

July 25, 2005
Monday

All Day ***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**
Day off:
(12-14 calories per lb) 1680 calories

July 26, 2005
Tuesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **Run/Walk 40'**

All Day **Swim 1500**

July 27, 2005
Wednesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **CORE**

All Day **Run 40'**

July 28, 2005
Thursday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **Bike 63' - 70'**

July 28, 2005 (continued)
Thursday

All Day

Walk 50'

July 29, 2005
Friday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

Swim 1100

July 30, 2005
Saturday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

Swim 1200

10:00 AM - 11:00 AM

Pilates

July 31, 2005
Sunday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

Bike 120'

All Day

Run 30'

August 01, 2005
Monday

All Day ***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**
Day off:
(12-14 calories per lb) 1680 calories

August 02, 2005
Tuesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **CORE**

All Day **Swim 1400**

August 03, 2005
Wednesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **Run 5.5 miles, dirt trail rolling hills**

August 04, 2005
Thursday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **Swim 1525**

5:30 PM - 6:30 PM **Pilates Class**

August 05, 2005
Friday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

Run 45' flat

12:00 PM - 1:30 PM

Massage (check time)

August 06, 2005
Saturday

All Day

Santa Cruz

August 07, 2005
Sunday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

EZ brick bike 70'-90' hills, run 2.5 miles

All Day

Run 3 miles

All Day

Swim .5 miles

August 08, 2005
Monday

All Day

***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**

Day off:

(12-14 calories per lb) 1680 calories

August 09, 2005
Tuesday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

August 09, 2005 (continued)
Tuesday

NO MORE THAN 70 grams healthy fats

All Day

CORE

All Day

Run 30'

All Day

Swim 1900

August 10, 2005
Wednesday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

Run 3 miles

August 11, 2005
Thursday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

Bike 75-90'

5:30 PM - 6:30 PM

Pilates Class

August 12, 2005
Friday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

August 12, 2005 (continued)
Friday

All Day Run 32' flat and fast

August 13, 2005
Saturday

All Day ***Nutrition - (15-17 calories per pound) 2100 calories**
1 hour training at moderate intensity:
(15-17 calories per pound) 2100 calories
(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours
70 grams protein
NO MORE THAN 70 grams fats

All Day Swim 1000 and T10 (timed 10 minute swim)

August 14, 2005
Sunday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day Bike/run at gym -- 3x (20' bike - 10' run)

August 15, 2005
Monday

All Day ***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**
Day off:
(12-14 calories per lb) 1680 calories

August 16, 2005
Tuesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day CORE

August 16, 2005 (continued)
Tuesday

All Day Run 50'

All Day Swim 1600

August 17, 2005
Wednesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day Run 6 miles

August 18, 2005
Thursday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day CORE

All Day Swim 1600

5:30 PM - 6:30 PM Pilates Class

August 19, 2005
Friday

All Day ***Nutrition - (15-17 calories per pound) 2100 calories**
1 hour training at moderate intensity:
(15-17 calories per pound) 2100 calories
(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours
70 grams protein
NO MORE THAN 70 grams fats

All Day Run 45'

August 20, 2005
Saturday

All Day ***Nutrition - (15-17 calories per pound) 2100 calories**
1 hour training at moderate intensity:
(15-17 calories per pound) 2100 calories
(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours
70 grams protein
NO MORE THAN 70 grams fats

All Day **Swim 1600**

August 21, 2005
Sunday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **Bike 135' hills**

August 22, 2005
Monday

All Day ***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**
Day off:
(12-14 calories per lb) 1680 calories

All Day **Run EZ 20-30'**

August 23, 2005
Tuesday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day **CORE**

All Day **Swim 1600**

August 24, 2005
Wednesday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

brick bike/run -- 2x (40' - 15')

August 25, 2005
Thursday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

CORE

5:30 PM - 6:30 PM

Pilates Class

August 26, 2005
Friday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

Swim 1300

August 27, 2005
Saturday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

August 27, 2005 (continued)
Saturday

All Day brick bike/run -- Bike 145 hills, run EZ 15'

August 28, 2005
Sunday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day Run 5 miles

August 29, 2005
Monday

All Day ***Nutrition - (18-24 calories per pound) 2520 calories**
2 hours training at moderate intensity:
(18-24 calories per pound) 2520 calories
(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.
70 grams protein
NO MORE THAN 70 grams healthy fats

All Day CORE

All Day Run 33'

All Day Swim 2000

August 30, 2005
Tuesday

All Day ***REST DAY Nutrition - (12-14 calories per lb) 1680 calories**
Day off:
(12-14 calories per lb) 1680 calories

August 31, 2005
Wednesday

All Day ***Nutrition - (15-17 calories per pound) 2100 calories**
1 hour training at moderate intensity:
(15-17 calories per pound) 2100 calories
(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours
70 grams protein
NO MORE THAN 70 grams fats

August 31, 2005 (continued)
Wednesday

All Day

Run 65-78'

September 01, 2005
Thursday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

SPIN CLASS

September 02, 2005
Friday

All Day

***Nutrition - (15-17 calories per pound) 2100 calories**

1 hour training at moderate intensity:

(15-17 calories per pound) 2100 calories

(2.25-3.0 grams/lb.) 315 grams carbs: Moderate intensity training for one hour or very low intensity for several hours

70 grams protein

NO MORE THAN 70 grams fats

All Day

Swim 1400

September 03, 2005
Saturday

All Day

***Nutrition - (18-24 calories per pound) 2520 calories**

2 hours training at moderate intensity:

(18-24 calories per pound) 2520 calories

(3.0-4.5 grams/lb) 420 grams carbs. Greater than 90 minutes daily at moderate intensity. Consume from the high end of the range for several hours of moderate intensity.

70 grams protein

NO MORE THAN 70 grams healthy fats

All Day

Bike 160' hills