

Training Log	Aug-03					
	Activity	Duration	Partners	Hydrated	Problems	Comments
<b>1-Aug</b>	OFF	*	*	*	*	*
<b>2-Aug</b>	Bike Ride	45 mins	Christine	Y	none	nice easy ride near ARC boathouse
<b>3-Aug</b>	Run	45 mins	solo	Y	none	great run through Collier Hills
<b>4-Aug</b>	Step	1 hr	Lenox LAF 7PM	Y	none	raised the step, tough workout
<b>5-Aug</b>	Walk	30 mins	Sara	Y	none	none
	Yoga	1 hr	Ansley LAF 8PM	Y	none	never use lotion within 6 hrs of a yoga class
<b>6-Aug</b>	Step	1 hr	Lenox LAF 7PM	Y	left foot	entire foot hurt, bone/joint pain, got better
<b>7-Aug</b>	Run	35 mins	solo	sort of	none	I got fast. Used to take 45 mins for that loop
<b>8-Aug</b>	OFF	*	*	*	*	*
<b>9-Aug</b>	Row	1 hr	ARC ladies	y	none	short pieces, decent workout, social hour!
<b>10-Aug</b>	Run	40 mins	solo	y	none	
<b>11-Aug</b>	Step	1 hr	Lenox LAF 7PM	y	none	
<b>12-Aug</b>	Walk	35 mins	Al and April	n	none	
<b>13-Aug</b>	Walk	45 mins	April	y	none	HILLY
<b>14-Aug</b>	Run	45 mins	April and Al	y	none	I attained my ultimate goal. :)
<b>15-Aug</b>	Run	50 mins	April	y	none	hilly, again
<b>16-Aug</b>	Run	45 mins	April	y	none	hilly
<b>17-Aug</b>	Run	45 mins	solo	y	none	scary running the woods by yourself
<b>18-Aug</b>	Run	45 mins	solo	y	legs sore	I love running the woods by myself
<b>19-Aug</b>	OFF	*	*	*	*	*
<b>20-Aug</b>	Run	40 mins	solo	n	tired	not enough sleep. Walked last hill.
<b>21-Aug</b>	Ride	1 hr 35 mn	solo	y	none	25 miles @ 15.7 mph av. Good end to rough day