

Cañada College Fitness/Activity Log

Date: 03 / 19 / 07

Short-term Goals: Burn 500 calories everyday through exercise

<p>Monday : 03/19/07 Water (# 8oz.glasses): 10</p> <p>Activity: <i>Ran 8 miles in Huddart Park – started at Woodside Elementary, up Richards to Toyon Camp. Back service road, down Bay Tree Trail. Calf felt sore. Heart Rate – 175 at top of Richard’s road. Fast back to Woodside.</i></p> <p>Comments: <i>Iced calf, stretched after run, ran at 4:00 PM</i></p> <p>Workout Intensity – Easy Moderate Hard Time: 1:36</p>	<p>Tuesday: 03/20/07 Water (# 8oz.glasses): 12</p> <p>Activity: <i>Elliptical machine at the Cañada College Fitness Center for 60 minutes at 7 METS (712 calories). The fitness center was busy so I stretched for 15 minutes before starting cardio. Lifted – bench, pull-ups, dips, lunges, bicep curls, calf raises, tricep press downs, crunches, back extensions, leg lifts. Three sets of 8-12 sets. Stretched after workout.</i></p> <p>Comments: <i>Felt good. Recovered from yesterdays run. Did not feel calf, iced and stretched.</i></p> <p>Workout Intensity – Easy Moderate Hard Time:1:55</p>
<p>Wednesday:03/21/07 Water (# 8oz.glasses): 12</p> <p>Activity: <i>Ran 6 miles easy in Menlo Atherton (54 minutes). Woodside High School to Sacred Heart High track and back. Heart rate at SHHS was 145 bpm. Stretched 15 minutes</i></p> <p>Comments: <i>Did not feel calf. Iced</i></p> <p>Workout Intensity – Easy Moderate Hard Time:1:10</p>	<p>Thursday:03/22/07 Water (# 8oz.glasses): 12</p> <p>Activity: <i>Elliptical machine at the Cañada College Fitness Center for 70 minutes at 7-9 METS (826 calories). Did 5 minute intervals. Heart peaked at 165 bpm. Stretched 15 minutes. Lifted – bench, pull-ups, dips, lunges, bicep curls, calf raises, tricep press downs, crunches, back extensions, leg lifts. Three sets of 8-12 sets.</i></p> <p>Comments: <i>Felt tire, calf was sore, iced and stretched.</i></p> <p>Workout Intensity – Easy Moderate Hard Time:1:25</p>
<p>Friday:03/23/07 Water (# 8oz.glasses):10</p> <p>Activity: <i>Ran 30 minutes on treadmill (3 miles) at Cañada College. Work schedule did not allow for a longer run. Exercised at home in front of TV. 200 push-ups, 300 sit-ups. 30 pull-ups</i></p> <p>Comments: <i>Did not feel calf. Have to work on pull-ups. Had pizza for dinner, ouch...</i></p> <p>Workout Intensity – Easy Moderate Hard Time:60 min</p>	<p>Saturday:03/24/07 Water (# 8oz.glasses): 20</p> <p>Activity: <i>Ran from Buck’s to Water Temple and back at moderate speed (10 miles) in 1:15. Felt tired the last two miles. Heart rate on way back was about 179-175 bpm. Stretched 15 minutes after run.</i></p> <p>Comments: <i>Did not feel calf!! Stretched after run. Went to West Valley Relays to watch track meet. Woodside High ran great!</i></p> <p>Workout Intensity – Easy Moderate Hard Time:1:30</p>
<p>Sunday:03/25/07 Water (# 8oz.glasses): 16</p> <p>Activity: <i>Ran on the bay around Coyote Point. A little windy but a perfect afternoon for a run. Did not check heart rate. Used I-pod; ran 6 miles at 6 minute mile pace.</i></p> <p>Comments: <i>Great run. Dinner is going to taste good!</i></p> <p>Workout Intensity – Easy Moderate Hard Time: 60 min</p>	<p>Total Workouts: 7</p> <p>Week in Review: <i>Did a workout everyday. Friday was tough. Still managed to find time for two small workouts.</i></p> <p>Short-term Goals: Missed <u>Met</u> Exceeded</p> <p>Total Time: 8.5 hours of fitness</p>