

Monthly Mileage Totals				
Jan	80		Jul	212
Feb	122		Aug	150
Mar	151		Sep	
Apr	150		Oct	
May	205		Nov	
Jun	191		Dec	

MileageTotals	
Year to date	1261
Lifetime	3261
Highest Weekly	61
Average Weekly Rate	38.4
Average Monthly Rate	167
Yearly Goal Progress	1261.2

Date 2006	Day	Distance		Time			HR	Rest HR	% HR	Pace /mile	Pace /km	Miles				Type
		Km	Miles	h	m	s						WTD	MTD	YTD	Life	
1-Jan	Sun											0	0	0	2000	
9-Jan	Mon		4.0	0	57	35	133	56	57%	14:24	8:57	4	4	4	2004	e
10-Jan	Tue		5.0	1	8	10	133	56	57%	13:38	8:28	9	9	9	2009	e
12-Jan	Thu		5.0	1	5	0	133	56	57%	13:00	8:05	14	14	14	2014	e
13-Jan	Fri		6.0	1	17	15	133	56	57%	12:53	8:00	20	20	20	2020	e
15-Jan	Sun		6.0	1	20	53	133	56	57%	13:29	8:23	6	26	26	2026	e
17-Jan	Tue		5.0	1	4	12	133	56	57%	12:50	7:59	11	31	31	2031	e
19-Jan	Thu		5.0	1	4	9	132	56	56%	12:50	7:58	16	36	36	2036	e
20-Jan	Fri		6.0	1	21	22	130	56	55%	13:34	8:26	22	42	42	2042	e
22-Jan	Sun		8.0	1	47	46	130	56	55%	13:28	8:22	8	50	50	2050	e
23-Jan	Mon		4.0	0	53	37	130	56	55%	13:24	8:20	12	54	54	2054	e
25-Jan	Wed		6.0	1	26	40	130	56	55%	14:27	8:59	18	60	60	2060	e
27-Jan	Fri		6.0	1	22	9	130	56	55%	13:41	8:30	24	66	66	2066	e
29-Jan	Sun		8.0	1	51	3	130	56	55%	13:53	8:38	8	74	74	2074	e
30-Jan	Mon		6.0	1	27	15	130	56	55%	14:32	9:02	14	80	80	2080	e
1-Feb	Wed		6.0	1	19	47	130	56	55%	13:18	8:16	20	6	86	2086	e
3-Feb	Fri		6.0	1	21	55	133	56	57%	13:39	8:29	26	12	92	2092	e
5-Feb	Sun		10.0	2	19	45	133	56	57%	13:59	8:41	10	22	102	2102	e
7-Feb	Tue		4.0	0	53	3	131	56	56%	13:16	8:14	14	26	106	2106	e
8-Feb	Wed		7.0	1	37	0	130	56	55%	13:51	8:37	21	33	113	2113	e
10-Feb	Fri		5.0	1	7	2	135	56	59%	13:24	8:20	26	38	118	2118	e
12-Feb	Sun		9.0	2	7	1	135	56	59%	14:07	8:46	9	47	127	2127	e
13-Feb	Mon		6.0	1	22	15	135	56	59%	13:42	8:31	15	53	133	2133	e
15-Feb	Wed		6.0	1	21	0	135	56	59%	13:30	8:23	21	59	139	2139	e
16-Feb	Thu		5.0	1	4	33	128	56	53%	12:55	8:01	26	64	144	2144	e
17-Feb	Fri		4.0	0	51	12	130	56	55%	12:48	7:57	30	68	148	2148	e
19-Feb	Sun		11.0	2	27	22	135	56	59%	13:24	8:19	11	79	159	2159	e
20-Feb	Mon		7.0	1	27	25	130	56	55%	12:29	7:46	18	86	166	2166	e
22-Feb	Wed		6.0	1	15	53	133	56	57%	12:39	7:52	24	92	172	2172	e
23-Feb	Thu		4.0	0	48	31	131	56	56%	12:08	7:32	28	96	176	2176	e
24-Feb	Fri		5.0	1	0	0	133	56	57%	12:00	7:27	33	101	181	2181	e
26-Feb	Sun		13.0	2	48	45	135	56	59%	12:59	8:04	13	114	194	2194	e
27-Feb	Mon		8.0	1	37	28	135	56	59%	12:11	7:34	21	122	202	2202	e
1-Mar	Wed		6.0	1	13	14	133	56	57%	12:12	7:35	27	6	208	2208	e
2-Mar	Thu		5.0	1	0	54	132	56	56%	12:11	7:34	32	11	213	2213	e
4-Mar	Sat		4.0	0	48	0	134	56	58%	12:00	7:27	36	15	217	2217	e
5-Mar	Sun		15.0	3	15	0	135	56	59%	13:00	8:05	15	30	232	2232	e
6-Mar	Mon		8.0	1	36	0	133	56	57%	12:00	7:27	23	38	240	2240	e
8-Mar	Wed		8.0	1	36	0	132	56	56%	12:00	7:27	31	46	248	2248	e
9-Mar	Thu		8.0	1	36	0	135	56	59%	12:00	7:27	39	54	256	2256	e
12-Mar	Sun		9.0	1	55	32	130	56	55%	12:50	7:59	9	63	265	2265	e

Date 2006	Day	Distance		Time			HR	Rest HR	% HR	Pace /mile	Pace /km	Miles				Type
		Km	Miles	h	m	s						WTD	MTD	YTD	Life	
13-Mar	Mon		8.0	1	36	0	132	56	56%	12:00	7:27	17	71	273	2273	e
15-Mar	Wed		6.0	1	11	45	132	56	56%	11:57	7:26	23	77	279	2279	e
16-Mar	Thu		5.0	0	59	45	131	56	56%	11:57	7:26	28	82	284	2284	e
19-Mar	Sun		9.0	1	55	0	130	56	55%	12:47	7:56	9	91	293	2293	e
20-Mar	Mon		5.3	1	15	0	135	56	59%	14:17	8:53	14	96	298	2298	e
21-Mar	Tue		7.4	1	30	0	135	56	59%	12:10	7:33	22	104	306	2306	e
22-Mar	Wed		7.4	1	30	0	135	56	59%	12:10	7:33	29	111	313	2313	e
26-Mar	Sun		11.0	2	20	0	130	56	55%	12:44	7:55	11	122	324	2324	e
27-Mar	Mon		8.0	1	36	0	134	56	58%	12:00	7:27	19	130	332	2332	e
28-Mar	Tue		9.0	1	47	47	130	56	55%	11:59	7:26	28	139	341	2341	e
30-Mar	Thu		8.0	1	36	0	128	56	53%	12:00	7:27	36	147	349	2349	e
31-Mar	Fri		4.0	0	46	9	136	56	59%	11:32	7:10	40	151	353	2353	e
4-Apr	Tue		6.5	1	16	6	135	56	59%	11:42	7:16	7	7	360	2360	e
5-Apr	Wed		9.3	1	48	53	135	56	59%	11:46	7:19	16	16	369	2369	e
6-Apr	Thu		10.0	1	55	26	137	56	60%	11:33	7:10	26	26	379	2379	e
7-Apr	Fri		10.0	1	55	25	134	56	58%	11:33	7:10	36	36	389	2389	e
10-Apr	Mon		4.0	0	46	10	135	56	59%	11:33	7:10	4	40	393	2393	e
11-Apr	Tue		5.0	0	57	45	131	56	56%	11:33	7:11	9	45	398	2398	e
13-Apr	Thu		4.0	0	46	12	122	56	49%	11:33	7:11	13	49	402	2402	e
15-Apr	Sat		13.1	1	56	14	168	56	83%	8:52	5:31	26	62	415	2415	R
17-Apr	Mon		4.0	0	45	29	137	56	60%	11:22	7:04	4	66	419	2419	e
18-Apr	Tue		8.0	1	30	48	137	56	60%	11:21	7:03	12	74	427	2427	e
19-Apr	Wed		10.0	1	53	14	133	56	57%	11:19	7:02	22	84	437	2437	e
21-Apr	Fri		10.0	1	53	14	135	56	59%	11:19	7:02	32	94	447	2447	e
22-Apr	Sat		5.0	0	56	37	132	56	56%	11:19	7:02	37	99	452	2452	e
23-Apr	Sun		12.0	2	15	52	131	56	56%	11:19	7:02	12	111	464	2464	e
24-Apr	Mon		8.0	1	27	14	136	56	59%	10:54	6:47	20	119	472	2472	e
26-Apr	Wed		6.0	1	5	27	138	56	61%	10:54	6:47	26	125	478	2478	e
27-Apr	Thu		8.0	1	27	17	138	56	61%	10:55	6:47	34	133	486	2486	e
28-Apr	Fri		5.0	0	54	32	133	56	57%	10:54	6:47	39	138	491	2491	e
30-Apr	Sun		12.0	2	10	48	140	56	62%	10:54	6:46	12	150	503	2503	e
1-May	Mon		12.0	2	10	48	138	56	61%	10:54	6:46	24	12	515	2515	e
3-May	Wed		9.0	1	38	10	138	56	61%	10:54	6:47	33	21	524	2524	e
4-May	Thu		10.0	1	49	5	138	56	61%	10:54	6:47	43	31	534	2534	e
8-May	Mon		6.0	1	5	24	140	56	62%	10:54	6:46	6	37	540	2540	e
9-May	Tue		8.0	1	27	16	137	56	60%	10:54	6:47	14	45	548	2548	e
10-May	Wed		6.0	1	5	27	139	56	61%	10:54	6:47	20	51	554	2554	e
11-May	Thu		8.0	1	27	17	136	49	61%	10:55	6:47	28	59	562	2562	e
12-May	Fri		4.0	0	43	15	133	49	59%	10:49	6:43	32	63	566	2566	e
13-May	Sat		13.0	2	19	31	139	49	63%	10:44	6:40	45	76	579	2579	e
15-May	Mon		9.0	1	36	39	131	49	58%	10:44	6:40	9	85	588	2588	e
16-May	Tue		9.0	1	36	39	131	49	58%	10:44	6:40	18	94	597	2597	e
17-May	Wed		12.0	2	8	53	136	49	61%	10:44	6:40	30	106	609	2609	e
18-May	Thu		7.0	1	14	18	135	49	61%	10:37	6:36	37	113	616	2616	e
20-May	Sat		8.0	1	20	0	140	49	64%	10:00	6:13	45	121	624	2624	e
21-May	Sun		6.2	0	48	40	164	49	81%	7:51	4:53	6	127	630	2630	R
22-May	Mon		11.0	1	54	52	129	49	56%	10:27	6:29	17	138	641	2641	e
23-May	Tue		7.0	1	13	0	133	49	59%	10:26	6:29	24	145	648	2648	e
24-May	Wed		8.8	1	31	6	132	49	58%	10:25	6:28	33	154	657	2657	e
26-May	Fri		8.0	1	22	57	135	49	61%	10:22	6:27	41	162	665	2665	e

Date 2006	Day	Distance		Time			HR	Rest HR	% HR	Pace /mile	Pace /km	Miles				Type
		Km	Miles	h	m	s						WTD	MTD	YTD	Life	
27-May	Sat		9.0	1	29	24	135	49	61%	9:56	6:10	50	171	674	2674	e
28-May	Sun		4.0	0	40	48	133	49	59%	10:12	6:20	4	175	678	2678	e
29-May	Mon		10.9	1	50	0	138	49	63%	10:06	6:16	15	186	689	2689	e
30-May	Tue		10.3	1	42	30	134	49	60%	10:00	6:13	25	196	699	2699	e
31-May	Wed		9.2	1	32	30	138	49	63%	10:05	6:16	34	205	708	2708	e
1-Jun	Thu		3.0		30	10	135	49	61%	10:03	6:15	37	3	711	2711	e
2-Jun	Fri		5.0	0	58	0	130	49	57%	11:36	7:12	42	8	716	2716	e
3-Jun	Sat		9.8	1	46	18	135	49	61%	10:53	6:46	52	18	726	2726	e
4-Jun	Sun		6.2	0	48	18	168	49	84%	7:47	4:50	6	24	732	2732	R
5-Jun	Mon		11.0	1	49	7	137	49	62%	9:55	6:10	17	35	743	2743	e
6-Jun	Tue		6.0	0	59	56	136	49	61%	9:59	6:12	23	41	749	2749	e
7-Jun	Wed		10.0	1	38	52	134	49	60%	9:53	6:09	33	51	759	2759	e
8-Jun	Thu		10.0	1	38	49	140	49	64%	9:53	6:08	43	61	769	2769	e
10-Jun	Sat		7.0	1	17	0	133	49	59%	11:00	6:50	50	68	776	2776	e
13-Jun	Tue		6.1	1	0	0	134	49	60%	9:53	6:09	6	74	782	2782	e
14-Jun	Wed		6.1	1	0	0	142	49	65%	9:53	6:09	12	80	788	2788	e
15-Jun	Thu		6.1	1	0	0	139	49	63%	9:53	6:09	18	86	794	2794	e
16-Jun	Fri		6.1	1	0	0	136	49	61%	9:53	6:09	24	92	800	2800	e
17-Jun	Sat		6.8	1	12	48	130	49	57%	10:42	6:39	31	99	807	2807	e
19-Jun	Mon		12.1	2	0	0	137	49	62%	9:53	6:09	12	111	819	2819	e
20-Jun	Tue		7.0	1	9	41	132	49	58%	9:55	6:10	19	118	826	2826	e
20-Jun	Tue		1.1	0	12	0	145	49	68%	10:55	6:47	20	119	828	2828	i
21-Jun	Wed		6.5	1	3	0	136	49	61%	9:46	6:04	27	126	834	2834	e
21-Jun	Wed		1.1	0	10	50	145	49	68%	9:51	6:07	28	127	835	2835	i
22-Jun	Thu		8.1	1	19	22	142	49	65%	9:48	6:05	36	135	843	2843	e
24-Jun	Sat		8.3	1	26	8	140	49	64%	10:20	6:25	44	143	851	2851	e
25-Jun	Sun		8.2	1	30	0	143	49	66%	11:01	6:51	8	151	860	2860	e
26-Jun	Mon		12.3	2	0	0	135	49	61%	9:47	6:05	20	164	872	2872	e
27-Jun	Tue		10.1	1	39	5	137	49	62%	9:50	6:06	31	174	882	2882	e
28-Jun	Wed		8.0	1	18	44	133	49	59%	9:50	6:07	39	182	890	2890	e
28-Jun	Wed		1.1	0	12	0	140	49	64%	10:55	6:47	40	183	891	2891	i
29-Jun	Thu		8.0	1	18	43	132	49	58%	9:50	6:07	48	191	899	2899	e
1-Jul	Sat		9.0	1	30	30	135	49	61%	10:03	6:15	57	9	908	2908	e
2-Jul	Sun		12.0	1	57	30	145	49	68%	9:48	6:05	12	21	920	2920	e
4-Jul	Tue		13.0	2	5	37	137	49	62%	9:40	6:00	25	34	933	2933	e
5-Jul	Wed		6.0	0	59	48	128	49	56%	9:58	6:12	31	40	939	2939	e
6-Jul	Thu		12.0	1	56	12	132	49	58%	9:41	6:01	43	52	951	2951	e
7-Jul	Fri		7.0	1	6	50	131	49	58%	9:33	5:56	50	59	958	2958	e
8-Jul	Sat		5.3	0	53	47	135	49	61%	10:07	6:17	55	64	963	2963	e
8-Jul	Sat		2.1	0	16	18	145	49	68%	7:39	4:45	57	66	966	2966	t
9-Jul	Sun		11.3	1	46	33	142	49	65%	9:26	5:52	11	78	977	2977	e
10-Jul	Mon		4.0	0	43	36	121	49	51%	10:54	6:46	15	82	981	2981	r
11-Jul	Tue		9.0	1	25	19	134	49	60%	9:29	5:53	24	91	990	2990	e
12-Jul	Wed		6.6	1	2	45	133	49	59%	9:32	5:56	31	97	996	2996	e
14-Jul	Fri		14.0	2	12	56	143	49	66%	9:29	5:54	45	111	1010	3010	e
15-Jul	Sat		14.0	2	21	24	137	49	62%	10:06	6:17	59	125	1024	3024	e
16-Jul	Sun		6.0	1	12	0	125	49	54%	12:00	7:27	6	131	1030	3030	e
19-Jul	Wed		6.0	1	0	0	138	49	63%	10:00	6:13	12	137	1036	3036	e
20-Jul	Thu		6.0	1	0	0	135	49	61%	10:00	6:13	18	143	1042	3042	e
22-Jul	Sat		11.0	2	12	0	150	49	71%	12:00	7:27	29	154	1053	3053	e

Date 2006	Day	Distance		Time			HR	Rest HR	% HR	Pace /mile	Pace /km	Miles				Type
		Km	Miles	h	m	s						WTD	MTD	YTD	Life	
24-Jul	Mon		8.5	1	31	23	128	49	56%	10:45	6:41	9	163	1062	3062	e
24-Jul	Mon		1.0	0	7	45	160	49	78%	7:45	4:49	10	164	1063	3063	i
25-Jul	Tue		8.7	1	31	36	130	49	57%	10:35	6:35	18	172	1072	3072	e
25-Jul	Tue		1.1	0	7	45	160	49	78%	7:03	4:23	19	174	1073	3073	i
26-Jul	Wed		6.0	1	0	0	130	49	57%	10:00	6:13	25	180	1079	3079	e
28-Jul	Fri		6.0	1	0	0	135	49	61%	10:00	6:13	31	186	1085	3085	e
29-Jul	Sat		6.1	1	0	1	145	49	68%	9:53	6:09	37	192	1091	3091	e
29-Jul	Sat		2.7	0	20	0	170	49	85%	7:33	4:41	40	194	1093	3093	t
30-Jul	Sun		10.5	2	6	0	135	49	61%	12:00	7:27	11	205	1104	3104	e
31-Jul	Mon		7.1	1	11	29	133	49	59%	10:07	6:17	18	212	1111	3111	e
1-Aug	Tue		2.9	0	21	32	155	49	75%	7:29	4:39	20	3	1114	3114	i
1-Aug	Tue		5.3	0	57	0	125	49	54%	10:51	6:45	26	8	1119	3119	e
2-Aug	Wed		9.2	1	31	57	135	49	61%	10:02	6:14	35	17	1128	3128	e
3-Aug	Thu		10.0	1	36	55	136	49	61%	9:40	6:01	45	27	1138	3138	e
4-Aug	Fri		15.7	2	50	0	135	49	61%	10:52	6:45	61	43	1154	3154	e
7-Aug	Mon		3.9	0	30	0	150	49	71%	7:42	4:47	4	47	1158	3158	t
7-Aug	Mon		7.1	1	14	49	130	49	57%	10:32	6:33	11	54	1165	3165	e
8-Aug	Tue		10.0	1	36	29	138	49	63%	9:38	5:59	21	64	1175	3175	e
9-Aug	Wed		2.9	0	21	32	150	49	71%	7:26	4:37	24	67	1178	3178	i
9-Aug	Wed		7.3	1	16	2	130	49	57%	10:28	6:30	31	74	1185	3185	e
10-Aug	Thu		6.0	1	5	24	125	49	54%	10:54	6:46	37	80	1191	3191	r
11-Aug	Fri		7.3	1	10	34	135	49	61%	9:40	6:00	44	87	1198	3198	e
11-Aug	Fri		0.5	0	5	26	125	49	54%	10:52	6:45	45	88	1199	3199	r
12-Aug	Sat		9.6	1	37	32	140	49	64%	10:07	6:17	55	98	1209	3209	e
12-Aug	Sat		3.0	0	23	55	155	45	75%	7:54	4:54	58	101	1212	3212	t
12-Aug	Sat		1.4	0	16	0	135	45	62%	11:26	7:06	59	102	1213	3213	r
13-Aug	Sun		1.8	0	24	14	118	45	50%	13:51	8:36	2	104	1215	3215	r
13-Aug	Sun		9.2	1	37	4	135	45	62%	10:33	6:33	11	113	1224	3224	e
14-Aug	Mon		6.0	1	0	0	133	45	60%	10:00	6:13	17	119	1230	3230	e
15-Aug	Tue		8.0	1	17	56	127	45	56%	9:45	6:03	25	127	1238	3238	e
16-Aug	Wed		2.0	0	21	48	120	45	51%	10:54	6:46	27	129	1240	3240	r
16-Aug	Wed		2.6	0	20	8	150	45	72%	7:41	4:46	30	132	1243	3243	t
16-Aug	Wed		4.4	0	42	15	138	45	64%	9:39	6:00	34	136	1247	3247	e
17-Aug			6.3	1	8	8	118	45	50%	10:54	6:46	40	142	1253	3253	r
18-Aug	Fri		8.0	1	16	9	135	45	62%	9:31	5:55	48	150	1261	3261	e