Andrea Marino : 12/27/2010 - 4/17/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27/12	28/12	29/12	30/12	31/12	1/1	2/1
					Bike **Actual Time:** 1:43:00 **Distance (A):** 49 kilometers **Calories:** 1459 calories **Workout Description:** casa barbianco e ritorno costiera	**Run** **Actual Time:** 0:55:00 **Distance (A):** 12 kilometers **Calories:** 807 calories **Workout Description:** casa pindemonte sanluigi boschetto
					Actual: Bike: 1:43:00 / 49 km	**Run: 55:00 / 12 km Total: 2:38:00**
3/1	4/1	5/1	6/1	7/1	8/1	9/1
Swim **Actual Time:** 1:10:00 **Distance (A):** 2850 meters **Calories:** 817 calories **Workout Description:** scaletta da 500 senza+con a 200	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories	**Run : 5+5+5 progressivo** **Actual Time:** 1:03:30 **Distance (A):** 15 kilometers **Calories:** 931 calories **Post Activity Comments:** 20:25;3rec;18:43;3rec;18:28	**Race : cross csi pavia di udine** **Actual Time:** 0:17:54 **Distance (A):** 5.12 kilometers **Calories:** 268 calories **Workout Description:** 5° **Post Activity Comments:** no chiodi	**Swim** **Actual Time:** 1:07:00 **Distance (A):** 2800 meters **Calories:** 782 calories **Workout Description:** ripetute a scalare (2x250-2x200-3x100-4x50) rec. attivo idem (da 500 a 200)		**Run : lungo** **Actual Time:** 2:14:00 **Distance (A):** 29 kilometers **Calories:** 1965 calories **Workout Description:** da casa a tendarossa e rit.
				Actual: Swim: 2:17:00 / 5650 meters	**Other: 1:00:00 Run: 3:17:30 / 44 km**	**Race: 17:54 / 5.12 km Total: 6:52:24**
10/1	11/1	12/1	13/1	14/1	15/1	16/1
Swim **Actual Time:** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** 7x200senza+200con	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : ripetute rec. respirazioni** **Actual Time:** 1:04:00 **Distance (A):** 2800 meters **Calories:** 747 calories **Workout Description:** 2x250+2x5x100		**Bike : casa - barbianco** **Actual Time:** 1:40:00 **Distance (A):** 47 kilometers **Calories:** 1417 calories **Workout Description:** centro e costiera e ritorno	**Race : Maratonina Medea** **Actual Time:** 1:15:51 **Distance (A):** 21.1 kilometers **Calories:** 1138 calories **Workout Description:** 3° assoluto
		Actual: Swim: 1:59:00 / 5600 meters	**Other: 1:00:00**	**Run: 45:00 / 9 km**	**Bike: 1:40:00 / 47 km**	**Race: 1:15:51 / 21.1 km Total: 6:39:51**
17/1	18/1	19/1	20/1	21/1	22/1	23/1

	Swim **Actual Time:** 0:53:00 **Distance (A):** 2800 meters **Calories:** 618 calories **Workout Description:** scaletta da 500 senza+con a 200	**Run : ripetute** **Actual Time:** 0:47:00 **Distance (A):** 10 kilometers **Calories:** 689 calories **Workout Description:** 10x400 rec.30" **Post Activity Comments:** +1.19; -1.12; ÷1.17	**Run : bavisela** **Actual Time:** 1:05:00 **Distance (A):** 9 kilometers **Calories:** 953 calories **Workout Description:** 4xvar. da 5'	**Swim : blocchi ripetute** **Actual Time:** 1:12:00 **Distance (A):** 2800 meters **Calories:** 840 calories **Workout Description:** 2+250+2+200+3+100+4*50 **Post Activity Comments:** traffico intenso		**Race : Campestre CSI - Villalta** **Actual Time:** 0:18:07 **Distance (A):** 4.84 kilometers **Calories:** 272 calories **Workout Description:** 6°

Actual: Swim: 2:05:00 / 5600 meters Run: 1:52:00 / 19 km Race: 18:07 / 4.84 km Total: 4:15:07

24/1	25/1	26/1	27/1	28/1	29/1	30/1
Swim : pull buoy **Actual Time:** 1:05:00 **Distance (A):** 3100 meters **Calories:** 758 calories **Workout Description:** 7*200 senza+con **Post Activity Comments:** allenamento invertito per sbaglio svolto martedì	**MTB : giro corto** **Actual Time:** 1:04:30 **Distance (A):** 17.33 kilometers **Calories:** 731 calories **Workout Description:** casa sella longera e rit.	**Run : progressivo** **Actual Time:** 1:04:00 **Distance (A):** 15 kilometers **Calories:** 939 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 20'14;19'22;18'27 (rec.3' tra le serie)	**Run : bavisela** **Actual Time:** 1:10:00 **Distance (A):** 9 kilometers **Calories:** 1027 calories **Workout Description:** 3x2000	**Swim : ripetute** **Actual Time:** 1:03:00 **Distance (A):** 2700 meters **Calories:** 735 calories **Workout Description:** 3x5x100 rec. respirazioni		**Race : Dobbia** **Actual Time:** 0:24:36 **Distance (A):** 6.95 kilometers **Calories:** 369 calories **Workout Description:** Campestre TGO

Actual: Swim: 2:08:00 / 5800 meters MTB: 1:04:30 / 17.33 km Run: 2:14:00 / 24 km Race: 24:36 / 6.95 km Total: 5:51:06

31/1	1/2	2/2	3/2	4/2	5/2	6/2
	Swim : pull buoy **Actual Time:** 0:57:00 **Distance (A):** 2800 meters **Calories:** 665 calories **Workout Description:** scaletta da 200 a 500 senza+con	**Run : 32k lungo collinare** **Actual Time:** 2:31:17 **Distance (A):** 31.49 kilometers **Calories:** 2564 calories **Workout Description:** casa-ciclabile-casa **Post Activity Comments:** 9 passaggi in galleria	**Run : bavisela** **Actual Time:** 1:13:00 **Distance (A):** 10 kilometers **Calories:** 1071 calories **Workout Description:** 4x1500 rec 500	**Swim : ripetute** **Actual Time:** 0:57:00 **Distance (A):** 2800 meters **Calories:** 665 calories **Workout Description:** 2*250+2*200+3*100+4*50 rec.da 500 a 200	**Bike : sciolto** **Actual Time:** 2:00:00 **Distance (A):** 51 kilometers **Calories:** 1700 calories **Workout Description:** costiera paesi ritorno s.giovanni	**Race : C.R. Cross Brugnera** **Actual Time:** 0:22:53 **Distance (A):** 6.51 kilometers **Calories:** 343 calories **Workout Description:** 5° MM40 (13°)

Actual: Swim: 1:54:00 / 5600 meters Run: 3:44:17 / 41.49 km Bike: 2:00:00 / 51 km Race: 22:53 / 6.51 km Total: 8:01:10

7/2	8/2	9/2	10/2	11/2	12/2	13/2
Swim : pull buoy **Actual Time:** 0:52:00 **Distance (A):** 2400 meters **Calories:** 607 calories	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories	**Run : 15k ritmi maratona** **Actual Time:** 1:02:00 **Distance (A):** 15 kilometers **Calories:**	**Run : bavisela** **Actual Time:** 1:20:00 **Distance (A):** 11 kilometers **Calories:** 1173 calories	**Bike : costiera paesi** **Actual Time:** 0:50:00 **Distance (A):** 24 kilometers **Calories:** 708 calories		**Race : Cross dei Tarampenz** **Actual Time:** 0:16:46 **Distance (A):** 5 kilometers **Calories:**

Workout Description: 6*200 senza+con **Post Activity Comments:** fretta		909 calories **Workout Description:** 3*5000 **Post Activity Comments:** 18.47;18.48;18.30 (>ultimokfinale)	**Workout Description:** 12*500 rec.200	**Post Activity Comments:** allenamento interroto x rottura raggio impossibilità a proseguire		251 calories **Workout Description:** 4° assoluto

Actual: Swim: 52:00 / 2400 meters Other: 1:00:00 Run: 2:22:00 / 26 km Bike: 50:00 / 24 km Race: 16:46 / 5 km Total: 5:20:46

14/2	15/2	16/2	17/2	18/2	19/2	20/2
Swim : pull buoy **Actual Time:** 0:52:00 **Distance (A):** 2800 meters **Calories:** 607 calories **Workout Description:** scaletta alternata da 500 a 200	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories	**Run : ripetute** **Actual Time:** 0:47:00 **Distance (A):** 10 kilometers **Calories:** 689 calories **Workout Description:** 10*400	**Run : bavisela** **Actual Time:** 1:20:00 **Distance (A):** 10 kilometers **Calories:** 1173 calories **Workout Description:** 6*1000 rec.3'			**Race : Verona Marathon** **Actual Time:** 2:39:41 **Distance (A):** 42.2 kilometers **Calories:** 3769 calories **Workout Description:** maratona di verona **Post Activity Comments:** Timex Global Trainer Distanza registrata: 41.880 mt Salita media: 8 m/min Discesa media: 7 m/min CAL: 3769

Actual: Swim: 52:00 / 2800 meters Other: 1:00:00 Run: 2:07:00 / 20 km Race: 2:39:41 / 42.2 km Total: 6:38:41

21/2	22/2	23/2	24/2	25/2	26/2	27/2
Swim : pull buoy **Actual Time:** 0:46:00 **Distance (A):** 2100 meters **Calories:** 537 calories **Workout Description:** 10*100 senza/con **Post Activity Comments:** relax post maratona	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories	**MTB : giro da casa** **Actual Time:** 1:18:18 **Distance (A):** 23.65 kilometers **Calories:** 887 calories	**Run : bavisela** **Actual Time:** 1:16:00 **Distance (A):** 10 kilometers **Calories:** 1115 calories **Workout Description:** 3+2+1			**Race : Cross Aquileia** **Actual Time:** 0:30:00 **Distance (A):** 5 kilometers **Calories:** 450 calories **Workout Description:** solo riscaldamento **Post Activity Comments:** gara sospesa per lutto

Actual: Swim: 46:00 / 2100 meters Other: 1:00:00 MTB: 1:18:18 / 23.65 km Run: 1:16:00 / 10 km Race: 30:00 / 5 km Total: 4:50:18

28/2	1/3	2/3	3/3	4/3	5/3	6/3
Swim : pull buoy **Actual Time:** 0:51:00 **Distance (A):** 2800 meters **Calories:** 595 calories **Workout Description:** scaletta a scendere 500-200 senza+con	**Brick : in palestra** **Actual Time:** 1:00:00 **Calories:** 850 calories **Workout Description:** tapis+cycle+trazioni sup. * 2 **Post Activity Comments:** spinning annullata	**Swim : ripetute** **Actual Time:** 0:45:00 **Distance (A):** 2000 meters **Calories:** 525 calories **Workout Description:** 2*5*100 rec. respirazioni	**Run : bavisela** **Actual Time:** 1:00:00 **Distance (A):** 8 kilometers **Calories:** 880 calories **Workout Description:** jogging+allunghi (salita+piano)	**Swim : ripetute** **Actual Time:** 0:44:00 **Distance (A):** 2000 meters **Calories:** 513 calories **Workout Description:** 2*250+5*100		**Race : Maratonina di Gorizia** **Actual Time:** 1:17:29 **Distance (A):** 21.1 kilometers **Calories:** 1827 calories **Post Activity Comments:**

			Post Activity Comments: troppa bora			Timex Global Trainer Tempo stop: 00:00:00 Salita media: 7 m/min Discesa media: 9 m/min CAL/FC: 1301

Actual: Swim: 2:20:00 / 6800 meters Brick: 1:00:00 Run: 1:00:00 / 8 km Race: 1:17:29 / 21.1 km Total: 5:37:29

7/3	8/3	9/3	10/3	11/3	12/3	13/3
Swim : pull buoy **Actual Time:** 0:50:00 **Distance (A):** 2800 meters **Calories:** 583 calories **Workout Description:** 7*200+200 senza/con	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories **Workout Description:** + trazioni superiori 5 minuti	**Bike : slovenia (dolenja)** **Actual Time:** 2:26:00 **Distance (A):** 65 kilometers **Calories:** 2068 calories **Post Activity Comments:** rotti due raggi entrambe le ruote in momenti distinti	**Run : bavisela** **Actual Time:** 1:20:00 **Distance (A):** 12 kilometers **Calories:** 1173 calories **Workout Description:** 3*3000			**Race : Gemina Run** **Actual Time:** 0:25:42 **Distance (A):** 6.75 kilometers **Calories:** 560 calories **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 8 m/min Discesa media: 7 m/min CAL/FC: 1277

Actual: Swim: 50:00 / 2800 meters Other: 1:00:00 Bike: 2:26:00 / 65 km Run: 1:20:00 / 12 km Race: 25:42 / 6.75 km Total: 6:01:42

14/3	15/3	16/3	17/3	18/3	19/3	20/3
	Other : spinning **Actual Time:** 1:00:00 **Calories:** 500 calories **Workout Description:** + trazioni superiori 10 min	**Run : ripetute** **Actual Time:** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*400 **Post Activity Comments:** 1.20÷1.14 rec.30"	**Run : bavisela** **Actual Time:** 1:20:00 **Distance (A):** 13 kilometers **Calories:** 1173 calories **Workout Description:** 15*400 rec.200mt		**Bike : slovenia** **Actual Time:** 2:00:00 **Distance (A):** 54 kilometers **Calories:** 1912 calories **Workout Description:** divaca-matavun-pese **Run : farnetello** **Actual Time:** 0:15:00 **Distance (A):** 3 kilometers **Calories:** 220 calories **Workout Description:** doppio dopo bike	

Actual: Other: 1:00:00 Run: 2:25:00 / 26 km Bike: 2:00:00 / 54 km Total: 5:25:00

21/3	22/3	23/3	24/3	25/3	26/3	27/3
Swim : pull buoy **Actual Time:** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** scaletta 500÷200 senza+con	**Run : progressivo** **Actual Time:** 0:54:00 **Distance (A):** 13 kilometers **Calories:** 792 calories **Workout Description:** 4+4+4 rec.3' **Post Activity Comments:**	**Bike : costiera-paesi alti** **Actual Time:** 2:20:00 **Distance (A):** 65 kilometers **Calories:** 1983 calories	**Run : bavisela** **Actual Time:** 1:27:00 **Distance (A):** 13 kilometers **Calories:** 1276 calories **Workout Description:** 8*1000 rec.2'	**Swim : triathleti ripetute** **Actual Time:** 0:50:00 **Distance (A):** 2500 meters **Calories:** 583 calories **Workout Description:** 4*100+2*200+1*400+2*200+4*100		**Race : Maratonina di Ferrara** **Actual Time:** 1:14:24 **Distance (A):** 21.1 kilometers **Calories:** 1909 calories **Post Activity Comments:** 9° assoluto

	14.54-14.14-14.08					

Actual: Swim: 1:44:00 / 5300 meters Run: 2:21:00 / 26 km Bike: 2:20:00 / 65 km Race: 1:14:24 / 21.1 km Total: 7:39:24

28/3	29/3	30/3	31/3	1/4	2/4	3/4
Swim : pull buoy **Actual Time:** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200+200 senza/con	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories **Workout Description:** + trazioni superiori	**Bike : doppio 1/2 doppio 1** **Actual Time:** 0:28:03 **Distance (A):** 10 kilometers **Calories:** 803 calories **Workout Description:** su boschetto giù longera **Post Activity Comments:** Timex Global Trainer Evento Multi-Sport **Bike : doppio 1/2 doppio 3** **Actual Time:** 0:27:39 **Distance (A):** 10 kilometers **Calories:** 825 calories **Workout Description:** su boschetto giù longera **Post Activity Comments:** Timex Global Trainer Evento Multi-Sport **Bike : doppio 1/2 doppio 5** **Actual Time:** 0:23:16 **Distance (A):** 8.89 kilometers **Calories:** 525 calories **Workout Description:** su e giù boschetto **Run : doppio 1/2 doppio 4** **Actual Time:** 0:13:58 **Distance (A):** 2.71 kilometers **Calories:** 825 calories **Workout Description:** farnetello **Post Activity Comments:** Timex Global Trainer Evento Multi-Sport	**Run : bavisela** **Actual Time:** 1:01:00 **Distance (A):** 9 kilometers **Calories:** 895 calories **Workout Description:** rigenerante	**Bike : kozina** **Actual Time:** 1:51:00 **Distance (A):** 51.5 kilometers **Calories:** 1572 calories **Swim : triathleti** **Actual Time:** 0:47:00 **Distance (A):** 2100 meters **Calories:** 548 calories **Workout Description:** pacchetti ripetute in scia + respirazioni		**Race : Trofeo No Stop Viaggi** **Actual Time:** 0:43:36 **Distance (A):** 12.3 kilometers **Calories:** 999 calories **Workout Description:** 4° assoluto 1°M40 **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 10 m/min Discesa media: 10 m/min CAL/FC: 1373

		Run : doppio 1/2 doppio 2 **Actual Time:** 0:13:38 **Distance (A):** 2.77 kilometers **Calories:** 803 calories **Workout Description:** farnetello **Post Activity Comments:** Timex Global Trainer Evento Multi-Sport				

Actual: Swim: 1:41:00 / 4900 meters Other: 1:00:00 Bike: 3:09:58 / 80.39 km Run: 1:28:36 / 14.48 km Race: 43:36 / 12.3 km Total: 8:03:10

4/4	5/4	6/4	7/4	8/4	9/4	10/4
Swim : pull buoy **Actual Time:** 0:53:00 **Distance (A):** 2800 meters **Calories:** 618 calories **Workout Description:** scaletta 500÷200 senza/con	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories **Workout Description:** + trazioni superiori	**Bike : costiera** **Actual Time:** 1:20:00 **Distance (A):** 42.5 kilometers **Calories:** 1133 calories	**Run : ripetute + bavisela** **Actual Time:** 1:23:00 **Distance (A):** 15 kilometers **Calories:** 1217 calories **Workout Description:** 5*400 + 1 ora sciolta	**Swim : triathleti** **Actual Time:** 1:12:00 **Distance (A):** 3300 meters **Calories:** 840 calories **Workout Description:** tecnica + pacchetti ripetute (no scia)		**Race : Trofeo Altopiano** **Actual Time:** 0:29:55 **Distance (A):** 8.32 kilometers **Calories:** 449 calories **Workout Description:** 1° assoluto

Actual: Swim: 2:05:00 / 6100 meters Other: 1:00:00 Bike: 1:20:00 / 42.5 km Run: 1:23:00 / 15 km Race: 29:55 / 8.32 km Total: 6:17:55

11/4	12/4	13/4	14/4	15/4	16/4	17/4
Swim : pull buoy **Actual Time:** 0:52:00 **Distance (A):** 2900 meters **Calories:** 607 calories **Workout Description:** 7*200 senza/con + 4*25 apnea	**Other : spinning** **Actual Time:** 1:00:00 **Calories:** 500 calories **Workout Description:** + trazioni superiori	**Bike : Lauremiano** **Actual Time:** 3:13:17 **Distance (A):** 86.55 kilometers **Calories:** 4970 calories **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 10 m/min Discesa media: 13 m/min CAL/FC: 1500	**Run : bavisela** **Actual Time:** 1:30:00 **Distance (A):** 13 kilometers **Calories:** 1320 calories **Workout Description:** 3*3000			**Race : STRONGMAN RUN** **Actual Time:** 1:34:39 **Distance (A):** 19.6 kilometers **Calories:** 1420 calories

Actual: Swim: 52:00 / 2900 meters Other: 1:00:00 Bike: 3:13:17 / 86.55 km Run: 1:30:00 / 13 km Race: 1:34:39 / 19.6 km Total: 8:09:56

Andrea Marino : 4/18/2011 - 8/7/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18/4	19/4	20/4	21/4	22/4	23/4	24/4
	Bike : costiera **Actual Time:** 1:21:00 **Distance (A):** 41 kilometers **Calories:** 1148 calories	**Bike : slovenia** **Actual Time:** 1:58:00 **Distance (A):** 52 kilometers **Calories:** 1672 calories **Workout Description:** sciolto	**Run : bavisela** **Actual Time:** 1:25:00 **Distance (A):** 12 kilometers **Calories:** 1247 calories **Workout Description:** 5+3+1	**Swim : pull buoy** **Actual Time:** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** 7*200 senza/con	**Race : Duathlon di Sared** **Actual Time:** 1:00:32 **Distance (A):** 26.54 kilometers **Calories:** 908 calories **Workout Description:** 16° ass. 2° cat. **Post Activity Comments:** Timex Global Trainer Segmento Multi-Sport	
			Actual: Bike: 3:19:00 / 93 km	**Run: 1:25:00 / 12 km**	**Swim: 56:00 / 2800 meters**	**Race: 1:00:32 / 26.54 km** **Total: 6:40:32**
25/4	26/4	27/4	28/4	29/4	30/4	1/5
	Bike : san michele **Actual Time:** 3:53:00 **Distance (A):** 105 kilometers **Calories:** 3301 calories **Post Activity Comments:** ventoso (e freno anteriore!)	**Swim : ripetute** **Actual Time:** 1:12:00 **Distance (A):** 3000 meters **Calories:** 840 calories **Workout Description:** 2*250+5*100*10*50 rec resp	**Run : bavisela** **Actual Time:** 1:11:00 **Distance (A):** 12 kilometers **Calories:** 1041 calories **Workout Description:** progressivo + fartlek finale	**Swim : pull buoy** **Actual Time:** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** scaletta da 500 senza/con	**Race : 5000 in pista Gorizia** **Actual Time:** 0:16:07 **Distance (A):** 5 kilometers **Calories:** 242 calories **Workout Description:** 1° assoluto	**Race : Mujalonga** **Actual Time:** 0:26:46 **Distance (A):** 8.4 kilometers **Calories:** 401 calories **Workout Description:** 1° assoluto
			Actual: Bike: 3:53:00 / 105 km	**Swim: 2:08:00 / 5800 meters**	**Run: 1:11:00 / 12 km**	**Race: 42:53 / 13.4 km** **Total: 7:54:53**
2/5	3/5	4/5	5/5	6/5	7/5	8/5
Bike : dolenja vas **Actual Time:** 2:13:00 **Distance (A):** 60 kilometers **Calories:** 1884 calories	**Swim : tecnica** **Actual Time:** 0:30:00 **Distance (A):** 1000 meters **Calories:** 350 calories **Workout Description:** piscina Ancarano	**Bike : costiera** **Actual Time:** 1:45:00 **Distance (A):** 49 kilometers **Calories:** 1488 calories **Workout Description:** sciolto ricognizione	**Run : bavisela** **Actual Time:** 1:17:00 **Distance (A):** 10 kilometers **Calories:** 1129 calories **Workout Description:** jogging & allunghi + 4*400	**Swim : pull buoy** **Actual Time:** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200 senza/con		**Race : Bavisela** **Actual Time:** 1:13:00 **Distance (A):** 21.1 kilometers **Calories:** 1095 calories **Workout Description:** 7° assoluto
			Actual: Bike: 3:58:00 / 109 km	**Swim: 1:24:00 / 3800 meters**	**Run: 1:17:00 / 10 km**	**Race: 1:13:00 / 21.1 km** **Total: 7:52:00**
9/5	10/5	11/5	12/5	13/5	14/5	15/5

Bike : due san servolo **Actual Time:** 3:11:00 **Distance (A):** 78 kilometers **Calories:** 2706 calories		**Swim : ripetute** **Actual Time:** 1:06:00 **Distance (A):** 2800 meters **Calories:** 770 calories **Workout Description:** 5*100+4*100+6*50+4*50 recupero pacchetto	**Swim : tecnica** **Actual Time:** 0:20:00 **Distance (A):** 800 meters **Calories:** 233 calories **Workout Description:** piscina Ancarano	**Bike : slovenia** **Actual Time:** 1:46:00 **Distance (A):** 52 kilometers **Calories:** 1502 calories **Run : doppio dopo bike** **Actual Time:** 0:50:00 **Distance (A):** 9 kilometers **Calories:** 733 calories **Workout Description:** boschetto		**Race : Trofeo Principe** **Actual Time:** 0:28:09 **Distance (A):** 8.3 kilometers **Calories:** 422 calories **Workout Description:** 5° assoluto **Post Activity Comments:** influenzato
			Actual: Bike: 4:57:00 / 130 km	**Swim: 1:26:00 / 3600 meters**	**Run: 50:00 / 9 km**	**Race: 28:09 / 8.3 km** **Total: 7:41:09**
16/5	17/5	18/5	19/5	20/5	21/5	22/5
	Run : jogging **Actual Time:** 0:48:00 **Distance (A):** 11 kilometers **Calories:** 704 calories **Workout Description:** circuito basovizza	**Bike : costiera bar bianco** **Actual Time:** 1:43:00 **Distance (A):** 47 kilometers **Calories:** 1459 calories	**Swim : pull buoy** **Actual Time:** 0:56:00 **Distance (A):** 3000 meters **Calories:** 653 calories **Workout Description:** 15*100 senza/con			**Race : Ironman 70.3 St.Polten** **Actual Time:** 4:55:08 **Distance (A):** 113 kilometers **Calories:** 4427 calories **Post Activity Comments:** 213° 26° cat
			Actual: Run: 48:00 / 11 km	**Bike: 1:43:00 / 47 km**	**Swim: 56:00 / 3000 meters**	**Race: 4:55:08 / 113 km** **Total: 8:22:08**
23/5	24/5	25/5	26/5	27/5	28/5	29/5
			Swim : pull buoy **Actual Time:** 1:01:00 **Distance (A):** 3100 meters **Calories:** 712 calories **Workout Description:** scaletta senza/con			**Race : Worthersee Triathlon 2575** **Actual Time:** 1:01:16 **Calories:** 919 calories **Workout Description:** 26° ass. 1° M40

				Bike : ripetute salita boschetto **Actual Time:** 1:14:00 **Distance (A):** 31 kilometers **Calories:** 1048 calories **Workout Description:** 4x **Post Activity Comments:** 9.59 best **Race : Cronoscalata dei Giganti** **Actual Time:** 0:05:35 **Distance (A):** 1 kilometers **Calories:** 84 calories **Workout Description:** 7° assoluto		

Actual: Swim: 1:01:00 / 3100 meters Bike: 1:14:00 / 31 km Race: 1:06:51 / 1 km Total: 3:21:51

30/5	31/5	1/6	2/6	3/6	4/6	5/6
Swim : pull buoy **Actual Time:** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200 senza/con	**Run : jogging** **Actual Time:** 0:48:00 **Distance (A):** 9 kilometers **Calories:** 704 calories **Workout Description:** boschetto	**Bike : costiera paesini** **Actual Time:** 2:04:00 **Distance (A):** 54 kilometers **Calories:** 1757 calories	**Race : Napoleonica** **Actual Time:** 0:28:01 **Distance (A):** 7.8 kilometers **Calories:** 420 calories **Workout Description:** 3° assoluto		**Swim : mare** **Actual Time:** 0:30:00 **Distance (A):** 1600 meters **Calories:** 350 calories **Workout Description:** la sciumarra **Post Activity Comments:** in ferie	**Run : jogging** **Actual Time:** 0:44:00 **Distance (A):** 9 kilometers **Calories:** 645 calories **Workout Description:** palau÷punta sardegna **Post Activity Comments:** in ferie

Actual: Swim: 1:24:00 / 4400 meters Run: 1:32:00 / 18 km Bike: 2:04:00 / 54 km Race: 28:01 / 7.8 km Total: 5:28:01

6/6	7/6	8/6	9/6	10/6	11/6	12/6
	Run : jogging **Actual Time:** 0:58:00 **Distance (A):** 12 kilometers **Calories:** 851 calories **Workout Description:** palau÷capo d'orso **Post Activity Comments:** in ferie	**Swim : mare** **Actual Time:** 0:30:00 **Distance (A):** 1600 meters **Calories:** 350 calories **Workout Description:** la sciumarra **Post Activity Comments:** in ferie			**Bike : slope** **Actual Time:** 2:04:00 **Distance (A):** 54 kilometers **Calories:** 1757 calories **Workout Description:** blando rientro da ferie	**Race : Gorizia Triathlon Sprint** **Actual Time:** 1:13:00 **Distance (A):** 25.75 kilometers **Calories:** 1095 calories **Workout Description:** 21°

Actual: Run: 58:00 / 12 km Swim: 30:00 / 1600 meters Bike: 2:04:00 / 54 km Race: 1:13:00 / 25.75 km Total: 4:45:00

13/6	14/6	15/6	16/6	17/6	18/6	19/6
Swim : misto **Actual Time:** 1:07:00 **Distance (A):** 3000 meters **Calories:** 782 calories **Workout Description:** 5*200 senza/con + 2*5*50 ogni 60" + resp.	**Run : progressivo basovizza** **Actual Time:** 1:12:00 **Distance (A):** 17 kilometers **Calories:** 1056 calories **Workout Description:** 5+5+5 rec.3' **Post Activity Comments:** 19.40, 18.27, 18.08	**Bike : slovenia** **Actual Time:** 2:05:00 **Distance (A):** 52 kilometers **Calories:** 1771 calories	**Swim : pull buoy** **Actual Time:** 1:02:00 **Distance (A):** 3000 meters **Calories:** 723 calories **Workout Description:** 15*100 senza/con		**Race : Triathlon di Bardolino** **Actual Time:** 2:14:19 **Distance (A):** 51.5 kilometers **Calories:** 2015 calories **Workout Description:** 99°	

Actual: Swim: 2:09:00 / 6000 meters Run: 1:12:00 / 17 km Bike: 2:05:00 / 52 km Race: 2:14:19 / 51.5 km Total: 7:40:19

20/6	21/6	22/6	23/6	24/6	25/6	26/6
Swim : misto **Actual Time:** 1:02:00 **Distance (A):** 3000 meters **Calories:** 723 calories **Workout Description:** 5*200 senza/con + 2*5*50 ogni 60" + resp	**Bike : slovenia** **Actual Time:** 2:34:00 **Distance (A):** 63 kilometers **Calories:** 2182 calories **Workout Description:** skocjan-slope	**Race : Carsolina** **Actual Time:** 0:25:43 **Distance (A):** 7 kilometers **Calories:** 23145 calories **Workout Description:** 2° assoluto	**Swim : pull buoy** **Actual Time:** 1:01:00 **Distance (A):** 3000 meters **Calories:** 712 calories **Workout Description:** 15*100 senza/con			

Actual: Swim: 2:03:00 / 6000 meters Bike: 2:34:00 / 63 km Race: 25:43 / 7 km Total: 5:02:43

27/6	28/6	29/6	30/6	1/7	2/7	3/7
		Run : ripetute (bosco) **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** 8*400 **Post Activity Comments:** 1.18/20 > 1.13/17 <	**Swim : misto** **Actual Time:** 1:01:00 **Distance (A):** 3000 meters **Calories:** 712 calories **Workout Description:** 5*200 senza/con + 2*5*50 + resp.	**Bike : slovenia** **Actual Time:** 2:01:00 **Distance (A):** 56 kilometers **Calories:** 1714 calories	**Swim : pull buoy** **Actual Time:** 0:43:00 **Distance (A):** 2200 meters **Calories:** 502 calories **Workout Description:** 11*100 senza/con	**Race : C.I. Triathlon O. - Tarzo** **Actual Time:** 2:16:56 **Distance (A):** 51.5 kilometers **Calories:** 2054 calories **Workout Description:** 117° ass. 22° cat.

Actual: Run: 45:00 / 9 km Swim: 1:44:00 / 5200 meters Bike: 2:01:00 / 56 km Race: 2:16:56 / 51.5 km Total: 6:46:56

4/7	5/7	6/7	7/7	8/7	9/7	10/7
Swim : misto **Actual Time:** 0:45:00 **Distance (A):**	**Bike : costiera** **Actual Time:** 1:31:00 **Distance (A):**	**Run : jogging boschetto** **Actual Time:** 0:45:00 **Distance (A):**	**Swim : misto** **Actual Time:** 0:52:00 **Distance (A):**	**Bike : slovenia** **Actual Time:** 1:48:00 **Distance (A):**		**Race : Giro di Roiano** **Actual Time:** 0:20:51 **Distance (A):**

2000 meters **Calories:** 525 calories **Post Activity Comments:** mal di schiena	47 kilometers **Calories:** 1289 calories	9 kilometers **Calories:** 660 calories	2500 meters **Calories:** 607 calories **Workout Description:** 10*100 senza/con + 5*50 + resp.	52 kilometers **Calories:** 1530 calories **Post Activity Comments:** test scarpe nuove gara		6 kilometers **Calories:** 313 calories **Workout Description:** 1° ass.

Actual: Swim: 1:37:00 / 4500 meters Bike: 3:19:00 / 99 km Run: 45:00 / 9 km Race: 20:51 / 6 km Total: 6:01:51

11/7	12/7	13/7	14/7	15/7	16/7	17/7
Swim : ripetute **Actual Time:** 1:06:00 **Distance (A):** 2800 meters **Calories:** 770 calories **Workout Description:** 5*100+4*100+6*50+4*50 blocchi recupero a scendere	**Bike : san servolo** **Actual Time:** 1:54:00 **Distance (A):** 48 kilometers **Calories:** 1615 calories	**Run : ripetute (bosco)** **Actual Time:** 0:46:00 **Distance (A):** 9 kilometers **Calories:** 675 calories **Workout Description:** 8*400 **Post Activity Comments:** 1.21/17> 1.16/13<	**Swim : pull buoy** **Actual Time:** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 14*100 senza/con		**Race : Goesselsdorf Volkstriathlon** **Actual Time:** 1:29:28 **Distance (A):** 39.2 kilometers **Calories:** 1342 calories **Workout Description:** 25° ass. 5° M40	

Actual: Swim: 2:00:00 / 5600 meters Bike: 1:54:00 / 48 km Run: 46:00 / 9 km Race: 1:29:28 / 39.2 km Total: 6:09:28

18/7	19/7	20/7	21/7	22/7	23/7	24/7
Bike : costiera **Actual Time:** 1:39:00 **Distance (A):** 47 kilometers **Calories:** 1402 calories	**Swim : ripetute** **Actual Time:** 0:49:00 **Distance (A):** 2000 meters **Calories:** 572 calories **Workout Description:** 3*(200+4*100)		**Swim : pull buoy** **Actual Time:** 0:41:00 **Distance (A):** 2000 meters **Calories:** 478 calories **Workout Description:** 10*100 senza/con	**Race : Giro di S.Giacomo** **Actual Time:** 0:17:03 **Distance (A):** 5 kilometers **Calories:** 257 calories **Workout Description:** 1° assoluto		**Race : Triathlon Sprint di Udine** **Actual Time:** 1:10:20 **Distance (A):** 25.75 kilometers **Calories:** 1070 calories **Workout Description:** 17° ass. 3°M1

Actual: Bike: 1:39:00 / 47 km Swim: 1:30:00 / 4000 meters Race: 1:27:23 / 30.75 km Total: 4:36:23

25/7	26/7	27/7	28/7	29/7	30/7	31/7
	Bike : strada del Friuli **Actual Time:** 1:27:00 **Distance (A):** 38 kilometers **Calories:** 1232 calories	**Run : ripetute** **Actual Time:** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*400	**Swim : pull buoy** **Actual Time:** 0:58:00 **Distance (A):** 2800 meters **Calories:** 677 calories **Workout Description:** 7*200 senza/con	**Bike : slope** **Actual Time:** 1:57:00 **Distance (A):** 54 kilometers **Calories:** 1658 calories		**Race : Triathlon Sprint di Lovadina** **Actual Time:** 1:09:32 **Distance (A):** 25.75 kilometers **Calories:** 1043 calories **Workout Description:**

						8° ass. 2°M1

Actual: Bike: 3:24:00 / 92 km Run: 52:00 / 10 km Swim: 58:00 / 2800 meters Race: 1:09:32 / 25.75 km Total: 6:23:32

1/8	2/8	3/8	4/8	5/8	6/8	7/8
Swim : ripetute **Actual Time:** 0:50:00 **Distance (A):** 2000 meters **Calories:** 583 calories **Workout Description:** 3*(4*100+200misti rec)		**Run : ripetute (bosco)** **Actual Time:** 0:46:00 **Distance (A):** 9 kilometers **Calories:** 675 calories **Workout Description:** 8*400 **Post Activity Comments:** 1.19/16> 1.16/14<	**Swim : pull buoy** **Actual Time:** 1:01:00 **Distance (A):** 3000 meters **Calories:** 712 calories **Workout Description:** 15*100 senza/con	**Bike : Slovenia** **Actual Time:** 1:49:00 **Distance (A):** 48 kilometers **Calories:** 1544 calories	**Race : Ferlach Volkstriathlon** **Actual Time:** 1:10:01 **Distance (A):** 30.45 kilometers **Calories:** 1050 calories **Workout Description:** 15° ass. 1° M40	

Actual: Swim: 1:51:00 / 5000 meters Run: 46:00 / 9 km Bike: 1:49:00 / 48 km Race: 1:10:01 / 30.45 km Total: 5:36:01

Andrea Marino : 8/8/2011 - 11/27/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/8	9/8	10/8	11/8	12/8	13/8	14/8
Swim : ripetute p.b. **Actual Time:** 0:48:00 **Distance (A):** 2000 meters **Calories:** 560 calories **Workout Description:** 5*(200 senza/con + 4*50)	**Bike : san servolo** **Actual Time:** 1:50:00 **Distance (A):** 48 kilometers **Calories:** 1558 calories	**Run : progressivo (bosco)** **Actual Time:** 1:07:00 **Distance (A):** 16 kilometers **Calories:** 983 calories **Workout Description:** 5+5+5 rec. 3' **Post Activity Comments:** 19.37,19.16,18.35	**Swim : pull buoy** **Actual Time:** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** 7*200 senza+con	**Bike : ripetute (boschetto)** **Actual Time:** 1:26:00 **Distance (A):** 37 kilometers **Calories:** 1218 calories **Workout Description:** 5x **Post Activity Comments:** 9'55 best		
			Actual: Swim: 1:44:00 / 4800 meters	**Bike: 3:16:00 / 85 km**	**Run: 1:07:00 / 16 km**	**Total: 6:07:00**
15/8	16/8	17/8	18/8	19/8	20/8	21/8
	Bike : paesetti - costiera **Actual Time:** 2:05:00 **Distance (A):** 61 kilometers **Calories:** 1771 calories	**Run : ripetute** **Actual Time:** 1:02:00 **Distance (A):** 12 kilometers **Calories:** 909 calories **Workout Description:** 16x400 rec.30" **Post Activity Comments:** 1.19	**Swim : pull buoy** **Actual Time:** 1:00:00 **Distance (A):** 3000 meters **Calories:** 700 calories **Workout Description:** 15*100 senza/con	**Bike : San Servolo** **Actual Time:** 1:51:00 **Distance (A):** 48 kilometers **Calories:** 1572 calories	**Bike : provinciale paesetti** **Actual Time:** 2:45:00 **Distance (A):** 74 kilometers **Calories:** 2338 calories **Workout Description:** 1/2 doppio **Run : boschetto** **Actual Time:** 0:50:00 **Distance (A):** 9 kilometers **Calories:** 733 calories **Workout Description:** 2/2 doppio	
			Actual: Bike: 6:41:00 / 183 km	**Run: 1:52:00 / 21 km**	**Swim: 1:00:00 / 3000 meters**	**Total: 9:33:00**
22/8	23/8	24/8	25/8	26/8	27/8	28/8
Swim : ripetute **Actual Time:** 1:00:00 **Distance (A):** 2500 meters **Calories:** 700 calories **Workout Description:** 5*5*50, 250 resp. rec.	**Bike : slovenia** **Actual Time:** 2:14:00 **Distance (A):** 60 kilometers **Calories:** 1898 calories	**Run : progressivo (bosco)** **Actual Time:** 1:09:00 **Distance (A):** 16 kilometers **Calories:** 1012 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 20 - 19'37 - 18'42		**Bike : Lokev** **Actual Time:** 1:30:00 **Distance (A):** 37 kilometers **Calories:** 1275 calories **Race : 1000 mt Festatletica** **Actual Time:** 0:02:49 **Distance (A):** 1 kilometers		**Race : Triathlon Sprint Trieste** **Actual Time:** 1:06:12 **Distance (A):** 25.75 kilometers **Calories:** 993 calories **Workout Description:** 18° **Post Activity Comments:** caduta in corsa(!)

				Calories: 42 calories **Post Activity Comments:** 9° ass 2°M40		

Actual: Swim: 1:00:00 / 2500 meters Bike: 3:44:00 / 97 km Run: 1:09:00 / 16 km Race: 1:09:01 / 26.75 km Total: 7:02:01

29/8	30/8	31/8	1/9	2/9	3/9	4/9
	Bike : provinciale - costiera **Actual Time:** 1:52:00 **Distance (A):** 56 kilometers **Calories:** 1587 calories	**Run : ripetute (bosco)** **Actual Time:** 1:00:00 **Distance (A):** 12 kilometers **Calories:** 880 calories **Workout Description:** 16*400 **Post Activity Comments:** >1.23-1.28 <1.18-1.25	**Swim : mare (barcola)** **Actual Time:** 0:36:00 **Distance (A):** 2000 meters **Calories:** 420 calories			**Race : Ironitaly Castiglion della Pescaia** **Actual Time:** 4:47:40 **Distance (A):** 112.9 kilometers **Calories:** 4315 calories **Workout Description:** 26° ass. 4° M1

Actual: Bike: 1:52:00 / 56 km Run: 1:00:00 / 12 km Swim: 36:00 / 2000 meters Race: 4:47:40 / 112.9 km Total: 8:15:40

5/9	6/9	7/9	8/9	9/9	10/9	11/9

No workouts this week

12/9	13/9	14/9	15/9	16/9	17/9	18/9
Bike : slovenia (kozina) **Actual Time:** 1:43:00 **Distance (A):** 46 kilometers **Calories:** 1459 calories	**Run : medio (bosco)** **Actual Time:** 0:48:00 **Distance (A):** 11 kilometers **Calories:** 704 calories **Post Activity Comments:** malamente, secondo 5000 18.52	**Swim : ankaran** **Actual Time:** 0:15:00 **Distance (A):** 800 meters **Calories:** 175 calories	**Run : ripetute** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** 4*400 recupero attivo 400 **Post Activity Comments:** 1.18	**Race : Lignano EMG - Triathlon Sprint** **Actual Time:** 1:06:14 **Distance (A):** 25.75 kilometers **Calories:** 994 calories **Workout Description:** Medaglia di bronzo - 7° ass.		**Race : Muggia ÷ Koper** **Actual Time:** 1:21:06 **Distance (A):** 21.1 kilometers **Calories:** 1217 calories **Workout Description:** 8° assoluto

Actual: Bike: 1:43:00 / 46 km Run: 1:33:00 / 20 km Swim: 15:00 / 800 meters Race: 2:27:20 / 46.85 km Total: 5:58:20

19/9	20/9	21/9	22/9	23/9	24/9	25/9
	Run : jogging **Actual Time:** 0:22:00 **Distance (A):** 5 kilometers **Calories:** 323 calories **Post Activity Comments:** male, interrotto!		**Run : progressivo (bosco)** **Actual Time:** 1:11:00 **Distance (A):** 16 kilometers **Calories:** 1041 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 21.12,19.13,18.07			**Race : Maratonina di Udine** **Actual Time:** 1:17:00 **Distance (A):** 21.1 kilometers **Calories:** 1155 calories **Workout Description:** 47° ass. 3° cat.

Actual: Run: 1:33:00 / 21 km Race: 1:17:00 / 21.1 km Total: 2:50:00

26/9	27/9	28/9	29/9	30/9	1/10	2/10
Bike : costiera **Actual Time:** 1:32:00 **Distance (A):** 43 kilometers **Calories:** 1303 calories		**Run : lungo lento** **Actual Time:** 2:14:00 **Distance (A):** 24 kilometers **Calories:** 1965 calories **Workout Description:** boschetto cattinara ciclabile fin draga	**MTB : boschetto cattinara ciclabile fin draga** **Actual Time:** 1:19:02 **Distance (A):** 23.39 kilometers **Calories:** 1566 calories **Workout Description:** giorno prima **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 13 m/min Discesa media: 17 m/min CAL/FC: 1188	**Run : ripetute (bosco)** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 536 calories **Workout Description:** 4*400 rec. 400 **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:03:45 Salita media: 5 m/min Discesa media: 7 m/min CAL/FC: 772		**Race : Maratonina del Carso** **Actual Time:** 1:18:40 **Distance (A):** 21.1 kilometers **Calories:** 1180 calories **Workout Description:** 11° ass. 3°M40

Actual: Bike: 1:32:00 / 43 km Run: 2:59:00 / 33 km MTB: 1:19:02 / 23.39 km Race: 1:18:40 / 21.1 km Total: 7:08:42

3/10	4/10	5/10	6/10	7/10	8/10	9/10
Bike : costiera **Actual Time:** 1:27:00 **Distance (A):** 43 kilometers **Calories:** 1232 calories	**Run : progressivo (bosco)** **Actual Time:** 1:11:36 **Distance (A):** 16 kilometers **Calories:** 1071 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 20.44-20.20-18.50 Salita media: 7 m/min Discesa media: 6 m/min CAL/FC: 897	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto		**Swim : Ancarano** **Actual Time:** 0:10:00 **Distance (A):** 400 meters **Calories:** 117 calories	**Run : lungo** **Actual Time:** 2:30:00 **Distance (A):** 34 kilometers **Calories:** 2604 calories **Workout Description:** casa + 2 (roiano - miramare) **Post Activity Comments:** 31.86 Tempo stop: 04:18:29 Salita media: 7 m/min Discesa media: 7 m/min CAL/FC: 1029	

Actual: Bike: 1:27:00 / 43 km Run: 4:26:35 / 59 km Swim: 10:00 / 400 meters Total: 6:03:36

10/10	11/10	12/10	13/10	14/10	15/10	16/10
Run : jogging **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories	**Bike : costiera** **Actual Time:** 1:26:00 **Distance (A):** 43 kilometers **Calories:** 1218 calories	**Run : ripetute** **Actual Time:** 1:13:00 **Distance (A):** 14 kilometers **Calories:** 1071 calories **Workout Description:** 20*400 **Post Activity Comments:** 1.18 (1.20-1.13)	**Run : jogging** **Actual Time:** 0:30:00 **Distance (A):** 6 kilometers **Calories:** 440 calories **Workout Description:** via verga		**Other : rulli** **Actual Time:** 0:45:00 **Calories:** 375 calories **Workout Description:** agile	**Race : Su e Zo Pei Clanz** **Actual Time:** 0:32:34 **Distance (A):** 9.3 kilometers **Calories:** 489 calories **Workout Description:** 2° ass. 1°M40

Actual: Run: 2:28:00 / 29 km Bike: 1:26:00 / 43 km Other: 45:00 Race: 32:34 / 9.3 km Total: 5:11:34

17/10	18/10	19/10	20/10	21/10	22/10	23/10
Swim : pull buoy **Actual Time:** 0:47:00 **Distance (A):** 2200 meters **Calories:** 548 calories **Workout Description:** 5*200 senza/con (+ tecnica)	**Bike : costiera** **Actual Time:** 1:26:00 **Distance (A):** 43 kilometers **Calories:** 1218 calories				**Run : jogging** **Actual Time:** 0:58:00 **Distance (A):** 12 kilometers **Calories:** 865 calories **Workout Description:** casa - Burlo **Post Activity Comments:** 11.59 0:58:32 Salita media: 11 m/min Discesa media: 15 m/min CAL/FC: 886	**Race : Trofeo Generali** **Actual Time:** 0:30:09 **Distance (A):** 8 kilometers **Calories:** 452 calories **Workout Description:** 2° ass. 1°M40

Actual: Swim: 47:00 / 2200 meters Bike: 1:26:00 / 43 km Run: 58:00 / 12 km Race: 30:09 / 8 km Total: 3:41:09

24/10	25/10	26/10	27/10	28/10	29/10	30/10
Swim : pull buoy **Actual Time:** 0:51:00 **Distance (A):** 2500 meters **Calories:** 595 calories **Workout Description:** scaletta senza/con 500-400-300 + def.	**Run : progressivo** **Actual Time:** 1:02:00 **Distance (A):** 16 kilometers **Calories:** 909 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 18.45-18.20-17.50	**Other : rulli** **Actual Time:** 0:45:00 **Calories:** 375 calories **Workout Description:** agile+3'cresc. ogni 10	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Run : lungo** **Actual Time:** 2:35:39 **Distance (A):** 35.27 kilometers **Calories:** 2911 calories **Workout Description:** da casa in costiera **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 11 m/min Discesa media: 8 m/min CAL/FC: 1122		**MTB : sella longera** **Actual Time:** 1:13:00 **Distance (A):** 21 kilometers **Calories:** 827 calories

Actual: Swim: 51:00 / 2500 meters Run: 4:22:39 / 60.27 km Other: 45:00 MTB: 1:13:00 / 21 km Total: 7:11:39

31/10	1/11	2/11	3/11	4/11	5/11	6/11
Swim : pull buoy **Actual Time:** 0:54:00	**Run : jogging** **Actual Time:** 0:45:00	**Run : ritmi maratona** **Actual Time:** 1:13:00				**Race : Romans d'Isonzo** **Actual Time:** 0:35:12

Distance (A): 2500 meters **Calories:** 630 calories **Workout Description:** 6*200 senza/con + def.	**Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Distance (A):** 17 kilometers **Calories:** 1071 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 18.46-18.31-18.35				**Distance (A):** 10 kilometers **Calories:** 528 calories **Workout Description:** 5° ass - 1° M40

Actual: Swim: 54:00 / 2500 meters Run: 1:58:00 / 26 km Race: 35:12 / 10 km Total: 3:27:12

7/11	8/11	9/11	10/11	11/11	12/11	13/11
Swim : pull buoy **Actual Time:** 0:49:00 **Distance (A):** 2500 meters **Calories:** 572 calories **Workout Description:** 500+400+300 senza/con + resp.	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Run : ritmi maratona** **Actual Time:** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*400 **Post Activity Comments:** 1.30-1.27			**Run : jogging** **Actual Time:** 0:40:00 **Distance (A):** 7 kilometers **Calories:** 587 calories **Workout Description:** parco del Valentino	**Race : Maratona di Torino** **Actual Time:** 3:16:26 **Distance (A):** 41.95 kilometers **Calories:** 3935 calories **Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 9 m/min Discesa media: 10 m/min CAL/FC: 1199

Actual: Swim: 49:00 / 2500 meters Run: 2:15:00 / 26 km Race: 3:16:26 / 41.95 km Total: 6:20:26

14/11	15/11	16/11	17/11	18/11	19/11	20/11
	Swim : pull buoy **Actual Time:** 0:52:00 **Distance (A):** 2500 meters **Calories:** 607 calories **Workout Description:** 6*200 senza/con + resp.	**Other : rulli** **Actual Time:** 0:45:00 **Calories:** 375 calories		**Swim : rieptute** **Actual Time:** 0:52:00 **Distance (A):** 2300 meters **Calories:** 607 calories **Workout Description:** 3*5*50 rec. resp. + def.		**Other : rulli** **Actual Time:** 0:45:00 **Calories:** 375 calories

Actual: Swim: 1:44:00 / 4800 meters Other: 1:30:00 Total: 3:14:00

21/11	22/11	23/11	24/11	25/11	26/11	27/11
Swim : ripetute **Actual Time:** 1:01:00 **Distance (A):** 2800 meters **Calories:** 712 calories **Workout Description:**	**Run : jogging** **Actual Time:** 0:45:07 **Distance (A):** 9.3 kilometers **Calories:** 782 calories **Workout Description:** boschetto (sentiero)	**Other : rullli** **Actual Time:** 1:10:00 **Calories:** 583 calories	**Run : ripetute** **Actual Time:** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*400	**Swim : pull buoy** **Actual Time:** 1:02:00 **Distance (A):** 3000 meters **Calories:** 723 calories **Workout Description:**		**Race : Cronotraversata del Maestro** **Actual Time:** 0:09:55 **Distance (A):** 2 kilometers **Calories:** 149 calories

500+5*100 400+4*100 300+6*50 200+4*50	**Post Activity Comments:** Timex Global Trainer Tempo stop: 00:00:00 Salita media: 19 m/min Discesa media: 15 m/min CAL/FC: 1040		**Post Activity Comments:** 1.20 (1.13)	scaletta a salire senza/con 200÷500 +def		

Actual: Swim: 2:03:00 / 5800 meters Run: 1:35:07 / 19.3 km Other: 1:10:00 Race: 09:55 / 2 km Total: 4:58:02

Andrea Marino : 11/28/2011 - 1/1/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28/11	29/11	30/11	1/12	2/12	3/12	4/12
Swim : ripetute **Actual Time:** 1:03:00 **Distance (A):** 2800 meters **Calories:** 735 calories **Workout Description:** 3*5*100 rec. resp + def.	**Bike : costiera** **Actual Time:** 1:26:00 **Distance (A):** 43 kilometers **Calories:** 1218 calories	**Run : progressivo** **Actual Time:** 1:08:00 **Distance (A):** 16 kilometers **Calories:** 997 calories **Workout Description:** 5+5+5 **Post Activity Comments:** 19.54-19.24-19.18		**Swim : pull buoy** **Actual Time:** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** 7*200 senza/con	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	

Actual: Swim: 1:58:00 / 5600 meters Bike: 1:26:00 / 43 km Run: 1:53:00 / 25 km Total: 5:17:00

5/12	6/12	7/12	8/12	9/12	10/12	11/12
Swim : ripetute **Actual Time:** 1:05:00 **Distance (A):** 2800 meters **Calories:** 758 calories **Workout Description:** 500+5*100+400+4*100+300+6*50+200+4*50	**Run : ripetute** **Actual Time:** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*400 **Post Activity Comments:** 1.16	**Other : rulli** **Actual Time:** 0:45:00 **Calories:** 375 calories	**Race : Maratonina di Buja** **Actual Time:** 1:15:56 **Distance (A):** 19.3 kilometers **Calories:** 1139 calories **Workout Description:** 9°assoluto	**Swim : pull buoy** **Actual Time:** 0:57:00 **Distance (A):** 2800 meters **Calories:** 665 calories **Workout Description:** scaletta da 500 a scendere		

Actual: Swim: 2:02:00 / 5600 meters Run: 52:00 / 10 km Other: 45:00 Race: 1:15:56 / 19.3 km Total: 4:54:56

12/12	13/12	14/12	15/12	16/12	17/12	18/12
Swim : ripetute **Actual Time:** 1:05:00 **Distance (A):** 2800 meters **Calories:** 758 calories **Workout Description:** 3*5*100 rec. resp.	**Run : progressivo** **Actual Time:** 1:08:00 **Distance (A):** 16 kilometers **Calories:** 997 calories **Workout Description:** 5+5+5	**Other : rulli** **Actual Time:** 0:25:00 **Calories:** 208 calories	**Run : jogging** **Actual Time:** 0:32:00 **Distance (A):** 6 kilometers **Calories:** 469 calories **Workout Description:** san giovanni	**Swim : pull buoy** **Actual Time:** 0:48:00 **Distance (A):** 2400 meters **Calories:** 560 calories **Workout Description:** 6*200 senza/con	**Race : 24x1 ora Telethon** **Actual Time:** 1:00:00 **Distance (A):** 16.74 kilometers **Calories:** 900 calories **Workout Description:** 17 giri circa un'ora **Post Activity Comments:** 4i assoluti	**Race : CSI S.Pietro al Natisone** **Actual Time:** 0:16:31 **Distance (A):** 4.2 kilometers **Calories:** 248 calories **Post Activity Comments:** 6° cat.

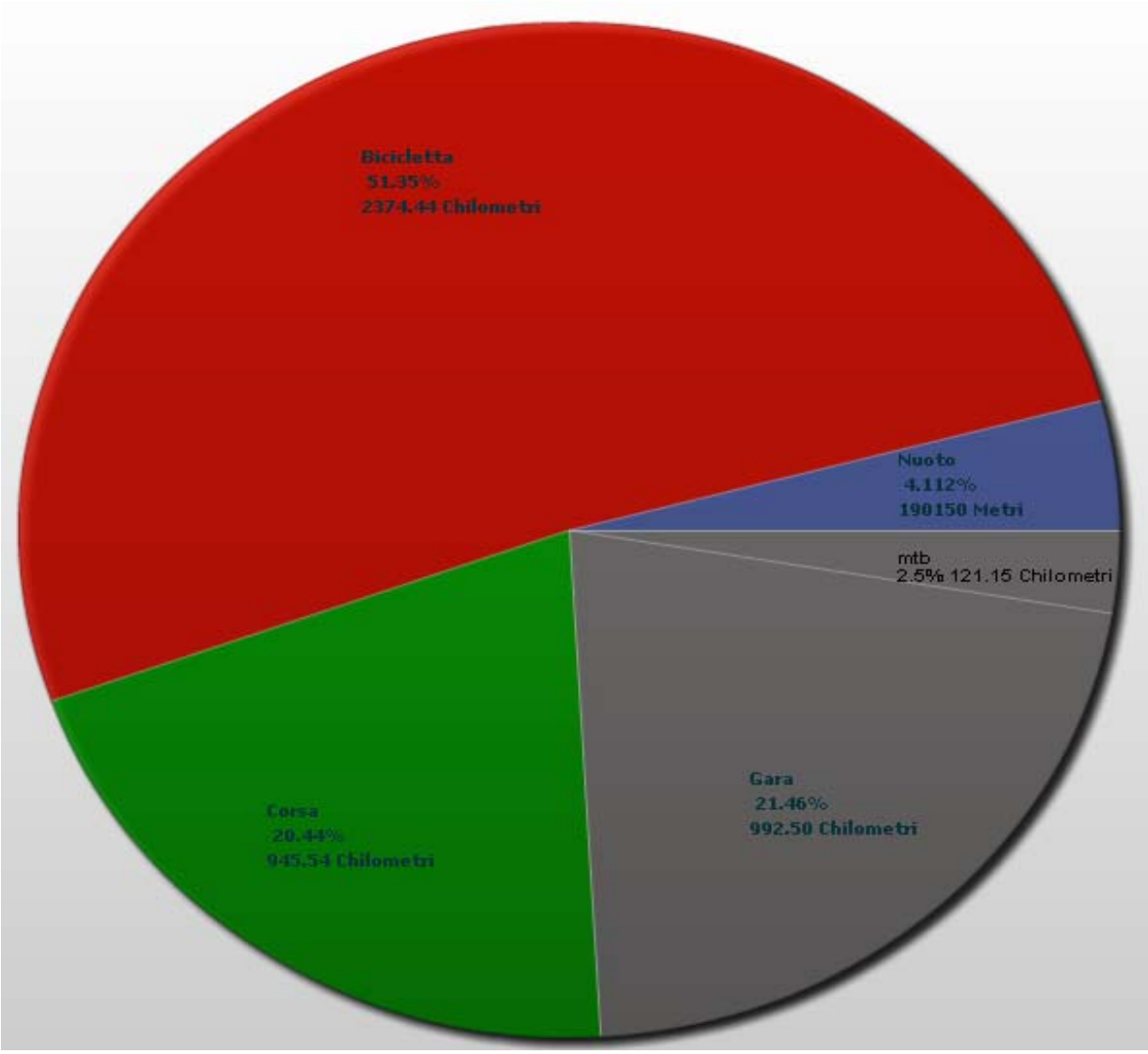
Actual: Swim: 1:53:00 / 5200 meters Run: 1:40:00 / 22 km Other: 25:00 Race: 1:16:31 / 20.94 km Total: 5:14:31

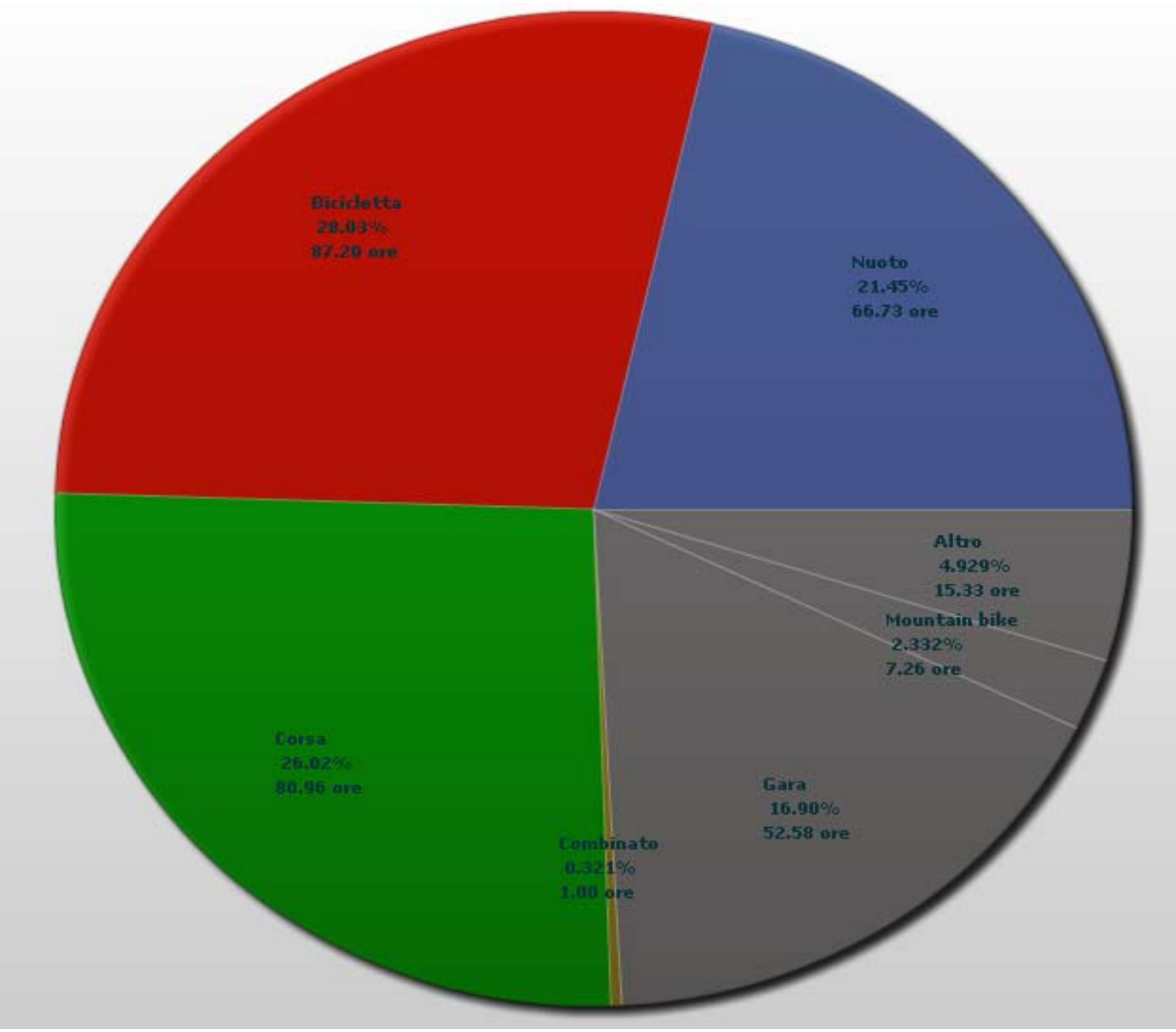
19/12	20/12	21/12	22/12	23/12	24/12	25/12

Swim : ripetute **Actual Time:** 1:05:00 **Distance (A):** 2800 meters **Calories:** 758 calories **Workout Description:** 5*100+4*100*6*50+4*50	**Run : ripetute** **Actual Time:** 0:56:00 **Distance (A):** 12 kilometers **Calories:** 821 calories **Workout Description:** 10*300+100 rec. **Post Activity Comments:** 55	**MTB : boschetto fine ciclabile** **Actual Time:** 2:20:29 **Distance (A):** 35.78 kilometers **Calories:** 1592 calories	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : pull buoy** **Actual Time:** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** scaletta da 500÷200 senza/con		
			Actual: Swim: 2:00:00 / 5600 meters	**Run: 1:41:00 / 21 km**	**MTB: 2:20:29 / 35.78 km**	**Total: 6:01:29**

26/12	27/12	28/12	29/12	30/12	31/12	1/1
Run : riscaldamento-defaticamento **Actual Time:** 0:45:00 **Distance (A):** 8 kilometers **Calories:** 660 calories **Race : Corrida di Farra** **Actual Time:** 0:25:20 **Distance (A):** 7.4 kilometers **Calories:** 380 calories **Workout Description:** 6°	**Run : jogging** **Actual Time:** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto		**Run : ritmi** **Actual Time:** 0:58:00 **Distance (A):** 13 kilometers **Calories:** 851 calories **Workout Description:** 4*3000 **Post Activity Comments:** 11.08	**Swim : pull buoy** **Actual Time:** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** 7*200 senza/con		
			Actual: Run: 2:28:00 / 30 km	**Race: 25:20 / 7.4 km**	**Swim: 56:00 / 2800 meters**	**Total: 3:49:20**

GARE TOTALI	48		
TRIATHLON	13	1 duathlon	
		8 sprint	
		2 olimpico	
		2 70.3	
		km tot. approx.	(s)13+(b)440+(r)110
CORSA	35	6 cross	
		2 pista	
		2 cronoscalata	
		13 strada/miste	
		1 ora staffetta	
		8 mezzamaratona	
		2 maratona	
		STRONGMAN	
		km tot. approx.	458
GG RIPOSO	~~100~~ 101		




Bicicletta
28.03%
87.20 ore
Nuoto
21.45%
66.73 ore
Altro
4.929%
15.33 ore
Mountain bike
2.332%
7.26 ore
Corsa
26.02%
80.96 ore
Gara
16.90%
52.58 ore
Combinato
0.321%
1.00 ore