	5946 501	5946 501	1250 2350 1250 2350	5200 507 151 1004	1200 233 472 2450 507	504 243 1500 2250 1200 11035 3650
9. 0509 VOLNERO 1607	10. # #	11. LUNAR PRERS	12. # #	13. LUNAR PRERS	14. # #	15. LUNAR PRERS
CALL DOW VILLIA IF 4 NO GO! 325 SWAMI'S 275 BACK @ 9:26A	DOW VILLIA ?? 10-12 DRAWN VILLIA EZ! 0	DR. GLENN @ 9:45 POB @ 8:55A GREAT!!!	EZ 1/2 HRS. NEW WATCH!	10/20/2012 DEL MAR WOODS @ 8:58A 9:15 MILEAGE	DEATH MED @ 2:40P DR. PATEL'S @ 2:15P 4400 = 2.50 MILES	DEL MAR WOODS @ 8:48A 15 RE SAME EFFORT AS 9:13
2610 5 522	4850 4 275	3111 6 518	6350 5 360	3816 7 545	8000 6 457	4523 8 565
5010 15 334	163290 119 92.77	5519 16 344	164790 120 93.63	6224 17 366	166490 121 94.39	6931 18 385
5640 5640 600 2326	1200 2326	ROU 44 501	1:41: 1101 1550 3032	5358 2700 105 705	2:44 1800 3220 1650 116	10440 1021 707 3:46 25B

Run 50 miles
Swim 15 miles

BADWATER FEVER!



16. # # 15 BAD BED 1.59/100 PACE EZ LSD! 58.91/50 (246 CALS)	17. LUNAR RACERS BAD BED 1.30 DELMAR LAGOON TRAIL TIGHT/RIGHT LEG	18. # # 16 Days 1.59/100 PACE EZ LSD! (288 CALS)	19. # # 30 BAD BED RESTDAY!	20. # # 156/100 PACE (288 CALS)	21. # # EZ! 2:00/100 PACE	22. # # RESTDAY!
9900 7 563 1414 168340 122 9564 1379	11700 8 664 1462 170140 123 966 1382	13500 9 767 1500 171940 124 9769 1386	15250 10 866 1525 173690 125 9868 1389			
36 ²⁰ 1850 36 ²⁰ 1850 104 ⁵¹ 690 104 ⁵¹ 690	35 36 180 111 56 3650	34 42 1800 1:46 38 5450 35 1750 2:21 5400				

23. # # POOL LSD! 1.57/100 (400 CALS) 175790 =	24. # # 128 (EZ) 159/100 60 500'S 248 CMLS	25. # # (EZ) 10:30 DE GEMMA 157/100 248 CMLS	26. # # POOL 288 CALS SPEEDWORKS (1800 YDS) (24PS) 4X 100 WARM UP 50 YD SWS 200 WARM-UP 200 WARM-UP	27. # # RETURN TO WORK! GOD HELP ME!!! RESTDAY (REST)	28. # # (EZ) LSD WORK 9 HRS.	29. # # RESTDAY (REST) 0.2
17750 11 10 08 1613 176190 126 100 10 1398	19300 12 10 96 1608 177740 127 100 10 1398	20850 13 11 04 1603 179290 128 101 88 1400	22650 14 12 06 1617 181090 129 102 89 1403		24650 15 14 00 1643 183090 130 104 02 1408	
4847 2500 4847 2500 30 58 1550 1:19 45 4050	30 20 1550 1:40 05 5600	3520 1800 2:15 7400			2000 139 3:04 39400	

30. # # 1:54/100 BEST! 280 CAL	26400 16 1650 184840 131 105 02 1410	33 09 1750 33 09 1750	Swim month 26700 1175 113 1592 yds 2160 20 2180 5500 Run month 87 13 14 622 14 137 1950 OCT 4 7:30 KENAL	26050 + 350 300 1480 26400 1700 (1650) 3 5100 25950 26400	50 60 3600 #18000/1022 OCT. 01 9:00 OCT. 08 DR. DATEC @ 11:30 A 38 36 74 3750	DEC 48 DR. SALEM 3:30 BLOOD WORK? LIT WEEK IN NOV. PHYSICAL DR. ATT-MED APT. BLOOD WORK TO DR. SALEM
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SUNDAY

8. # # 9. # # 10. # # 11. # # 12. # # 13. # #

8300 5 $\frac{47}{140}$ # # # 10050 6 $\frac{574}{1175}$ # # # 11950 7 $\frac{673}{1192}$ # #

15. $\frac{1}{2}$ 16. $\frac{1}{3}$ 17. $\frac{1}{4}$ 31650 18. $\frac{1}{5}$ 19. $\frac{1}{6}$ 20. $\frac{1}{7}$

$\text{Pr} \# 2$ 1 $\text{Pr} \# 3$
 1725010 $\frac{980}{175}$ 19050 11 $\frac{108}{175}$

1261

1612 YR SWIM / 9159
NE DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21. # # 1:54/100 40 LAPS! 320 CALS — 21050 12 $\frac{1196}{1754}$ 206890 143 $\frac{1175}{1446}$ 38 ⁰⁹ 2000 38 ⁰⁹ 2000	22. # # 11AM PAM 1:54/100 320 CALS 23050 13 $\frac{1309}{1773}$ 208890 144 $\frac{11868}{1450}$ 37 ⁵⁸ 2000 1:16 47 4000	23. # # 120BB+EXERCISES RESTDAY # # # # # # # # #	24. # # 9:45 DR. PATEL SAT ON THE DOOR? MET - HANGING? 11AM PAM 1:56/LST 324 CALS 100YDS 25075 14 $\frac{1424}{1791}$ 210915 145 $\frac{11983}{1454}$ 38 ⁴⁹ 2025 1:54 56 6025	25. # # 120BB+EXERCISES RESTDAY # # # # # # # # #	26. # # 1:51 PR* FELT EZ! NO FLIP! 320 CALS. 27075 15 $\frac{1538}{1805}$ 212915 146 $\frac{12097}{1458}$ 36 ⁵¹ 2000 2:31 47 8025	27. # # 15BB+EXERCISES RESTDAY # # # # # # # # #
28. # # 1:52/100 320 CALS 92125 29075 16 $\frac{1651}{1817}$ 214915 147 $\frac{1221}{1462}$ 37 ²⁴ 2000 37 ²⁴ 2000	29. # # PR* DISTANCE (NOW STOP) 1:53/100 STEADY! 432 CALS 31775 17 $\frac{1805}{1869}$ 217615 148 $\frac{12364}{1470}$ 50 ⁵³ 2700 1:28 18 4700	30. # # 125 BB/40 EX 13/18 RESTDAY # # # # # # # # #	31. # # 11:55A DR. PATEL SANDRA THIRZ 10AM PAM 1:54/100 1665 2125 33475 18 $\frac{1901}{1859}$ 219315 149 $\frac{12461}{1471}$ 32 ²¹ 1700 2:00 39 6400	BLOODWORK / DR. AHMED PHYSICAL LAST WEEK NOV. DEC 4 TH DR. SALEM @ 3:30P NOV 19 TH DR. GLENN @ 10:15 NOV 20 TH DR. BERNICK @ 11:00 GREEN HOSPITAL/LA JOLLA 33075 1875 33440 365 10666 N. TORREY PINES ROAD 2ND FLOOR 121 858 559(4) 8920 * DEC 1 ST \$ 800 ⁰⁰ MONTH 33050 1877 1856 18 33475 219315 MONTH SWIM 6mi 10560 2640 12050 yds. 53 LPS 31650 1798 48 1756		

"WHATEVER IT TAKES!"

NOVEMBER
2012

5800/3.29
7040/4.00

1450
3580
3540

1820

704
7056
1410

MONDAY

TUESDAY

WEDNESDAY

5. # #

6. # #

7. 07 NOV VOLUNTEER 3.00

8. # #

9. # #

10. 07 NOV VOLUNTEER 6.01

11. 4.03 MILES WEEK 7.00 YDS PER WEEK

ESD: 2400/1.36
11:00 AM PAM
1:56/100
240 CALS.
2500

1:52/100
(151²⁵ AVE MONTH) 1400

EZ: 1200/0.68
10 AM PAM 1:52/100
RUN 3 MILES
@ 9:00
224 CALS 1400

RESTDAY!
15 BB
16 XRCISES

SPEEDWORK:
1200/1.56
1:52/100
0.79⁵⁴
MILE/1400

GOLF RADIO/6 AM
SEASIDE
@ 9:35 AVE.
10:01
9:35
9:00

EZ: 1200/0.68
RESTDAY!
1400

3700 3 1233
223015 152 1467
28⁵² 1500 28⁵² 1500

5100 4 1275
224415 153 1466
26⁰¹ 1400 54⁵³ 29100

6500 5 1300
225815 154 1466
26¹¹ 1400 121⁰⁴ 4300

#

1900 6 1316
227215 156 1456
26⁰⁸ 1400 147¹² 5700

601 2 300
82.22 21 3.91
2850 301 5550 601

#

12. # #
11:00 AM PAM
1:57/100
288 CALS.
1500

13. 11/07 VOLUNTEER 11:07
179:43 2) 9:12 3) 9:07
4) 8:46 5) 8:50 31) 8:23
9:07 AVE
9A 101 NORTH
CARDIFF PARK (STATE)
592 CALS 1400

14. # #
10 AM PAM 2:15
12X
1:56/100
1400

15. 11/07 VOLUNTEER 15:18
CARDIFF REST C/B
(9:00) (9:07) (9:22) 9:16
101 North
453 CALS @ 9:10 AVE.
TIGHT/STIFF!

16. # #
CANCEL BURDICK AP.
RESTDAY!
1400

17. 11/07 VOLUNTEER 21:27
GOLF RADIO/6 AM
SICK TO WORK!
LAGOON RUN
VERY SLOW BUT
NO WALKING!
JAN 20 LAST RUN!

18. # #
RESTDAY!
1400

9700 7 1365
229015 157 1458
35⁰⁶ 1800 35⁰⁶ 1800

1107 3 369
8728 22 396
4612 506 4612 506

11500 8 1437
230815 158 1460
3448 180 109 3600 3740 411 123 917

1518 4 379
9139 23 397
#

#

21.27 5 425
97.48 24 400
1002609 22415 1526

#

MR. BIG
SHOT * CHANCEY
* PHILIPS

H-WAVE
ANTHONY
(619) 417-5917

OFFICIAL SENSITIVE HABITAT
INSPECTION VEHICLE

444430 17 A DEC. 22956 6750 241615 29700 264565

MONDAY

19 GYM 1:45
DR. GLENN @ 10:15
CANCEL →
1:45 GYM
EZ SWIM

12700	9	7.21
232015	159	131.82
24:00	1200	24:00
24:00	1200	24:00

TUESDAY

20 11/07 VOLMEUS 27:28
LAGOON: (700 CALS)
1) 9:16 2) 9:23 3) 9:48
4) 9:24 5) 9:46 6) 9:04
GREAT! 9:27 AVE.
1:57/100
(240 CALS)

27.28	6	4.54
103.49	25	4.13
56:52 6:01	56:52	6:01
14200	10	8.06
233515	160	132.67
29:02	1500	53:07
27:00		

WEDNESDAY

21 GYM 1:30 20 EQUALIZER
10 LEE PRESS
157/100
XRCISES/HOME
246 CALS

15550	14	8.83
234865	164	131.82
26:18	1350	1:19
25	2.30	4050
37:59	4:03	1:14
10:04		

THURSDAY

22 11/07 VOLMEUS 31:31
TRACKS!!!
LAGOON
9:10 2) 9:17 3) 9:34
4) 9:32 (9:25 AVE) 468 CALS

3131	7	4.47
10752	26	4.13
37:59	4:03	1:14
10:04		

FRIDAY

23 1:20 BIKE
LEG PRESS/CALVES
216 CALS
1:56/100
XERCISES/GYM
ESPRESSO BIKE

16900	12	9.60
236215	162	134.21
1350	25:54	1:45
1:45	5400	47:47
5:04	2:02	15:00

SATURDAY

24 11/07 VOLMEUS 36:35
LAGOON
@ 9:28 A

3635	8	4.54
112.56	27	4.16
47:47	5:04	2:02
15:00		

SUNDAY

25 BB 1:15
REST DAY!
XRCISES HOME

#	#	#
#	#	#
#	#	#

26 # #

PAM/call SALEM
11am BLOODWORK #12
154/100
GOOD!

18460	13	10.45
237715	163	135.06
28:38	1500	28:38
1500		

27 11/07 VOLMEUS 44:45

PAM
LAGOON
RUN/WALK/BUNK!
@ 9:35 AVE 1500
946 CALS 8

4445	9	4.93
120.66	28	4.30
1:17	8:16	1:17
8:10		

28 GYM 1:15 BIKE 25 GYM

PAM PAM XRCISES
PAM HAIRCUT
2:03/100
TIRED!

19900	14	11.30
239215	164	135.91
1500	59:10	3:00
3000	6:01	59:13

29 11/07 VOLMEUS 50:46

LAGOON
@ 9:51
COOL it on the 5.55
SPEED! JUST RUN! 6

5046	10	5.04
126.67	29	4.36
59:13	59:13	14:11
24:16	1250	12:23

30 GYM 1:00 BIKE 20 XRC

156/100
STEADY!

21150	15	12.01
240465	165	136.62
1250	1250	12:23
4250		

BLOOD WORK NOV. 28TH
CALL 26TH INC
DEC 4 DR. SALEM
@ 3:30 PM TUESDAY

JAN. 21 @ 11 AM
DR. GLENN

MONTH
50 MILE RUN
13 MILE SWIM

MONTH TOTALS!

50 MILES RUN / 10 MINS
12 MILES SWIM / 15 SWIMS
242825 / 137 96

*
1400 xds
17 swims

13.37
23535

240465

264000 xds = 150 mi

21150
1338/150

DECEMBER 2012

SEPT. 10, 11, 12
#10700
#120K36

* JULY SPEED GOAT: 50K 16

BEST WESTERN JULY - 1
#116- 15, 16, 17
2 BEDS
#27416

ACUPUNCTURE DR. ASANO 256125

MACTA Powder
2 TEASPOON:
8-4 WEEKS
7-6

6.29

1. 11/07 VOLMEROS 56⁶⁰
DIDN'T LOOK AT WATCH!
STARTING ALL OVER!!!
LAGOON
@ 10:02

2. 10 CYCLE 20 X 12.25

153/100

6 ¹⁴	1	6 ¹⁴	1000	1	1000
132 ⁸¹	30	4 ⁴²	241465	166	1454
101 ³⁵	6 ¹⁴	101 ³⁵	6 ¹⁴	18 ⁸	1000

8. LUNAR 11/07
ROAD RY
101 NORTH
1) 8:35 4) 8:08
2) 8:30 5) 8:32
3) 8:43 6) 8:22
8:28 AD

9. NO GYM
1:59/100

MONDAY
3. # #
RESTDAY!

TUESDAY
4. 11/07 VOLMEROS 64⁶¹
DR. SALEM @ 3:30
CANOE
LAGOON
@ 9:17 AM

WEDNESDAY
5. GYM: 40
1.5 LEVEL 8 2:83
1:59/100

THURSDAY
6. 11/07 VOLMEROS 70⁶⁴
LAGOON
RUN/WALK
LEGS HEAVY!!

FRIDAY
7. NO GYM!
1:56/100
RUSHED FROM 1000
TO 1500! GOOD!!
240 CALS

#	#	#
#	#	#
#	#	#

14 ¹⁵	2	7 ⁰¹
140 ⁸²	31	4 ⁵⁴
1:14 ²⁹	8 ⁰¹	1:14 ²⁹

2000	2	1000
241225	167	1466
1950	1000	1950

20 ¹⁸	3	6 ⁷²
146 ⁸⁵	32	4 ⁵⁸
101 ⁰³	6 ⁰³	27 ³³

3500	3	1166
246325	160	139 ⁹⁵
2857	1500	48 ⁴²

26 ¹⁹	4	6 ⁵⁴
152 ⁸⁰	33	4 ⁶³
2500	50 ⁵⁶	6 ⁰¹

5300	4	30 ¹
248125	169	140 ⁹⁸
35 ¹⁸	1800	1:24

10. # #
RESTDAY!
NEW REFER!

11. 11/07 VOLMEROS 39²⁸
GYM: 40
LAGOON
@ 9:15 AM

12. GYM
10 LIFE CYCLE
10 LEGS/ABS
2:00/100

13. NO GYM
RAIN!!
1:57/100

14. 11/07 VOLMEROS 45³³
LAGOON
@ 9:15 AM

15. # #
RESTDAY!

16. LUNAR
BEES 37²⁵
LAST 5 WEEKS!
91 MILES RUN / 18⁵
12 MILES SWIM / 2⁴⁰
101 NORTH:
1) 8:24 2) 7:57 3) 8:11
4) 7:51 5) 7:57 6) 8:29
2-5: 7:15 AM
8:09 AM

#	#	#
#	#	#
#	#	#

34 ²⁴	5	6 ⁸⁴
160 ⁹¹	34	4 ²⁵
6300	5	1260

7800	8	4 ⁴³
250625	171	142 ⁴⁰
29 ⁴⁹	1500	48 ²⁴

8800	7	5 ⁰⁰
251625	172	142 ⁹⁶
19 ³⁵	1000	1:08

40 ²⁹	6	6 ⁷¹
166 ⁹⁶	35	4 ⁷⁷
6 ⁰⁵	2:10	14 ¹⁰

#	#	#
#	#	#
#	#	#

46 ⁵¹	7	6 ⁰¹
172 ⁹⁸	36	4 ⁸⁰
49 ⁰⁶	6 ⁰²	2:59

