

Hike Prep

Wk	Date	Object	Wgt	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Pln	Pln	Long Route and Notes	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Act	Act	Act-Pln	Act-Pln
				Tri	Off	Hill	Flat	Hill	Flat	Lng		Sum		Tri	Off	Hill	Flat	Hill	Flat	Lng		Sum		Sum
1	08/30/15	Start	10	6	0	6	5	8	5	10	40	40	Lady Bird Lake Trail (from Rock)	0.00	0.00	0.00	0.00	0.00	6.74	10.74	17.48	17.48	-22.52	-22.52
2	09/06/15	Start	10	6	0	6	5	8	5	10	40	80	St Eds (from Rock).	6.08	5.14	6.68	5.02	8.02	5.16	10.72	46.82	64.30	6.82	-15.70
3	09/13/15	Weight	17	6	0	8	5	8	5	12	44	124	Lake Trail (from Rogue)	6.78	0.00	8.74	5.40	8.12	4.96	12.36	46.36	110.66	2.36	-13.34
4	09/20/15	Weight	17	6	0	8	5	8	5	12	44	168	South Austin (from Rock).	6.02	0.00	8.44	5.06	8.08	6.08	13.18	46.86	157.52	2.86	-10.48
5	09/27/15	Recover	10	6	0	3	5	3	5	8	30	198	Wells Branch to Warehouses (from Home).	6.08	0.00	4.30	0.00	4.08	3.98	0.00	18.44	175.96	-11.56	-22.04
6	10/04/15	Weight	20	6	0	8	5	8	5	12	44	242	Barton Creek Greenbelt Trail out & back (from Zilker)	6.14	0.00	9.04	5.07	0.00	0.00	0.00	20.25	196.21	-23.75	-45.79
7	10/11/15	Weight	20	6	0	8	5	8	5	12	44	286	Hike From Hell (from Rock)	12.25	0.00	8.98	4.88	8.82	5.08	12.00	52.01	248.22	8.01	-37.78
8	10/18/15	Weight	25	8	0	8	5	8	5	14	48	334	To Far West and Back (from Rock)	8.10	0.00	8.72	5.08	8.00	5.38	15.23	50.51	298.73	2.51	-35.27
9	10/25/15	Weight	25	8	0	8	5	8	5	14	48	382	Comal to Shoal Creek Trail (from Rock)	8.66	0.00	7.71	5.04	8.52	5.72	15.16	50.81	349.54	2.81	-32.46
10	11/01/15	Recover	20	6	0	3	5	3	5	8	30	412	Jefferson to 35 th to Pecos (from Rock)	6.70	0.00	6.58	5.66	3.22	5.96	8.16	36.28	385.82	6.28	-26.18
11	11/08/15	Weight	30	6	0	8	5	8	5	12	44	456	Parmer 8 mile out & back from home	6.00	0.00	6.38	0.00	4.87	8.51	12.98	38.74	424.56	-5.26	-31.44
12	11/15/15	Weight	30	6	0	8	5	8	5	12	44	500	Josh's Eastside Loop (from Rogue)	6.20	0.00	8.74	5.51	8.54	5.91	12.70	47.60	472.16	3.60	-27.84
13	11/22/15	Weight	35	8	0	8	5	8	5	14	48	548	Scenic/Pecos (from Rogue). Thanksgiving	9.17	0.00	0.00	6.04	8.54	5.05	15.06	43.86	516.02	-4.14	-31.98
14	11/29/15	Weight	35	8	0	8	5	8	5	14	48	596	Barton Creek Greenbelt Trail 2 out & back (from Camp Craft Rd)	7.78	0.00	8.97	5.51	8.66	5.12	17.24	53.28	569.30	5.28	-26.70
15	12/06/15	Recover	20	6	0	6	4	6	4	10	36	632	Town Lake	6.45	0.00	6.67	4.35	6.00	4.23	10.42	38.12	607.42	2.12	-24.58
16	12/13/15	Distance	35	8	0	8	5	8	5	14	48	680	Town Lake Trail plus 4 (from Rogue)	8.06	0.00	0.00	4.71	8.63	5.14	14.59	41.13	648.55	-6.87	-31.45
17	12/20/15	Distance	35	8	0	8	5	8	5	14	48	728	MoonTower.	8.00	0.00	9.00	5.34	8.65	0.00	14.10	45.09	693.64	-2.91	-34.36
18	12/27/15	Distance	35	9	0	8	6	8	6	16	53	781	Balcones Country Club (from Plaza Lot).	9.95	0.00	6.46	9.11	6.31	16.82	8.65	57.30	750.94	4.30	-30.06
19	01/03/16	Distance	35	9	0	8	6	8	6	16	53	834	To Far West and Back (from Rock)	9.00	0.00	8.86	6.33	8.66	6.41	16.67	55.93	806.87	2.93	-27.13
20	01/10/16	Recover	20	8	0	4	8	4	6	10	40	874	Town Lake	8.90	0.00	6.68	4.10	6.03	4.11	10.50	40.32	847.19	0.32	-26.81
21	01/17/16	Distance	35	10	0	9	7	9	7	16	58	932	South Austin (from Rock)	10.24	0.00	9.02	7.15	9.02	7.20	16.53	59.16	906.35	1.16	-25.65
22	01/24/16	Distance	35	10	0	9	7	9	7	16	58	990	Coaches Special (from Rogue)	10.05	0.00	9.25	7.16	9.02	8.00	16.85	60.33	966.68	2.33	-23.32
23	01/31/16	Distance	35	12	0	9	8	9	8	18	64	1054	The Schrup (from Auditorium Shores).	12.01	0.00	9.42	8.83	8.02	9.58	18.65	66.51	1033.19	2.51	-20.81
24	02/07/16	Distance	35	12	0	9	8	9	8	18	64	1118	Roguette (from Rogue)	12.00	0.00	9.52	8.42	9.00	9.06	19.00	67.00	1100.19	3.00	-17.81
25	02/14/16	Recover	20	9	0	5	9	5	7	15	50	1168	TBD	9.18	0.00	6.83	8.90	6.07	7.10	15.03	53.11	1153.30	3.11	-14.70
26	02/21/16	Distance	35	14	0	10	9	10	9	18	70	1238	West Austin to House (way out Parmer)	14.12	0.00	10.07	9.51	10.00	9.49	19.03	72.22	1225.52	2.22	-12.48
27	02/28/16	Distance	35	14	0	10	9	10	9	18	70	1308	Hills 2 Heaven (from NorthCross Mall)	15.95	0.00	10.18	9.47	10.06	9.71	19.08	74.45	1299.97	4.45	-8.03
28	03/06/16	Distance	35	15	0	11	10	11	10	20	77	1385	Guadalupe out & back (from Rogue)	15.15	0.00	11.73	10.49	10.18	10.11	20.42	78.08	1378.05	1.08	-6.95
29	03/13/16	Distance	35	15	0	11	10	11	10	20	77	1462	South Austin Ramble (from Rogue)	15.35	0.00	11.02	10.46	11.18	10.13	20.20	78.34	1456.39	1.34	-5.61
30	03/20/16	Recover	20	9	0	6	9	5	7	14	50	1512	Comal to Shoal Creek Trail (from Rock)	10.15	0.00	5.87	9.53	5.51	7.00	15.78	53.84	1510.23	3.84	-1.77
31	03/27/16	Distance	35	16	0	12	10	12	10	20	80	1592	TBD	11.00	5.83	12.50	11.19	12.02	10.79	10.05	73.38	1583.61	-6.62	-8.39
32	04/03/16	Distance	35	16	0	12	10	12	10	20	80	1672	West Austin to House (way out Parmer)	17.00	0.00	5.23	11.84	12.10	13.23	20.87	80.27	1663.88	0.27	-8.12
33	04/10/16	Distance	35	16	0	12	10	12	10	16	76	1748	Help Ed at 50 miler (took weekend off)	0.00	0.00	12.50	14.10	4.65	6.72	0.00	37.97	1701.85	-38.03	-46.15
34	04/17/16	Distance	20	10	0	9	7	9	7	12	54	1802	Town Lake	0.00	0.00	11.36	11.50	0.00	10.17	10.62	43.65	1745.50	-10.35	-56.50
35	04/24/16	Recover	20	6	0	4	6	4	6	0	26	1828	Taper, leaving 4/30	10.00	0.00	11.25	0.00	10.55	10.19	0.00	41.99	1787.49	15.99	-40.51