

| DAY | DATE | COMMENT | JANUARY | | | | | | | | | |
|-----------|----------|----------------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| | | | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Saturday | 01.01.05 | | | | | | | | | | | 1 |
| Sunday | 02.01.05 | 88a/100m cad[t] | | | | 322 | 50 | 22 | | | | |
| Monday | 03.01.05 | | | | | | | | | | | 1 |
| Tuesday | 04.01.05 | 107a/133m h/r sp | | 50 | 2200 | 399 | 50 | | | | | |
| Wednesday | 05.01.05 | | | 50 | 2000 | | | | | | | 1 |
| Thursday | 06.01.05 | 117a/147m h/r run | | 50 | 2000 | | | | 342 | 35 | 6 | |
| Friday | 07.01.05 | | | 50 | 2000 | | | | | | | 1 |
| Saturday | 08.01.05 | 88a/105m cad | | | | 247 | 50 | 23 | | | | |
| Sunday | 09.01.05 | 111a/125m h/r | | | | | | | 308 | 34 | 6 | 1 |
| Monday | 10.01.05 | 84a/102m cad | | 60 | 2500 | 327 | 45 | 20 | | | | |
| Tuesday | 11.01.05 | | | 60 | 2500 | | | | | | | |
| Wednesday | 12.01.05 | | | 60 | 2500 | | | | | | | |
| Thursday | 13.01.05 | | | 60 | 2500 | | | | | | | 1 |
| Friday | 14.01.05 | 89a/100m cad | | 40 | 1500 | 235 | 45 | 21 | | | | |
| Saturday | 15.01.05 | 81a/114m cad | | | | 1825 | 165 | 70 | | | | |
| Sunday | 16.01.05 | 114a/125m h/r | | | | | | | 332 | 34 | 6 | |
| Monday | 17.01.05 | | | | | | | | | | | 1 |
| Tuesday | 18.01.05 | | | 60 | 2500 | 300 | 75 | 30 | | | | |
| Wednesday | 19.01.05 | | | 60 | 2500 | | | | | | | 1 |
| Thursday | 20.01.05 | 123a/138m h/r | | 60 | 2500 | | | | 387 | 35 | 6 | |
| Friday | 21.01.05 | | | 60 | 2500 | | | | | | | 1 |
| Saturday | 22.01.05 | 89a/98m cad | | 60 | 2500 | 455 | 90 | 40 | | | | |
| Sunday | 23.01.05 | | | 50 | 2000 | | | | | | | 1 |
| Monday | 24.01.05 | 83a/99m cad | | | | 477 | 90 | 40 | | | | |
| Tuesday | 25.01.05 | 113a/124m h/r | | | | | | | 303 | 32 | 6 | 1 |
| Wednesday | 26.01.05 | | | 50 | 2000 | | | | | | | |
| Thursday | 27.01.05 | | | 50 | 2000 | | | | | | | 1 |
| Friday | 28.01.05 | 82a/97m cad | | 50 | 2000 | 529 | 75 | 32 | | | | |
| Saturday | 29.01.05 | | | | | | | | | | | 1 |
| Sunday | 30.01.05 | 125a/136m h/r | | 35 | 1500 | | | | 402 | 35 | 6 | |
| Monday | 31.01.05 | | | 75 | 3000 | | | | | | | 1 |

| | | | FEBUARY | | | | | | | | | |
|-----------|----------|----------------------|----------|------|----------|----------|------|----------|----------|------|----------|---------|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Tuesday | 01.02.05 | 87a/115m cad | | | | 567 | 75 | 35 | | | | |
| Wednesday | 02.02.05 | 111a/119m h-r | | | | | | | 277 | 30 | 5 | |
| Thursday | 03.02.05 | 78a/103m cad | | 75 | 3000 | 677 | 90 | 35 | | | | |
| Friday | 04.02.05 | | | 75 | 3000 | | | | | | | |
| Saturday | 05.02.05 | | | 75 | 3000 | | | | | | | 1 |
| Sunday | 06.02.05 | 113a/126m h/r | | | | | | | 324 | 35 | 6 | 1 |
| Monday | 07.02.05 | 72a/96m cad | | 75 | 3000 | 846 | 90 | 43 | | | | |
| Tuesday | 08.02.05 | | | 60 | 2500 | | | | | | | 1 |
| Wednesday | 09.02.05 | 87a/103m cad | | | | 550 | 80 | 40 | | | | |
| Thursday | 10.02.05 | | | | | | | | | | | 1 |
| Friday | 11.02.05 | 110a/132m h/r | | 60 | 2500 | | | | 293 | 35 | 6 | |
| Saturday | 12.02.05 | 1/2 gym..busy | | 60 | 2500 | | | | | | | 1 |
| Sunday | 13.02.05 | 82a/97m cad | | | | 416 | 90 | 40 | | | | |
| Monday | 14.02.05 | | | 60 | 2000 | | | | | | | 1 |
| Tuesday | 15.02.05 | 119a/139m h/r | | 60 | 2000 | | | | 368 | 35 | 6 | |
| Wednesday | 16.02.05 | | | 60 | 2000 | | | | | | | 1 |
| Thursday | 17.02.05 | 90a/100m cad | | | | 386 | 75 | 35 | | | | |
| Friday | 18.02.05 | 112a/145m h/r | | | | | | | 308 | 33 | 6 | 1 |
| Saturday | 19.02.05 | | | 75 | 2700 | | | | | | | |
| Sunday | 20.02.05 | 116a/148m h/r | | | | | | | 342 | 35 | 6 | 1 |
| Monday | 21.02.05 | | | 75 | 2700 | | | | | | | |
| Tuesday | 22.02.05 | | | 75 | 2700 | | | | | | | 1 |
| Wednesday | 23.02.05 | 85a/100m cad | | 60 | 2800 | 717 | 90 | 41 | | | | |
| Thursday | 24.02.05 | | | 75 | 2700 | | | | | | | 1 |
| Friday | 25.02.05 | 90a/99m cad | | | | 291 | 60 | 28 | | | | |
| Saturday | 26.02.05 | 88a/102m cad | | | | 644 | 90 | 41 | | | | injured |
| Sunday | 27.02.05 | 80a/102m cad[o/s] | | | | 1143 | 90 | 40 | | | | |
| Monday | 28.02.05 | | | 75 | 3500 | | | | | | | ice |

| MARCH | | | | | | | | | | | | |
|-----------|----------|--------------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Tuesday | 01.03.05 | | | 80 | 3500 | | | | | | | |
| Wednesday | 02.03.05 | | | 80 | 3500 | | | | | | | 1 |
| Thursday | 03.03.05 | 88a/102m cad | | 80 | 3500 | 695 | 90 | 41 | | | | |
| Friday | 04.03.05 | gym busy | | 80 | 3500 | | | | 150 | 16 | 3 | 1 |
| Saturday | 05.03.05 | 87a/98m cad | | | | 581 | 90 | 41 | | | | |
| Sunday | 06.03.05 | 106a/118m | | | | | | | 281 | 35 | 6 | 1 |
| Monday | 07.03.05 | | | 60 | 2000 | | | | | | | |
| Tuesday | 08.03.05 | | | 60 | 2000 | | | | | | | 1 |
| Wednesday | 09.03.05 | rest-incident nite | | | | | | | | | | |
| Thursday | 10.03.05 | 115a/126m h/r | | | | | | | 337 | 35 | 6 | 1 |
| Friday | 11.03.05 | | | | | | | | | | | |
| Saturday | 12.03.05 | | | 60 | 2000 | | 90 | 42 | | | | 1 |
| Sunday | 13.03.05 | 118a/155m h/r | | | | 1945 | 185 | 74 | | | | |
| Monday | 14.03.05 | 134a/145m h/r | | 60 | 2000 | | | | 455 | 35 | 6 | 1 |
| Tuesday | 15.03.05 | | | 60 | 2000 | | | | | | | |
| Wednesday | 16.03.05 | | | 45 | 1800 | | | | | | | 1 |
| Thursday | 17.03.05 | 119a/147m h/r | | 45 | 1800 | 1909 | 180 | 80 | | | | |
| Friday | 18.03.05 | 130a/139m h/r | | 45 | 1600 | | | | 366 | 30 | 6 | 1 |
| Saturday | 19.03.05 | 116a/145m h/r | | 30 | 1000 | 1787 | 180 | 80 | | | | |
| Sunday | 20.03.05 | 108a/135m h/r | | | | 768 | 90 | 42 | | | | 1 |
| Monday | 21.03.05 | 109a/141m h/r | | | | 2532 | 290 | 118 | | | | |
| Tuesday | 22.03.05 | 117a/137m h/r | | | | | | | 319 | 35 | 6 | 1 |
| Wednesday | 23.03.05 | | | | | | | | | | | |
| Thursday | 24.03.05 | 114a/153m h/r | | | | 2958 | 300 | 130 | | | | |
| Friday | 25.03.05 | | | | | | | | | | | |
| Saturday | 26.03.05 | | | | | | | | | | | |
| Sunday | 27.03.05 | | | | | | | | | | | |
| Monday | 28.03.05 | 101a/128m h/r | | 65 | 2700 | | | | 328 | 35 | 6 | |
| Tuesday | 29.03.05 | | | 65 | 2600 | | | | | | | |
| Wednesday | 30.03.05 | | | | | | | | 371 | 30 | 6 | |
| Thursday | 31.03.05 | [short due 2tv] | | 65 | 2600 | 485 | | 22 | | | | |

| | | | APRIL | | | | | | | | | |
|-----------|----------|--------------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Friday | 01.04.05 | | | 60 | 2200 | | | | 370 | 35 | 6 | |
| Saturday | 02.04.05 | 79a/109m cad | | | | 1423 | 158 | 76 | | | | |
| Sunday | 03.04.05 | 141a/151m h/r | | 30 | 1000 | | | | 630 | 45 | 10 | |
| Monday | 04.04.05 | 74a/96m cad | | 60 | 1600 | 1119 | 130 | 61 | | | | |
| Tuesday | 05.04.05 | 113a/123m h/r | | 60 | 2250 | | | | 325 | 35 | 6 | |
| Wednesday | 06.04.05 | rest day | | | | | | | | | | |
| Thursday | 07.04.05 | 115a/125m h/r | | | | | | | 426 | 45 | 7 | |
| Friday | 08.04.05 | gsy masters | | | | | | | | | | |
| Saturday | 09.04.05 | gsy masters | | | | | | | | | | |
| Sunday | 10.04.05 | gsy masters | | | | | | | | | | |
| Monday | 11.04.05 | 118av/128m h/r | | 60 | 2000 | | | | 567 | 50 | 9 | |
| Tuesday | 12.04.05 | 77a/98m cad | | 30 | 1000 | 1051 | 120 | 56 | | | | |
| Wednesday | 13.04.05 | 114a/135m h/r | | 30 | 1000 | | | | 489 | 50 | 10 | |
| Thursday | 14.04.05 | 94a/128m cad | | | | 153 | 45 | 22 | | | | |
| Friday | 15.04.05 | 113a/124m h/r | | | | | | | 511 | 50 | 9 | |
| Saturday | 16.04.05 | 80a/104m cad | | | | 1359 | 131 | 63 | | | | |
| Sunday | 17.04.05 | 116a/125m h/r | | 45 | 2400 | | | | 340 | 35 | 6 | |
| Monday | 18.04.05 | 72a/97m cad[hills] | | 45 | 2500 | 1092 | 125 | 57 | | | | |
| Tuesday | 19.04.05 | 119a/127m cad | | 50 | 2500 | | | | 644 | 60 | 11 | |
| Wednesday | 20.04.05 | 73a/99m cad | | 50 | 2500 | 1590 | 177 | 87 | | | | |
| Thursday | 21.04.05 | 115a/123m h/r | | 50 | 2400 | | | | 298 | 30 | 6 | |
| Friday | 22.04.05 | rested | | | | | | | | | | |
| Saturday | 23.04.05 | 117a/130m h/r | | | | | | | 618 | 60 | 11 | |
| Sunday | 24.04.05 | 81a/98m cad[TT] | | | | 919 | 68 | 40 | | | | |
| Monday | 25.04.05 | 111a/121m h/r | | 50 | 2400 | | | | 310 | 35 | 6 | |
| Tuesday | 26.04.05 | 89a/98m cad | | 50 | 2400 | 272 | 60 | 28 | | | | |
| Wednesday | 27.04.05 | 118a/129m h/r | | 50 | 2400 | | | | 739 | 70 | 13 | |
| Thursday | 28.04.05 | | | 50 | 2400 | | | | | | | |
| Friday | 29.04.05 | 116a/126m h/r | | 50 | 2500 | | | | 763 | 70 | 13 | |
| Saturday | 30.04.05 | 78a/100m cad | | | | 629 | 68 | 34 | | | | |

| | | | | | | | | | | | | MAY | | | | | | | | | | | |
|-----------|----------|---------------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|--|--|--|--|--|--|--|--|--|--|--|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM | | | | | | | | | | | |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | | | | | | | | | | | | |
| Sunday | 01.05.05 | 141a/161max h/r | | | | | | | 1032 | 73 | 17 | | | | | | | | | | | | |
| Monday | 02.05.05 | sw out | | 30 | 1000 | | | | | | | | | | | | | | | | | | |
| Tuesday | 03.05.05 | 112a/135m h/r | | 50 | 2000 | | | | 365 | 41 | 6 | | | | | | | | | | | | |
| Wednesday | 04.05.05 | 75a/93m cad | | 50 | 1500 | 581 | 95 | 43 | | | | | | | | | | | | | | | |
| Thursday | 05.05.05 | 107a/130m h/r | | | | | | | 442 | 57 | 9 | | | | | | | | | | | | |
| Friday | 06.05.05 | 95a/107m cad | | 50 | 1500 | 268 | 45 | 24 | | | | | | | | | | | | | | | |
| Saturday | 07.05.05 | 121a/139m h/r | | 60 | 2600 | | | | 885 | 80 | 14 | | | | | | | | | | | | |
| Sunday | 08.05.05 | 75a/108m cad | | | | 814 | 90 | 41 | | | | | | | | | | | | | | | |
| Monday | 09.05.05 | 104a/124m h/r | | | | | | | 454 | 65 | 10 | | | | | | | | | | | | |
| Tuesday | 10.05.05 | 75a/95m cad | | 60 | 2600 | 754 | 90 | 43 | | | | | | | | | | | | | | | |
| Wednesday | 11.05.05 | 107a/148m h/r | | 60 | 2600 | | | | 300 | 40 | 6 | | | | | | | | | | | | |
| Thursday | 12.05.05 | | | 60 | 2500 | | | | | | | | | | | | | | | | | | |
| Friday | 13.05.05 | 117a/144m h/r | | 60 | 2500 | | | | 966 | 90 | 16 | | | | | | | | | | | | |
| Saturday | 14.05.05 | | | 60 | 3000 | | | | | | | | | | | | | | | | | | |
| Sunday | 15.05.05 | 82a/109m cad[rtitt] | | | | 1113 | 82 | 48 | | | | | | | | | | | | | | | |
| Monday | 16.05.05 | 90a/102m cad [T] | | | | 217 | 45 | 20 | | | | | | | | | | | | | | | |
| Tuesday | 17.05.05 | 104a/127m h/r | | | | | | | 439 | 60 | 10 | | | | | | | | | | | | |
| Wednesday | 18.05.05 | 75a/99m cad | | 40 | 1500 | 1009 | 130 | 60 | | | | | | | | | | | | | | | |
| Thursday | 19.05.05 | 111a/135m h/r | | 50 | 2000 | | | | 509 | 60 | 10 | | | | | | | | | | | | |
| Friday | 20.05.05 | | | 50 | 2000 | | | | | | | | | | | | | | | | | | |
| Saturday | 21.05.05 | easy swim | | 50 | 1500 | | | | | | | | | | | | | | | | | | |
| Sunday | 22.05.05 | 144a/154m h/r | | | | | | | 1383 | 94 | 21 | | | | | | | | | | | | |
| Monday | 23.05.05 | | | 50 | 2000 | | | | | | | 1 | | | | | | | | | | | |
| Tuesday | 24.05.05 | | | | | | 30 | 13 | | | | | | | | | | | | | | | |
| Wednesday | 25.05.05 | 103a/129m h/r | | | | | | | 396 | 55 | 8 | | | | | | | | | | | | |
| Thursday | 26.05.05 | | | 50 | 2000 | | | | | | | | | | | | | | | | | | |
| Friday | 27.05.05 | | | 50 | 2000 | | | | | | | 1 | | | | | | | | | | | |
| Saturday | 28.05.05 | turbo | | | | | 45 | 22 | | | | | | | | | | | | | | | |
| Sunday | 29.05.05 | 114a/150m h/r | | 50 | 2000 | | | | 498 | 55 | 9 | 1 | | | | | | | | | | | |
| Monday | 30.05.05 | | | 50 | 2000 | | | | | | | | | | | | | | | | | | |
| Tuesday | 31.05.05 | | | 50 | 2000 | | | | | | | 1 | | | | | | | | | | | |

| | | | JULY | | | | | | | | | |
|-----------|----------|---------------------|----------|------|----------|----------|------|----------|----------|------|----------|--|
| DAY | DATE | COMMENT | SWIM | | BIKE | | | RUN | | | GYM | |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| | | away WPFG'S | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Friday | 08.07.05 | 129a/157m h/r | | 20 | 800 | 1382 | 140 | 60 | | | | |
| Saturday | 09.07.05 | | | | | 1112 | 127 | 60 | | | | |
| Sunday | 10.07.05 | 64a/101m cad[hills] | | | | 919 | 99 | 40 | | | | |
| Monday | 11.07.05 | 83a/105m cad | | | | 762 | 76 | 38 | 213 | 17 | 3 | |
| Tuesday | 12.07.05 | 75a/99m cad | | | | 797 | 100 | 48 | | | | |
| Wednesday | 13.07.05 | 76a/97m cad | | 25 | 800 | 544 | 65 | 32 | | | | |
| Thursday | 14.07.05 | 78a/115m cad | | | | 749 | 89 | 42 | | | | |
| Friday | 15.07.05 | 75a/99m cad | | | | 1243 | 147 | 68 | | | | |
| Saturday | 16.07.05 | | | 25 | 1500 | | | | | | | |
| Sunday | 17.07.05 | rest day | | | | | | | | | | |
| Monday | 18.07.05 | 78a/100m cad | | 20 | 500 | 579 | 80 | 39 | | | | |
| Tuesday | 19.07.05 | 70a/94m cad | | | | 401 | 49 | 21 | | | | |
| Wednesday | 20.07.05 | 79a/103m cad | | | | 665 | 79 | 38 | | | | |
| Thursday | 21.07.05 | 76a/102m cad | | 25 | 800 | 873 | 106 | 49 | | | | |
| Friday | 22.07.05 | 76a/108m cad | | | | 979 | 128 | 58 | | | | |
| Saturday | 23.07.05 | | | 30 | 1000 | | | | | | | |
| Sunday | 24.07.05 | 88a/99m cad | | | | 305 | 75 | 30 | | | | |
| Monday | 25.07.05 | 76a/104m cad | | | | 1377 | 154 | 71 | | | | |
| Tuesday | 26.07.05 | 118a/128m h/r | | 30 | | | | | 161 | 18 | 3 | |
| Wednesday | 27.07.05 | rest day | | | | | | | | | | |
| Thursday | 28.07.05 | 81a/101m cad | | | | 580 | 80 | 38 | | | | |
| Friday | 29.07.05 | | | 30 | | | | | | | | |
| Saturday | 30.07.05 | 115a/143m h/r | | | | 685 | 85 | 35 | | | | |
| Sunday | 31.07.05 | 115a/142m h/r | | | | 963 | 120 | 50 | | | | |

| AUGUST | | | | | | | | | | | | |
|-----------|----------|---------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Monday | 01.08.05 | 100a/136m h/r | | 30 | 700 | | | | 212 | 40 | 4 | |
| Tuesday | 02.08.05 | | | | | | | | | | | 1 |
| Wednesday | 03.08.05 | 115a/147m h/r | | 20 | 500 | | | | 311 | 38 | 6 | |
| Thursday | 04.08.05 | | | | | | | | | | | 1 |
| Friday | 05.08.05 | 133a/140m h/r | | | | | | | 548 | 49 | 9 | |
| Saturday | 06.08.05 | 115a/144m h/r | | | | 1276 | 151 | 60 | | | | |
| Sunday | 07.08.05 | | | | | | | | 250 | 40 | 5 | 1 |
| Monday | 08.08.05 | 110a/140m h/r | | | | 1249 | 162 | 60 | | | | |
| Tuesday | 09.08.05 | 111a/125m h/r | | | | | | | 253 | 34 | 6 | 1 |
| Wednesday | 10.08.05 | 112a/152m h/r | | 15 | 500 | 748 | 97 | 45 | | | | |
| Thursday | 11.08.05 | 105a/140m h/r | | | | 1364 | 202 | 80 | | | | |
| Friday | 12.08.05 | 129a/142m h/r | | | | | | | 526 | 50 | 10 | |
| Saturday | 13.08.05 | | | | | 367 | 60 | 30 | | | | |
| Sunday | 14.08.05 | 131a/148m h/r | | | | 700 | 105 | 60 | | | | |
| Monday | 15.08.05 | 104a/133m h/r | | | | | | | 239 | 38 | 5 | 1 |
| Tuesday | 16.08.05 | 109a/143m h/r | | | | 973 | 131 | 60 | | | | |
| Wednesday | 17.08.05 | 128a/141m h/r | | | | | | | 334 | 32 | 5 | 1 |
| Thursday | 18.08.05 | BACK INJURY | | | | | | | | | | |
| Friday | 19.08.05 | 76a/102m cad | | | | 1512 | 222 | 98 | | | | |
| Saturday | 20.08.05 | 131a/139m h/r | | | | | | | 525 | 48 | 10 | |
| Sunday | 21.08.05 | 104a/127m h/r | | | | | | | 183 | 30 | 5 | 1 |
| Monday | 22.08.05 | 90a/117m cad | | | | 473 | 90 | 43 | | | | |
| Tuesday | 23.08.05 | 76a/102m cad | | | | 907 | 128 | 60 | | | | |
| Wednesday | 24.08.05 | 109a/125m h/r | | 30 | 1000 | | | | 207 | 29 | 5 | 1 |
| Thursday | 25.08.05 | 76a/99m cad | | | | 1104 | 141 | 65 | | | | |
| Friday | 26.08.05 | 75a/105m cad | | | | 1507 | 186 | 78 | | | | |
| Saturday | 27.08.05 | 131a/142m h/r | | | | | | | 524 | 48 | 10 | |
| Sunday | 28.08.05 | 78a/99m cad | | | | 670 | 78 | 38 | | | | |
| Monday | 29.08.05 | 96a/126m h/r | | | | | | | 140 | 30 | 5 | 1 |
| Tuesday | 30.08.05 | | | | | 840 | 120 | 55 | | | | |
| Wednesday | 31.08.05 | 103a/136m h/r | | | | 808 | 124 | 55 | | | | |

| | | | OCTOBER | | | | | | | | | |
|-----------|----------|-----------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Saturday | 01.10.05 | 128a/143m h/r | | | | | | | 695 | 67 | 14 | |
| Sunday | 02.10.05 | 77a/102m cad | | | | 180 | 50 | 23 | | | | |
| Monday | 03.10.05 | 77a/103m cad | | | | 734 | 78 | 35 | | | | |
| Tuesday | 04.10.05 | 110a/152m h/r | | 10 | 500 | | | | 205 | 28 | 4 | |
| Wednesday | 05.10.05 | 115a/121m h/r | | 10 | 500 | | | | 191 | 22 | 4 | 1 |
| Thursday | 06.10.05 | 131a/152m h/r | | 10 | 500 | | | | 1203 | 58 | 12 | |
| Friday | 07.10.05 | rest day | | | | | | | | | | |
| Saturday | 08.10.05 | 111a/152m h/r | | | | | | | 272 | 37 | 6 | 1 |
| Sunday | 09.10.05 | 76a/106m cad | | | | 1194 | 150 | 70 | | | | |
| Monday | 10.10.05 | 78a/102m cad | | | | 878 | 121 | 57 | | | | |
| Tuesday | 11.10.05 | 76a/102m cad | | | | 1585 | 217 | 97 | | | | |
| Wednesday | 12.10.05 | 132a/145m h/r | | 10 | 500 | | | | 570 | 30 | 6 | 1 |
| Thursday | 13.10.05 | rest day - rain | | | | | | | | | | |
| Friday | 14.10.05 | 78a/103m cad | | | | 888 | 128 | 58 | | | | 1 |
| Saturday | 15.10.05 | | | | | | | | 1705 | 88 | 18 | |
| Sunday | 16.10.05 | 106a/129m h/r | | | | | | | 218 | 31 | 5 | 1 |
| Monday | 17.10.05 | 76a/106m cad | | | | 1619 | 217 | 101 | | | | |
| Tuesday | 18.10.05 | | | | | | 45 | | | | | |
| Wednesday | 19.10.05 | away | | | | | | | | | | |
| Thursday | 20.10.05 | 132a/155m h/r | | | | | | | 1199 | 62 | 12 | |
| Friday | 21.10.05 | away | | | | | | | | | | |
| Saturday | 22.10.05 | away | | | | | | | | | | |
| Sunday | 23.10.05 | 105a/143m h/r | | | | | | | 255 | 42 | 7 | 1 |
| Monday | 24.10.05 | 107a/120m h/r | | | | | | | 250 | 35 | 6 | 1 |
| Tuesday | 25.10.05 | 78a/102m cad | | | | 851 | 130 | 60 | | | | |
| Wednesday | 26.10.05 | 75aa/97m cad | | | | 1013 | 165 | 71 | | | | |
| Thursday | 27.10.05 | 124a/168m h/r | | | | | | | 1722 | 90 | 17 | |
| Friday | 28.10.05 | 85a/109m cad | | | | 239 | 30 | 12 | | | | |
| Saturday | 29.10.05 | 79a/108m cad | | | | 1420 | 180 | 86 | | | | |
| Sunday | 30.10.05 | 70a/102m cad | | | | 836 | 117 | 50 | | | | |
| Monday | 31.10.05 | 101a/129m h/r | | | | | | | 237 | 42 | 6 | |

| NOVEMBER | | | | | | | | | | | | |
|-----------|----------|------------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Tuesday | 01.11.05 | 108a/123m h/r | | | | | | | 211 | 29 | 5 | 1 |
| Wednesday | 02.11.05 | 101a/123m h/r | | 20 | 700 | 265 | 42 | | | | | |
| Thursday | 03.11.05 | 137a h/r | | | | | | | 1036 | 54 | 12 | |
| Friday | 04.11.05 | rest day | | | | | | | | | | |
| Saturday | 05.11.05 | 79a/107m cad | | | | 1794 | 217 | 103 | | | | |
| Sunday | 06.11.05 | 142a/154m h/r | | | | | | | 1039 | 53 | 12 | |
| Monday | 07.11.05 | 78a/102m cad | | | | 687 | 106 | 48 | | | | |
| Tuesday | 08.11.05 | 113a/162m h/r | | | | | | | n/a | 37 | 7 | 1 |
| Wednesday | 09.11.05 | 126a/140m h/r | | | | | | | 883 | 45 | 9 | |
| Thursday | 10.11.05 | 78a/105m cad | | | | 772 | 81 | 51 | | | | |
| Friday | 11.11.05 | 77a/105m cad | | | | 746 | 105 | 46 | | | | |
| Saturday | 12.11.05 | 78a/98m cad | | | | 665 | 96 | 43 | | | | |
| Sunday | 13.11.05 | 119a/144m h/r | | 20 | 700 | | | | 307 | 35 | 6 | |
| Monday | 14.11.05 | 76a/108m cad | | | | 1276 | 194 | 89 | | | | |
| Tuesday | 15.11.05 | 101a/126m h/r | | 20 | 700 | 297 | 49 | | | | | |
| Wednesday | 16.11.05 | 111a/135m h/r | | | | | | | 179 | 23 | 4 | 1 |
| Thursday | 17.11.05 | | | | | | | | | | | 1 |
| Friday | 18.11.05 | 79av/96max cad | | | | 1705 | 245 | 110 | | | | |
| Saturday | 19.11.05 | rest day | | | | | | | | | | |
| Sunday | 20.11.05 | 1/2 marathon day | | | | | | | | | | |
| Monday | 21.11.05 | | | 20 | 700 | | | | | | | 1 |
| Tuesday | 22.11.05 | 76a/95m cad | | | | 769 | 120 | 55 | | | | |
| Wednesday | 23.11.05 | 78a/115m cad | | 20 | 700 | 954 | 128 | 58 | | | | 1 |
| Thursday | 24.11.05 | | | | | | | | | | | 1 |
| Friday | 25.11.05 | rest day | | | | | | | | | | |
| Saturday | 26.11.05 | 77a/96m cad | | | | 730 | 91 | 37 | | | | |
| Sunday | 27.11.05 | | | 20 | 700 | | | | | | | 1 |
| Monday | 28.11.05 | 79a/96m cad | | | | 1915 | 201 | 93 | | | | |
| Tuesday | 29.11.05 | | | 30 | 1000 | | | | | | | 1 |
| Wednesday | 30.11.05 | 84a/91m cad | | | | 288 | 45 | 18 | | | | |

| DECEMBER | | | | | | | | | | | | |
|-----------|----------|--------------|----------|------|----------|----------|------|----------|----------|------|----------|-----|
| DAY | DATE | COMMENT | SWIM | | | BIKE | | | RUN | | | GYM |
| | | | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | CALORIES | TIME | DISTANCE | |
| Thursday | 01.12.05 | | | 45 | 1200 | | | | | | | 1 |
| Friday | 02.12.05 | 86a/93m cad | | | | 279 | 45 | 18 | | | | |
| Saturday | 03.12.05 | | | | | | | | | | | 1 |
| Sunday | 04.12.05 | | | 45 | 1500 | | | | | | | 1 |
| Monday | 05.12.05 | | | | | 366 | 60 | 24 | | | | |
| Tuesday | 06.12.05 | | | 20 | 700 | | | | | | | 1 |
| Wednesday | 07.12.05 | 80a/108m cad | | | | 1388 | 147 | 68 | | | | |
| Thursday | 08.12.05 | | | | | | | | | | | 1 |
| Friday | 09.12.05 | | | | | 328 | 45 | 18 | | | | |
| Saturday | 10.12.05 | | | | | | | | 89 | 13 | 2 | 1 |
| Sunday | 11.12.05 | | | | | | | | 134 | 18 | 3 | 1 |
| Monday | 12.12.05 | | | | | 1097 | 107 | 49 | | | | |
| Tuesday | 13.12.05 | | | 20 | 600 | | | | | | | 1 |
| Wednesday | 14.12.05 | 77a/100m cad | | | | 1283 | 145 | 66 | | | | |
| Thursday | 15.12.05 | | | 20 | 700 | | | | | | | 1 |
| Friday | 16.12.05 | | | 20 | 700 | | | | 209 | 25 | 4 | 1 |
| Saturday | 17.12.05 | | | | | 978 | 105 | 47 | | | | |
| Sunday | 18.12.05 | | | | | | | | 249 | 35 | 6 | |
| Monday | 19.12.05 | | | | | | | | 284 | 35 | 6 | |
| Tuesday | 20.12.05 | | | 20 | 700 | | | | | | | 1 |
| Wednesday | 21.12.05 | | | | | 1371 | 147 | 68 | | | | |
| Thursday | 22.12.05 | rest day | | | | | | | | | | |
| Friday | 23.12.05 | | | | | 1980 | 242 | 109 | | | | |
| Saturday | 24.12.05 | | | | | 1307 | 144 | 67 | | | | |
| Sunday | 25.12.05 | | | | | 873 | 101 | 47 | | | | |
| Monday | 26.12.05 | rest day | | | | | | | | | | |
| Tuesday | 27.12.05 | rest day | | | | | | | | | | |
| Wednesday | 28.12.05 | | | 20 | 700 | 789 | 84 | 40 | 136 | 18 | 3 | 1 |
| Thursday | 29.12.05 | | | | | 1543 | 178 | 79 | | | | |
| Friday | 30.12.05 | | | 20 | 700 | | | | | | | 1 |
| Saturday | 31.12.05 | | | | | 217 | 45 | 18 | | | | |

| 2005 | | JANUARY | | |
|-----------------------------------------|-------------|----------------|------------|------------|
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 44700 | 298 | 36 | |
| TIME - minutes | 1090 | 735 | 205 | |
| NUMBER OF SESSIONS | | | | 14 |
| Calories | 0 | 5116 | 2074 | |
| | | | | |
| | | | | |
| | | FEBUARY | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 42600 | 378 | 35 | |
| TIME - minutes | 1095 | 830 | 203 | |
| NUMBER OF SESSIONS | | | | 11 |
| Calories | 0 | 6237 | 1912 | |
| | | | | |
| | | | | |
| | | MARCH | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 38100 | 670 | 45 | |
| TIME - minutes | 980 | 1495 | 251 | |
| NUMBER OF SESSIONS | | | | 11 |
| Calories | | 13660 | 2607 | |

| | APRIL | | | |
|-----------------------------------------|--------------|-------------|------------|------------|
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 35450 | 524 | 123 | |
| TIME - minutes | 820 | 1082 | 670 | |
| NUMBER OF SESSIONS | | | | |
| Calories | | 9607 | 7030 | |
| | | | | |
| | MAY | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 40800 | 314 | 136 | |
| TIME - minutes | 1030 | 652 | 770 | |
| NUMBER OF SESSIONS | | | | 4 |
| Calories | | 4756 | 7669 | |
| | | | | |
| | JUNE | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres bike/running = k's | 19700 | 146 | 29 | |
| TIME - minutes | 525 | 425 | 152 | |
| NUMBER OF SESSIONS | | | | 7 |
| Calories | | 3397 | 1553 | |

| | JULY | | | |
|--------------------|------------------|-------------|------------|------------|
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 5400 | 817 | 6 | |
| bike/running = k's | | | | |
| TIME - minutes | 205 | 1799 | 35 | |
| NUMBER OF SESSIONS | | | | 0 |
| Calories | | 14915 | 374 | |
| | | | | |
| | | | | |
| | AUGUST | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 2700 | 887 | 85 | |
| bike/running = k's | | | | |
| TIME - minutes | 95 | 1997 | 506 | |
| NUMBER OF SESSIONS | | | | 9 |
| Calories | | 14498 | 4252 | |
| | | | | |
| | | | | |
| | SEPTEMBER | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 2500 | 1122 | 81 | |
| bike/running = k's | | | | |
| TIME - minutes | 35 | 2523 | 418 | |
| NUMBER OF SESSIONS | | | | 14 |
| Calories | | 16027 | 3611 | |

| | OCTOBER | | | |
|--------------------|-----------------|-------------|------------|------------|
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 2000 | 720 | 117 | |
| bike/running = k's | | | | |
| TIME - minutes | 40 | 1628 | 632 | |
| NUMBER OF SESSIONS | | | | 7 |
| Calories | | 11437 | 8722 | |
| | | | | |
| | | | | |
| | NOVEMBER | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 5200 | 751 | 55 | |
| bike/running = k's | | | | |
| TIME - minutes | 150 | 1720 | 276 | |
| NUMBER OF SESSIONS | | | | 9 |
| Calories | | 12863 | 3655 | |
| | | | | |
| | | | | |
| | DECEMBER | | | |
| | SWIM | BIKE | RUN | GYM |
| DISTANCE - metres | 7500 | 718 | 24 | |
| bike/running = k's | | | | |
| TIME - minutes | 230 | 1595 | 144 | |
| NUMBER OF SESSIONS | | | | 13 |
| Calories | | 13799 | 1101 | |

