

Summary of Training for the World Police and Fire Games - Adelaide 16th-25th March 2007

Totals training days from November 01st 2006 till March 10th 2007 (130 days)

Bikework	Distance	4907	Time	11586	KCalories	105464
		Kilometres		Minutes		

Running

Swimming

Gymwork

Misc

Total days lost in training due to illness

Bikework	2
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Running

Swimming

Gymwork

Misc

Total days lost on road due to Weather

Bikework	9
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Running

Swimming

Gymwork

Misc