Andrea Marino : 1/2/2012 - 4/22/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/1	3/1	4/1	5/1	6/1	7/1	8/1
Run : miramare **Duration (A):** 1:40:00 **Distance (A):** 21 kilometers **Calories:** 1467 calories				**Race : Campestre CSI - Pavia di Udine** **Duration (A):** 0:18:35 **Distance (A):** 4.9 kilometers **Calories:** 279 calories **Workout Description:** 15° **Activity Comments:** Andrea Marino: pessimo **Bike : costiera** **Duration (A):** 1:37:00 **Distance (A):** 45 kilometers **Calories:** 1374 calories		**Run : jogging** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** boschetto **Activity Comments:** Andrea Marino: (sentiero contrario al solito)

Actual: Run: 2:30:00 / 31 km Race: 18:35 / 4.9 km Bike: 1:37:00 / 45 km Total: 4:25:35

9/1	10/1	11/1	12/1	13/1	14/1	15/1
Swim : ripetute **Duration (A):** 0:57:00 **Distance (A):** 2500 meters **Calories:** 665 calories **Workout Description:** 3*5*100 rec. resp.	**Run : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*400 **Activity Comments:** Andrea Marino: 1.16	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Run : kili di km** **Duration (A):** 1:10:00 **Distance (A):** 10 kilometers **Calories:** 1027 calories **Workout Description:** 6*1000	**Swim : pull buoy** **Duration (A):** 1:04:00 **Distance (A):** 3000 meters **Calories:** 747 calories **Workout Description:** 7*200 + def.		**Race : Maratonina di Medea** **Duration (A):** 1:13:57 **Distance (A):** 21.1 kilometers **Calories:** 1109 calories **Workout Description:** 4° assoluto

Actual: Swim: 2:01:00 / 5500 meters Run: 2:00:00 / 20 km Other: 40:00 Race: 1:13:57 / 21.1 km Total: 5:54:57

16/1	17/1	18/1	19/1	20/1	21/1	22/1
Swim : ripetute **Duration (A):** 1:04:00 **Distance (A):** 3000 meters **Calories:** 747 calories		**Run : progressivo** **Duration (A):** 1:06:00 **Distance (A):** 16 kilometers **Calories:**	**Run : kili di km** **Duration (A):** 1:06:00 **Distance (A):** 10 kilometers **Calories:**	**Swim : pull buoy** **Duration (A):** 1:01:00 **Distance (A):** 3000 meters **Calories:**	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Race : Cross Mariano** **Duration (A):** 0:20:27 **Distance (A):** 5.75 kilometers

Workout Description: 500+2*250+400+2*200+300+3*100+200+4*50 + def.		968 calories **Workout Description:** 5+5+5 **Activity Comments:** Andrea Marino: 18.53/33/14	968 calories **Workout Description:** 1+2+3 ritmi	712 calories **Workout Description:** scaletta senza/con da 500 a 100		**Calories:** 307 calories **Activity Comments:** Andrea Marino: 2^mm40

Actual: Swim: 2:05:00 / 6000 meters Run: 2:12:00 / 26 km Other: 40:00 Race: 20:27 / 5.75 km Total: 5:17:27

23/1	24/1	25/1	26/1	27/1	28/1	29/1
Swim : ripetute **Duration (A):** 0:59:00 **Distance (A):** 2500 meters **Calories:** 688 calories **Workout Description:** 3*5*100 rec. resp.	**Run : Montagna** **Duration (A):** 1:06:53 **Distance (A):** 12.9 kilometers **Calories:** 1059 calories **Workout Description:** m.te Spaccato sella Longera boschetto **Activity Comments:** Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 15 m/min Discesa media: 12 m/min CAL/FC: 950	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Run : kili di km** **Duration (A):** 1:15:00 **Distance (A):** 10 kilometers **Calories:** 1100 calories **Workout Description:** 10*400 rec. 200	**Swim : pull buoy** **Duration (A):** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** 7*200 senza/con		**Race : Villalta di Fagagna** **Duration (A):** 0:18:08 **Distance (A):** 4.84 kilometers **Calories:** 272 calories **Workout Description:** 7° cat

Actual: Swim: 1:54:00 / 5300 meters Run: 2:21:53 / 22.9 km Other: 40:00 Race: 18:08 / 4.84 km Total: 5:14:01

30/1	31/1	1/2	2/2	3/2	4/2	5/2
Swim : ripetute **Duration (A):** 1:07:00 **Distance (A):** 3000 meters **Calories:** 782 calories **Workout Description:** 500+2*250+400+2*200+300+3*100+200+4*50 + def.	**Run : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*300 rec. 100 **Activity Comments:** Andrea Marino: 56 (pblast 50)	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 10 kilometers **Calories:** 660 calories **Workout Description:** boschetto **Activity Comments:** Andrea Marino: super bora kg di km annullato	**Swim : pull buoy** **Duration (A):** 0:59:00 **Distance (A):** 3000 meters **Calories:** 688 calories **Workout Description:** 5+4+3+2+1 senza/con		**Race : Dobbia** **Duration (A):** 0:24:01 **Distance (A):** 6.95 kilometers **Calories:** 360 calories **Workout Description:** 3^assoluto **Run : riscaldamento/def** **Duration (A):** 1:00:00 **Distance (A):** 11.5 kilometers **Calories:** 880 calories

Actual: Swim: 2:06:00 / 6000 meters Run: 2:35:00 / 31.5 km Other: 40:00 Race: 24:01 / 6.95 km Total: 5:45:01

6/2	7/2	8/2	9/2	10/2	11/2	12/2
Swim : ripetute **Duration (A):** 1:06:00 **Distance (A):** 3000 meters **Calories:** 770 calories **Workout Description:** 3*5*100 rec resp + def	**Run : medio** **Duration (A):** 1:12:00 **Distance (A):** 17 kilometers **Calories:** 880 calories **Workout Description:** via del pucino **Activity Comments:** Andrea Marino: super bora (158k/h)	**Other : rulli** **Duration (A):** 1:00:00 **Calories:** 500 calories	**Run : kili di km** **Duration (A):** 1:10:00 **Distance (A):** 10 kilometers **Calories:** 1027 calories **Workout Description:** 2+2+2 progressivo	**Swim : pull buoy** **Duration (A):** 0:59:00 **Distance (A):** 3000 meters **Calories:** 688 calories **Workout Description:** 7*200 senza/con +def		

Actual: _Swim: 2:05:00 / 6000 meters ___Run: 2:22:00 / 27 km ___Other: 1:00:00 __Total: 5:27:00

13/2	14/2	15/2	16/2	17/2	18/2	19/2
Swim : ripetute **Duration (A):** 1:02:00 **Distance (A):** 2800 meters **Calories:** 723 calories **Workout Description:** 500+2*250+400+2*200+300+3*100+200+4*50	**Run : lungo** **Duration (A):** 1:33:00 **Distance (A):** 21 kilometers **Calories:** 1364 calories **Workout Description:** casa - miramare	**Bike : costiera** **Duration (A):** 1:29:00 **Distance (A):** 43 kilometers **Calories:** 1261 calories	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories **Run : kili di km** **Duration (A):** 1:22:00 **Distance (A):** 12 kilometers **Calories:** 1203 calories **Workout Description:** 8*800 rec 200	**Swim : pull buoy** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** scaletta da 500 a 200 senza/con		**Race : Campestre CSI - Godo di Gemona** **Duration (A):** 0:16:16 **Distance (A):** 4.55 kilometers **Calories:** 244 calories **Workout Description:** 3° AMA

Actual: _Swim: 1:58:00 / 5600 meters ___Run: 2:55:00 / 33 km ___Bike: 1:29:00 / 43 km ___Other: 40:00_Race: 16:16 / 4.55 km ___Total: 7:18:16

20/2	21/2	22/2	23/2	24/2	25/2	26/2
Swim : ripetute **Duration (A):** 0:49:00 **Distance (A):** 2500 meters **Calories:** 572 calories **Workout Description:** 20*100 ogni 2	**Other : rulli** **Duration (A):** 0:45:00 **Calories:** 375 calories	**Run : ripetute** **Duration (A):** 1:00:00 **Distance (A):** 12 kilometers **Calories:** 880 calories **Workout Description:** 16*400 **Activity Comments:** Andrea Marino: 1.18	**Run : kili di km** **Duration (A):** 1:25:00 **Distance (A):** 12 kilometers **Calories:** 1247 calories **Workout Description:** 1+2+3+2+1	**Swim : pull buoy** **Duration (A):** 0:46:00 **Distance (A):** 2400 meters **Calories:** 537 calories **Workout Description:** 6*200 senza/con		**Run : queensbor. bdge - central pk** **Duration (A):** 1:31:24 **Distance (A):** 20 kilometers **Calories:** 860 calories **Activity Comments:** Andrea Marino: manca segnale primi 35'

Actual: Swim: 1:35:00 / 4900 meters Other: 45:00 Run: 3:56:24 / 44 km Total: 6:16:24

27/2	28/2	29/2	1/3	2/3	3/3	4/3
Run : progressivo **Duration (A):** 1:00:00 **Distance (A):** 14 kilometers **Calories:** 862 calories **Workout Description:** 3.6+3.6+3.6 @ queensborough park **Run : def...** **Calories:** 65 calories						

Actual: Run: 1:00:00 / 14 km Total: 1:00:00

5/3	6/3	7/3	8/3	9/3	10/3	11/3
Swim : ripetute **Duration (A):** 1:00:00 **Distance (A):** 2500 meters **Calories:** 700 calories **Workout Description:** 40*50 ogni 1	**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Other : rulli** **Duration (A):** 1:00:00 **Calories:** 500 calories	**Run : kili di km** **Duration (A):** 1:11:00 **Distance (A):** 12 kilometers **Calories:** 1041 calories **Workout Description:** 3*3000 rec.2'	**Swim : pull buoy** **Duration (A):** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** scaletta da 500a200 senza/con		**Race : Kokos Trail** **Duration (A):** 1:11:46 **Distance (A):** 14 kilometers **Calories:** 1076 calories **Workout Description:** 19^

Actual: Swim: 1:55:00 / 5300 meters Run: 1:56:00 / 21 km Other: 1:00:00 Race: 1:11:46 / 14 km Total: 6:02:46

12/3	13/3	14/3	15/3	16/3	17/3	18/3
Swim : ripetute **Duration (A):** 1:05:00 **Distance (A):** 2800 meters **Calories:** 758 calories **Workout Description:** 500+2*250+400+2*200+300+3*100+200+4*50	**Other : rulli** **Duration (A):** 0:45:00 **Calories:** 375 calories	**Run : ripetute** **Duration (A):** 0:53:00 **Distance (A):** 10 kilometers **Calories:** 777 calories **Workout Description:** 10*300 rec. 100 **Activity Comments:** Andrea Marino: 57"	**Run : kili di km** **Duration (A):** 1:05:00 **Distance (A):** 10 kilometers **Calories:** 953 calories **Workout Description:** 10*400 rec. 30"	**Swim : pull buoy** **Duration (A):** 0:47:00 **Distance (A):** 2800 meters **Calories:** 548 calories **Workout Description:** 6*200 senza/con		**Race : Maratonina di Brugnera** **Duration (A):** 1:19:21 **Distance (A):** 21.1 kilometers **Calories:** 1190 calories **Workout Description:** 16° (premiato come 1°M40)

Actual: Swim: 1:52:00 / 5600 meters Other: 45:00 Run: 1:58:00 / 20 km Race: 1:19:21 / 21.1 km Total: 5:54:21

19/3	20/3	21/3	22/3	23/3	24/3	25/3
Swim : pull buoy **Duration (A):** 0:59:00	**Other : rulli** **Duration (A):** 0:45:00	**Bike : divacia** **Duration (A):** 1:43:00	**Run : kili di km** **Duration (A):** 1:33:00	**Swim : pull buoy** **Duration (A):** 0:49:00		**Race : Corriferrara** **Duration (A):** 1:17:16

Distance (A): 2800 meters **Calories:** 688 calories **Workout Description:** scaletta 500÷200 senza/con	**Calories:** 375 calories	**Distance (A):** 46 kilometers **Calories:** 1459 calories **Activity Comments:** Andrea Marino: foratura rientro longera	**Distance (A):** 14 kilometers **Calories:** 1364 calories **Workout Description:** 3+2+1+2+3 **Activity Comments:** Andrea Marino: voragine aborigena	**Distance (A):** 2500 meters **Calories:** 572 calories **Workout Description:** 12*100 senza/con + def		**Distance (A):** 21.1 kilometers **Calories:** 1159 calories **Workout Description:** 21° e 3°MM40

Actual: _Swim: 1:48:00 / 5300 meters ___Other: 45:00_Bike: 1:43:00 / 46 km ___Run: 1:33:00 / 14 km ___Race: 1:17:16 / 21.1 km ___Total: 7:06:16

26/3	27/3	28/3	29/3	30/3	31/3	1/4
Swim : ripetute **Duration (A):** 0:46:00 **Distance (A):** 2000 meters **Calories:** 537 calories **Workout Description:** 2*5*100 rec. resp.	**Bike : Lisert** **Duration (A):** 2:02:00 **Distance (A):** 60 kilometers **Calories:** 1728 calories	**Run : ripetute** **Duration (A):** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*400 rec. 30" **Activity Comments:** Andrea Marino: 1.19/1.14	**MTB : trasferimento** **Duration (A):** 0:44:00 **Distance (A):** 15 kilometers **Calories:** 499 calories **Workout Description:** casa-barcola a/r **Run : kili di km** **Duration (A):** 1:11:00 **Distance (A):** 11 kilometers **Calories:** 1041 calories **Workout Description:** 8*800 rec.30"	**Swim : pull buoy** **Duration (A):** 0:55:00 **Distance (A):** 2800 meters **Calories:** 642 calories **Workout Description:** 7*200 senza/con		**Race : Trofeo No Stop** **Duration (A):** 0:44:22 **Distance (A):** 12.3 kilometers **Calories:** 665 calories **Workout Description:** 5° ass. 2° M40

Actual: _Swim: 1:41:00 / 4800 meters ___Bike: 2:02:00 / 60 km ___Run: 2:03:00 / 21 km ___MTB: 44:00 / 15 km ___Race: 44:22 / 12.3 km ___Total: 7:14:22

2/4	3/4	4/4	5/4	6/4	7/4	8/4
Bike : divacia **Duration (A):** 1:51:00 **Distance (A):** 51 kilometers **Calories:** 1572 calories	**Run : progressivo** **Duration (A):** 1:07:00 **Distance (A):** 16 kilometers **Calories:** 983 calories **Workout Description:** 5+5+5 **Activity Comments:** Andrea Marino: 19.44-19.01-18.12	**Swim : ripetute** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** 2*250+5*100+10*50 II metà piano	**Bike : progressivo salita boschetto** **Duration (A):** 0:55:00 **Distance (A):** 23 kilometers **Calories:** 779 calories **Workout Description:** 11.30/10.13/10 **Run : kili di km** **Duration (A):** 1:12:00 **Distance (A):** 11 kilometers **Calories:** 1056 calories **Workout Description:**	**Swim : pull buoy** **Duration (A):** 0:53:00 **Distance (A):** 2800 meters **Calories:** 618 calories **Workout Description:** 7*200 senza/con		

			4*2000			

Actual: Bike: 2:46:00 / 74 km Run: 2:19:00 / 27 km Swim: 1:49:00 / 5600 meters Total: 6:54:00

9/4	10/4	11/4	12/4	13/4	14/4	15/4
	Bike : opicina strada nuova giù **Duration (A):** 1:27:00 **Distance (A):** 36 kilometers **Calories:** 1232 calories	**Run : ripetute** **Duration (A):** 0:49:00 **Distance (A):** 10 kilometers **Calories:** 719 calories **Workout Description:** 10*300 rec. 100 **Activity Comments:** Andrea Marino: pioggia **Swim : ankaran** **Duration (A):** 0:24:00 **Distance (A):** 1200 meters **Calories:** 280 calories	**Bike : lokev** **Duration (A):** 1:20:00 **Distance (A):** 37 kilometers **Calories:** 1133 calories **Run : kili di km** **Duration (A):** 1:16:00 **Distance (A):** 11 kilometers **Calories:** 1115 calories **Workout Description:** 6*1000		**Swim : pull buoy** **Duration (A):** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200 senza/con	**Race : Marina Julia** **Duration (A):** 0:30:34 **Distance (A):** 8.85 kilometers **Calories:** 458 calories **Workout Description:** 5°ass. 1°M40

Actual: Bike: 2:47:00 / 73 km Run: 2:05:00 / 21 km Swim: 1:18:00 / 4000 meters Race: 30:34 / 8.85 km Total: 6:40:34

16/4	17/4	18/4	19/4	20/4	21/4	22/4
Run : jogging **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto interno	**Bike : costiera - paesini** **Duration (A):** 2:13:00 **Distance (A):** 61 kilometers **Calories:** 1884 calories **Activity Comments:** Andrea Marino: ventoso	**Run : ripetute** **Duration (A):** 1:01:00 **Distance (A):** 13 kilometers **Calories:** 895 calories **Workout Description:** 16*400 **Activity Comments:** Andrea Marino: 1.18	**Run : kili di km** **Duration (A):** 1:16:00 **Distance (A):** 12 kilometers **Calories:** 1115 calories **Workout Description:** 3+3+3 progressivo		**Swim : pull buoy** **Duration (A):** 0:58:00 **Distance (A):** 2800 meters **Calories:** 677 calories **Workout Description:** 7*200 senza/con	**Race : Corritrieste** **Duration (A):** 0:28:49 **Distance (A):** 8 kilometers **Calories:** 432 calories **Workout Description:** 9° ass. 2°M40

Actual: Run: 3:02:00 / 34 km Bike: 2:13:00 / 61 km Swim: 58:00 / 2800 meters Race: 28:49 / 8 km Total: 6:41:49

Andrea Marino : 4/23/2012 - 8/12/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23/4	24/4	25/4	26/4	27/4	28/4	29/4
Bike : costiera **Duration (A):** 1:24:00 **Distance (A):** 43 kilometers **Calories:** 1190 calories		**Race : Mujalonga - C.R. 10km** **Duration (A):** 0:34:49 **Distance (A):** 10 kilometers **Calories:** 522 calories **Workout Description:** 20° ass. 5° M40	**Bike : progressivo salita boschetto** **Duration (A):** 0:56:00 **Distance (A):** 24 kilometers **Calories:** 793 calories **Workout Description:** 3x **Activity Comments:** Andrea Marino: 11-10.21-9.53 **Run : kili di km** **Duration (A):** 1:02:00 **Distance (A):** 9 kilometers **Calories:** 909 calories **Workout Description:** 10*400	**Swim : ripetute** **Duration (A):** 0:59:00 **Distance (A):** 2500 meters **Calories:** 688 calories **Workout Description:** 4* (50+100+100+50+200rec)	**Bike : costiera - paesi alti** **Duration (A):** 2:24:00 **Distance (A):** 64 kilometers **Calories:** 2040 calories	**Run : jogging** **Duration (A):** 1:18:00 **Distance (A):** 15 kilometers **Calories:** 1144 calories **Workout Description:** barcola da casa

Actual: Bike: 4:44:00 / 131 km Race: 34:49 / 10 km Run: 2:20:00 / 24 km Swim: 59:00 / 2500 meters Total: 8:37:49

30/4	1/5	2/5	3/5	4/5	5/5	6/5
Swim : pull buoy **Duration (A):** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** scaletta senza/con da 500 a 200	**Race : 5000 in pista Gorizia** **Duration (A):** 0:17:07 **Distance (A):** 5 kilometers **Calories:** 257 calories **Workout Description:** 4°	**Bike : san servolo** **Duration (A):** 1:55:00 **Distance (A):** 47 kilometers **Calories:** 1629 calories **Run : kili di km** **Duration (A):** 1:00:00 **Distance (A):** 8 kilometers **Calories:** 880 calories **Workout Description:** 3*1000				

Actual: Swim: 54:00 / 2800 meters Race: 17:07 / 5 km Bike: 1:55:00 / 47 km Run: 1:00:00 / 8 km Total: 4:06:07

7/5	8/5	9/5	10/5	11/5	12/5	13/5
			Run : jogging	**Bike : lokev**	**Swim : pull buoy**	**Race : Trofeo Principe**

			Duration (A): 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Duration (A):** 1:27:00 **Distance (A):** 37 kilometers **Calories:** 1232 calories	**Duration (A):** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200 senza/con	**Duration (A):** 0:29:07 **Distance (A):** 8.2 kilometers **Calories:** 437 calories **Workout Description:** 7° ass. 1°M40

Actual: Run: 45:00 / 9 km Bike: 1:27:00 / 37 km Swim: 54:00 / 2800 meters Race: 29:07 / 8.2 km Total: 3:35:07

14/5	15/5	16/5	17/5	18/5	19/5	20/5
Swim : ripetute **Duration (A):** 0:59:00 **Distance (A):** 2500 meters **Calories:** 688 calories **Workout Description:** 4*(50+2*100+50+200)	**Bike : san servolo** **Duration (A):** 1:51:00 **Distance (A):** 47 kilometers **Calories:** 1572 calories	**Run : progressivo** **Duration (A):** 0:56:00 **Distance (A):** 13 kilometers **Calories:** 821 calories **Workout Description:** 4+4+4 **Activity Comments:** 5/16/2012 Andrea Marino: 15.21;14.59;14.28	**Bike : lisert** **Duration (A):** 2:04:00 **Distance (A):** 60 kilometers **Calories:** 1757 calories	**Swim : pull buoy** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** 7*200 senza/con		**Race : Trofeo Vidussi** **Duration (A):** 0:36:37 **Distance (A):** 10 kilometers **Calories:** 549 calories **Workout Description:** 12° ass. 3°M40

Actual: Swim: 1:55:00 / 5300 meters Bike: 3:55:00 / 107 km Run: 56:00 / 13 km Race: 36:37 / 10 km Total: 7:22:37

21/5	22/5	23/5	24/5	25/5	26/5	27/5
Swim : ripetute **Duration (A):** 0:59:00 **Distance (A):** 2500 meters **Calories:** 688 calories **Workout Description:** 4*(50+2*100+50+200rec)	**Run : ripetute** **Duration (A):** 0:51:00 **Distance (A):** 9 kilometers **Calories:** 748 calories **Workout Description:** 8*400 rec.1' **Activity Comments:** 5/23/2012 Andrea Marino: 1.13-1.14	**Bike : san servolo** **Duration (A):** 1:48:00 **Distance (A):** 47 kilometers **Calories:** 1530 calories	**Swim : pull buoy** **Duration (A):** 0:54:00 **Distance (A):** 2800 meters **Calories:** 630 calories **Workout Description:** 7*200 senza/con	**Bike : zolla via slo** **Duration (A):** 1:35:00 **Distance (A):** 39 kilometers **Calories:** 1346 calories		**Race : Triathlon Sprint di Gorizia** **Duration (A):** 1:12:02 **Distance (A):** 25.75 kilometers **Calories:** 1081 calories **Workout Description:** 46° ass. 6°M1

Actual: Swim: 1:53:00 / 5300 meters Run: 51:00 / 9 km Bike: 3:23:00 / 86 km Race: 1:12:02 / 25.75 km Total: 7:19:02

28/5	29/5	30/5	31/5	1/6	2/6	3/6
Swim : ritmi **Duration (A):** 0:30:00 **Distance (A):** 1500 meters	**Bike : strada d.friuli-sagrado d.carso** **Duration (A):** 1:36:00 **Distance (A):**	**Run : progressivo (bosco, calmo)** **Duration (A):** 1:10:00 **Distance (A):**	**Bike : costiera** **Duration (A):** 1:27:00 **Distance (A):** 43 kilometers	**Swim : pull buoy** **Duration (A):** 0:53:00 **Distance (A):** 2800 meters	**Race : Napoleonica** **Duration (A):** 0:28:49 **Distance (A):** 8.3 kilometers	**Race : Worthersee Triathlon** **Duration (A):** 1:07:12 **Distance (A):**

Calories: 350 calories **Workout Description:** 2*750 **Activity Comments:** 5/29/2012 Andrea Marino: (di fretta)	41 kilometers **Calories:** 1360 calories	16 kilometers **Calories:** 1027 calories **Workout Description:** 5+5+5 **Activity Comments:** 5/31/2012 Andrea Marino: rec. 1' rec. 2' 5/31/2012 Andrea Marino: 21.56-20.05-18.40	**Calories:** 1232 calories	**Calories:** 618 calories **Workout Description:** scaletta da 500 a 200 senza/con	**Calories:** 432 calories **Workout Description:** 5° ass. 1° M40	25.75 kilometers **Calories:** 1008 calories **Workout Description:** 51° **Activity Comments:** 6/8/2012 Andrea Marino: caduta in bici!!!

Actual: Swim: 1:23:00 / 4300 meters Bike: 3:03:00 / 84 km Run: 1:10:00 / 16 km Race: 1:36:01 / 34.05 km Total: 7:12:01

4/6	5/6	6/6	7/6	8/6	9/6	10/6
			Bike : Lokev **Duration (A):** 1:10:00 **Distance (A):** 30 kilometers **Calories:** 992 calories **Activity Comments:** 6/8/2012 Andrea Marino: rientro immediato rottura acque silvia			**Race : giro dei Campi Elisi** **Duration (A):** 0:17:39 **Distance (A):** 5 kilometers **Calories:** 265 calories **Workout Description:** 9ass - 3cat **Activity Comments:** 7/1/2012 Andrea Marino: caduta frattura ambo i polsi!

Actual: Bike: 1:10:00 / 30 km Race: 17:39 / 5 km Total: 1:27:39

11/6	12/6	13/6	14/6	15/6	16/6	17/6

No workouts this week

18/6	19/6	20/6	21/6	22/6	23/6	24/6

			Other : rulli **Duration (A):** 1:00:00 **Calories:** 500 calories			

Actual: _Other: 1:00:00 __Total: 1:00:00

25/6	26/6	27/6	28/6	29/6	30/6	1/7
			Other : rulli **Duration (A):** 0:50:00 **Calories:** 417 calories		**Run : jogging** **Duration (A):** 0:50:00 **Distance (A):** 9 kilometers **Calories:** 733 calories	

Actual: _Other: 50:00_Run: 50:00 / 9 km ____Total: 1:40:00

2/7	3/7	4/7	5/7	6/7	7/7	8/7
Other : rulli **Duration (A):** 1:00:00 **Calories:** 500 calories	**Run : jogging** **Duration (A):** 0:38:00 **Distance (A):** 8 kilometers **Calories:** 557 calories	**Run : jogging** **Duration (A):** 0:36:00 **Distance (A):** 8 kilometers **Calories:** 528 calories	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Other : rulli** **Duration (A):** 0:40:00 **Calories:** 333 calories		**Swim : mare** **Duration (A):** 0:20:00 **Distance (A):** 1000 meters **Calories:** 233 calories

Actual: _Other: 2:20:00_Run: 1:14:00 / 16 km ___Swim: 20:00 / 1000 meters ____Total: 3:54:00

9/7	10/7	11/7	12/7	13/7	14/7	15/7
		Swim : mare **Duration (A):** 0:20:00 **Distance (A):** 1000 meters **Calories:** 233 calories	**Run : jogging** **Duration (A):** 0:50:00 **Distance (A):** 9 kilometers **Calories:** 733 calories **Workout Description:**		**Race : Goesselsdorf Volkstriathlon** **Duration (A):** 1:37:48 **Distance (A):** 39.2 kilometers **Calories:** 1458 calories	

			boschetto **Bike : lokev** **Duration (A):** 1:34:00 **Distance (A):** 37 kilometers **Calories:** 1332 calories		**Workout Description:** 116o	

Actual: Swim: 20:00 / 1000 meters Run: 50:00 / 9 km Bike: 1:34:00 / 37 km Race: 1:37:48 / 39.2 km Total: 4:21:48

16/7	17/7	18/7	19/7	20/7	21/7	22/7
Bike : st.d.Friuli - costiera **Duration (A):** 1:32:00 **Distance (A):** 44 kilometers **Calories:** 1303 calories		**Run : montagna** **Duration (A):** 0:39:00 **Distance (A):** 8 kilometers **Calories:** 572 calories **Swim : tecnica** **Duration (A):** 0:30:00 **Distance (A):** 1500 meters **Calories:** 350 calories		**Bike : San Servolo** **Duration (A):** 1:56:00 **Distance (A):** 47 kilometers **Calories:** 1643 calories	**Run : medio** **Duration (A):** 1:19:00 **Distance (A):** 16 kilometers **Calories:** 1159 calories **Workout Description:** doppio boschetto	**Run : jogging** **Duration (A):** 0:47:00 **Distance (A):** 9 kilometers **Calories:** 689 calories

Actual: Bike: 3:28:00 / 91 km Run: 2:45:00 / 33 km Swim: 30:00 / 1500 meters Total: 6:43:00

23/7	24/7	25/7	26/7	27/7	28/7	29/7
Swim : pull buoy **Duration (A):** 1:00:00 **Distance (A):** 2500 meters **Calories:** 700 calories **Workout Description:** 6*200 senza/con	**Bike : progressivo salita boschetto** **Duration (A):** 1:14:00 **Distance (A):** 31 kilometers **Calories:** 1048 calories **Activity Comments:** 7/25/2012 Andrea Marino: 11.34-11.05-10.57-10.25	**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto		**Swim : pull buoy** **Duration (A):** 1:00:00 **Distance (A):** 3000 meters **Calories:** 700 calories **Workout Description:** 15*100 senza/con		**Race : Xtrim Triathlon** **Duration (A):** 3:24:09 **Distance (A):** 51.5 kilometers **Calories:** 3060 calories **Workout Description:** 52°

Actual: Swim: 2:00:00 / 5500 meters Bike: 1:14:00 / 31 km Run: 45:00 / 9 km Race: 3:24:09 / 51.5 km Total: 7:23:09

30/7	31/7	1/8	2/8	3/8	4/8	5/8
Swim : ripetute **Duration (A):** 0:50:00 **Distance (A):** 2000 meters **Calories:** 583 calories **Workout Description:** 4*(200+100+2*50+100)	**Bike : lokev** **Duration (A):** 1:24:00 **Distance (A):** 37 kilometers **Calories:** 1190 calories	**Run : ripetute** **Duration (A):** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*300 rec. 100 **Activity Comments:**	**Bike : costiera** **Duration (A):** 1:22:00 **Distance (A):** 42 kilometers **Calories:** 1162 calories	**Swim : pull buoy** **Duration (A):** 0:45:00 **Distance (A):** 2000 meters **Calories:** 525 calories **Workout Description:** 10*100 senza/con	**Race : Rosentaler Volks Triathlon - Ferlach** **Duration (A):** 1:11:49 **Distance (A):** 30.45 kilometers **Calories:** 1077 calories **Workout Description:**	**Bike : Lauremiano** **Duration (A):** 3:26:00 **Distance (A):** 91 kilometers **Calories:** 2918 calories

		8/1/2012 Andrea Marino: 58'			18° ass. 1° M40	

Actual: Swim: 1:35:00 / 4000 meters Bike: 6:12:00 / 170 km Run: 52:00 / 10 km Race: 1:11:49 / 30.45 km Total: 9:50:49

6/8	7/8	8/8	9/8	10/8	11/8	12/8
Swim : mare **Duration (A):** 0:40:00 **Distance (A):** 2200 meters **Calories:** 467 calories **Workout Description:** bivio ÷ california **Run : jogging** **Duration (A):** 0:25:00 **Distance (A):** 6 kilometers **Calories:** 367 calories **Workout Description:** barcola (dopo nuoto)	**Bike : divaca** **Duration (A):** 1:56:00 **Distance (A):** 52 kilometers **Calories:** 1643 calories	**Run : progressivo** **Duration (A):** 0:48:00 **Distance (A):** 10 kilometers **Calories:** 704 calories **Workout Description:** 4+4 + 10 allunghi **Activity Comments:** 8/8/2012 Andrea Marino: troppo vento, modificato **Bike : costiera rientro alte (san giovanni)** **Duration (A):** 1:48:00 **Distance (A):** 51 kilometers **Calories:** 1530 calories		**Swim : novigrad** **Duration (A):** 0:17:00 **Distance (A):** 900 meters **Calories:** 198 calories **Run : novigrad** **Duration (A):** 1:02:00 **Distance (A):** 13 kilometers **Calories:** 909 calories	**Swim : novigrad** **Duration (A):** 0:30:00 **Distance (A):** 1600 meters **Calories:** 350 calories **Run : novigrad** **Duration (A):** 1:00:00 **Distance (A):** 13 kilometers **Calories:** 880 calories	**Swim : novigrad** **Duration (A):** 0:15:00 **Distance (A):** 800 meters **Calories:** 175 calories **Run : novigrad** **Duration (A):** 0:58:00 **Distance (A):** 13 kilometers **Calories:** 851 calories

Actual: Swim: 1:42:00 / 5500 meters Run: 4:13:00 / 55 km Bike: 3:44:00 / 103 km Total: 9:39:00

Andrea Marino : 8/13/2012 - 12/2/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13/8	14/8	15/8	16/8	17/8	18/8	19/8
Bike : st.d.friuli - sagrado **Duration (A):** 1:39:00 **Distance (A):** 45 kilometers **Calories:** 1402 calories		**Run : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 10*300 rec 100	**Bike : progressivo (salita boschetto)** **Duration (A):** 1:12:00 **Distance (A):** 31 kilometers **Calories:** 1020 calories **Activity Comments:** 8/17/2012 Andrea Marino: 11.36/10.19/10.12/10.35	**Swim : pull buoy** **Duration (A):** 1:00:00 **Distance (A):** 3000 meters **Calories:** 700 calories **Workout Description:** 15*100 senza/con		

Actual: Bike: 2:51:00 / 76 km Run: 50:00 / 10 km Swim: 1:00:00 / 3000 meters Total: 4:41:00

20/8	21/8	22/8	23/8	24/8	25/8	26/8
Bike : lokev **Duration (A):** 1:21:00 **Distance (A):** 37 kilometers **Calories:** 1148 calories	**Swim : mare** **Duration (A):** 0:20:00 **Distance (A):** 1200 meters **Calories:** 233 calories **Workout Description:** Barcola **Activity Comments:** 8/22/2012 Andrea Marino: piattissimo!	**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto			**Race : Faaker See Triathlon** **Duration (A):** 2:11:18 **Distance (A):** 51.5 kilometers **Calories:** 1969 calories **Workout Description:** 71° ass - 9° M40	

Actual: Bike: 1:21:00 / 37 km Swim: 20:00 / 1200 meters Run: 45:00 / 9 km Race: 2:11:18 / 51.5 km Total: 4:37:18

27/8	28/8	29/8	30/8	31/8	1/9	2/9
Run : jogging **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : mare** **Duration (A):** 0:22:00 **Distance (A):** 1200 meters **Calories:** 257 calories **Workout Description:** Barcola	**Bike : costiera** **Duration (A):** 1:23:00 **Distance (A):** 42 kilometers **Calories:** 1176 calories	**Run : ripetute** **Duration (A):** 0:46:00 **Distance (A):** 10 kilometers **Calories:** 675 calories **Workout Description:** 8*400 rec. 30" **Activity Comments:** 8/31/2012 Andrea Marino: 1.19 (1.10)	**Bike : costiera** **Duration (A):** 1:21:00 **Distance (A):** 42 kilometers **Calories:** 1148 calories	**Race : Stratrieste** **Duration (A):** 0:39:06 **Distance (A):** 11 kilometers **Calories:** 587 calories **Workout Description:** 12° ass. 1° M40	**Bike : Slope** **Duration (A):** 2:05:00 **Distance (A):** 54 kilometers **Calories:** 1771 calories

Actual: Run: 1:31:00 / 19 km Swim: 22:00 / 1200 meters Bike: 4:49:00 / 138 km Race: 39:06 / 11 km Total: 7:21:06

3/9	4/9	5/9	6/9	7/9	8/9	9/9
	Swim : mare **Duration (A):** 0:30:00 **Distance (A):** 1500 meters **Calories:** 350 calories	**Run : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 4*1000 rec. 1' **Activity Comments:** 9/6/2012 Andrea Marino: 3.17/17/19/23	**Bike : costiera** **Duration (A):** 1:31:00 **Distance (A):** 42 kilometers **Activity Comments:** 9/7/2012 Andrea Marino: scarico			**Race : triathlon sprint di chioggia** **Duration (A):** 1:04:28 **Distance (A):** 25.75 kilometers **Calories:** 967 calories **Workout Description:** 54' 5o M40

Actual: Swim: 30:00 / 1500 meters Run: 50:00 / 10 km Bike: 1:31:00 / 42 km Race: 1:04:28 / 25.75 km Total: 3:55:28

10/9	11/9	12/9	13/9	14/9	15/9	16/9
		Swim : mare **Duration (A):** 0:10:00 **Distance (A):** 500 meters **Calories:** 117 calories	**Run : jogging** **Duration (A):** 0:41:00 **Distance (A):** 8 kilometers **Calories:** 601 calories		**Swim : mare** **Duration (A):** 0:20:00 **Distance (A):** 1000 meters **Calories:** 233 calories	

Actual: Swim: 30:00 / 1500 meters Run: 41:00 / 8 km Total: 1:11:00

17/9	18/9	19/9	20/9	21/9	22/9	23/9
	Bike : lokev opicina **Duration (A):** 1:44:00 **Distance (A):** 44 kilometers **Calories:** 1473 calories	**Run : ripetute** **Duration (A):** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*400 **Activity Comments:** 9/19/2012 Andrea Marino: 1.17	**Swim : pull buoy** **Duration (A):** 0:47:00 **Distance (A):** 2400 meters **Calories:** 548 calories **Workout Description:** 6*200 senza/con	**Bike : costiera** **Duration (A):** 1:21:00 **Distance (A):** 42 kilometers **Calories:** 1148 calories		**Race : Irondelta** **Duration (A):** 0:35:00 **Distance (A):** 3.5 kilometers **Calories:** 525 calories **Workout Description:** ritiro x caduta/rottura telaio

Actual: Bike: 3:05:00 / 86 km Run: 52:00 / 10 km Swim: 47:00 / 2400 meters Race: 35:00 / 3.5 km Total: 5:19:00

24/9	25/9	26/9	27/9	28/9	29/9	30/9
Run : lungo **Duration (A):** 1:47:00 **Distance (A):** 24 kilometers **Calories:** 1569 calories		**Swim : pull buoy** **Duration (A):** 0:48:00 **Distance (A):** 2500 meters **Calories:** 560 calories **Workout Description:** 5*250 senza/con **Bike : test bici in prestito** **Duration (A):** 0:30:00 **Distance (A):** 10 kilometers **Calories:** 425 calories	**Run : ripetute** **Duration (A):** 0:57:00 **Distance (A):** 12 kilometers **Calories:** 836 calories **Workout Description:** 6*1000 rec. ogni 4' **Activity Comments:** 9/28/2012 Andrea Marino: 3.26	**Bike : costiera** **Duration (A):** 1:36:00 **Distance (A):** 42 kilometers **Calories:** 1360 calories **Activity Comments:** 9/28/2012 Andrea Marino: bici Federico	**Swim : pull buoy** **Duration (A):** 0:49:00 **Distance (A):** 2400 meters **Calories:** 572 calories **Workout Description:** 6*200 senza/con	**Race : Triathlon Sprint di Jesolo** **Duration (A):** 1:04:20 **Distance (A):** 25.75 kilometers **Calories:** 965 calories **Workout Description:** 38° ass. 3° M40

Actual: Run: 2:44:00 / 36 km Swim: 1:37:00 / 4900 meters Bike: 2:06:00 / 52 km Race: 1:04:20 / 25.75 km Total: 7:31:20

1/10	2/10	3/10	4/10	5/10	6/10	7/10
	Run : jogging barcola **Duration (A):** 0:42:00 **Distance (A):** 10 kilometers **Calories:** 616 calories	**Swim : pull buoy** **Duration (A):** 0:39:00 **Distance (A):** 2000 meters **Calories:** 455 calories **Workout Description:** 10*100 senza/con	**Run : ripetute** **Duration (A):** 0:52:00 **Distance (A):** 10 kilometers **Calories:** 763 calories **Workout Description:** 10*300 rec.100 **Activity Comments:** 10/5/2012 Andrea Marino: 56'	**Swim : pull buoy** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 653 calories **Workout Description:** scaletta senza/con 500:200		**Race : Maratonina del Carso** **Duration (A):** 1:17:11 **Distance (A):** 21.1 kilometers **Calories:** 1158 calories **Workout Description:** 6° ass. 2°M40

Actual: Run: 1:34:00 / 20 km Swim: 1:35:00 / 4800 meters Race: 1:17:11 / 21.1 km Total: 4:26:11

8/10	9/10	10/10	11/10	12/10	13/10	14/10
Swim : ripetute **Duration (A):** 0:49:00 **Distance (A):** 2000 meters **Calories:** 572 calories **Workout Description:** 2*5*100 rec. resp.	**Run : ripetute** **Duration (A):** 0:57:00 **Distance (A):** 12 kilometers **Calories:** 836 calories **Workout Description:** 6*800 rec.200 **Activity Comments:** 10/10/2012 Andrea Marino: 2.41		**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : pull buoy** **Duration (A):** 0:48:00 **Distance (A):** 2400 meters **Calories:** 560 calories **Workout Description:** 12*100 senza/con	**Run : lungo** **Duration (A):** 1:40:00 **Distance (A):** 23 kilometers **Calories:** 1467 calories **Workout Description:** casa ÷ galleria grignano	

Actual: Swim: 1:37:00 / 4400 meters Run: 3:22:00 / 44 km Total: 4:59:00

15/10	16/10	17/10	18/10	19/10	20/10	21/10
Run : ripetute **Duration (A):** 1:05:00 **Distance (A):** 13 kilometers **Calories:** 953 calories **Workout Description:** 16*400 ogni 2min **Activity Comments:** 10/15/2012 Andrea Marino: 1.18			**Run : jogging** **Duration (A):** 0:43:00 **Distance (A):** 9 kilometers **Calories:** 631 calories **Workout Description:** miramare castello	**Swim : pull buoy** **Duration (A):** 0:46:00 **Distance (A):** 2400 meters **Calories:** 537 calories **Workout Description:** 6*200 senza/con		**Race : Su e Zo pei Clanz** **Duration (A):** 0:33:35 **Distance (A):** 9.2 kilometers **Calories:** 504 calories **Workout Description:** 4°

Actual: Run: 1:48:00 / 22 km Swim: 46:00 / 2400 meters Race: 33:35 / 9.2 km Total: 3:07:35

22/10	23/10	24/10	25/10	26/10	27/10	28/10
Swim : ripetute **Duration (A):** 0:45:00 **Distance (A):** 2000 meters **Calories:** 525 calories **Workout Description:** 2*10*50 rec. resp.	**Run : ripetute** **Duration (A):** 1:08:00 **Distance (A):** 14 kilometers **Calories:** 997 calories **Workout Description:** 20*300 rec. 100 **Activity Comments:** 10/24/2012 Andrea Marino: 58"		**Run : lungo** **Duration (A):** 1:40:00 **Distance (A):** 23 kilometers **Calories:** 1467 calories **Workout Description:** casa ÷ galleria grignano **Activity Comments:** 10/26/2012 Andrea Marino: 1.35 senza soste forzate	**Swim : pull buoy** **Duration (A):** 0:47:00 **Distance (A):** 2400 meters **Calories:** 513 calories **Workout Description:** 12*100 senza/con		

Actual: Swim: 1:32:00 / 4400 meters Run: 2:48:00 / 37 km Total: 4:20:00

29/10	30/10	31/10	1/11	2/11	3/11	4/11
Swim : ripetute **Duration (A):** 0:54:00 **Distance (A):** 2500 meters **Calories:** 630 calories **Workout Description:** 500+2*250+400+4*100+300+6*50+def	**Run : ripetute** **Duration (A):** 0:54:00 **Distance (A):** 12 kilometers **Calories:** 792 calories **Workout Description:** 6*1000 ogni 4' **Activity Comments:**		**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 10 kilometers **Calories:** 660 calories	**Swim : pull buoy** **Duration (A):** 0:36:00 **Distance (A):** 2000 meters **Calories:** 420 calories **Workout Description:** 5*200 senza/con		**Race : Euromarathon** **Duration (A):** 1:15:53 **Distance (A):** 21.1 kilometers **Calories:** 1138 calories **Workout Description:** 14°ass. 2°M40

	10/30/2012 Andrea Marino: 3.29 (ritmo gara?)					

Actual: _Swim: 1:30:00 / 4500 meters ___Run: 1:39:00 / 22 km ___Race: 1:15:53 / 21.1 km ____Total: 4:24:53

5/11	6/11	7/11	8/11	9/11	10/11	11/11
Swim : ripetute **Duration (A):** 0:55:00 **Distance (A):** 2300 meters **Calories:** 642 calories **Workout Description:** 2*5*100 rec. resp. + 5*50 f/s	**Run : ripetute** **Duration (A):** 0:55:00 **Distance (A):** 10 kilometers **Calories:** 807 calories **Workout Description:** 6*400 ogni 2' (1.20) + 4*400 (1.14)		**Run : jogging** **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : pull buoy** **Duration (A):** 0:57:00 **Distance (A):** 3000 meters **Calories:** 665 calories **Workout Description:** scaletta da 500 a 100 senza/con		**Race : Farra d'Isonzo** **Duration (A):** 0:36:00 **Distance (A):** 9.2 kilometers **Calories:** 540 calories **Workout Description:** 3° ass.

Actual: _Swim: 1:52:00 / 5300 meters ___Run: 1:40:00 / 19 km ___Race: 36:00 / 9.2 km ____Total: 4:08:00

12/11	13/11	14/11	15/11	16/11	17/11	18/11
Swim : ripetute **Duration (A):** 1:06:00 **Distance (A):** 2800 meters **Calories:** 770 calories **Workout Description:** 2*250+2*200+3*100+4*50 rec. 500/400/300/200 **Activity Comments:** 11/13/2012 Andrea Marino: 4.07/3.15/1.32/42	**Run : ripetute lunghe** **Duration (A):** 0:50:00 **Distance (A):** 10 kilometers **Calories:** 733 calories **Workout Description:** 2*2000 **Activity Comments:** 11/14/2012 Andrea Marino: 7.06/6.57 (vento favore/v.contro)!		**Run : kili di km** **Duration (A):** 1:10:00 **Distance (A):** 11 kilometers **Calories:** 1027 calories **Workout Description:** 6*1000	**Swim : pull buoy** **Duration (A):** 0:39:00 **Distance (A):** 2000 meters **Calories:** 455 calories **Workout Description:** 10*100 senza/con		**Race : Maratonina di Palmanova** **Duration (A):** 1:18:11 **Distance (A):** 21.1 kilometers **Calories:** 1173 calories **Workout Description:** 75°

Actual: _Swim: 1:45:00 / 4800 meters ___Run: 2:00:00 / 21 km ___Race: 1:18:11 / 21.1 km ____Total: 5:03:11

19/11	20/11	21/11	22/11	23/11	24/11	25/11
		Swim : pull buoy **Duration (A):** 0:50:00 **Distance (A):** 2500 meters **Calories:** 583 calories **Workout Description:** 6*200 senza/con	**Run : kili di km** **Duration (A):** 1:05:00 **Distance (A):** 9 kilometers **Calories:** 953 calories **Workout Description:** 2+2+2 progressivo	**Swim : pull buoy** **Duration (A):** 0:50:00 **Distance (A):** 2500 meters **Calories:** 583 calories **Workout Description:** 6*200 senza/con	**Bike : paesi costiera** **Duration (A):** 2:14:00 **Distance (A):** 62 kilometers **Calories:** 1898 calories	

Actual: _Swim: 1:40:00 / 5000 meters ___Run: 1:05:00 / 9 km ___Bike: 2:14:00 / 62 km ___Total: 4:59:00

26/11	27/11	28/11	29/11	30/11	1/12	2/12
Swim : ripetute **Duration (A):** 0:47:00 **Distance (A):** 2000 meters **Calories:** 548 calories **Workout Description:** 2*5*100 rec. resp. **Activity Comments:** 11/26/2012 Andrea Marino: 1.35	**Run : salite** **Duration (A):** 0:57:00 **Distance (A):** 11 kilometers **Calories:** 836 calories **Workout Description:** longera - sangiuseppe - montedoro **Activity Comments:** 11/28/2012 Andrea Marino: in notturna		**Run : kili di km** **Duration (A):** 1:13:00 **Distance (A):** 11 kilometers **Calories:** 1071 calories **Workout Description:** 10*300 rec. 100		**Bike : costiera** **Duration (A):** 1:29:00 **Distance (A):** 43 kilometers **Calories:** 1261 calories	

Actual: Swim: 47:00 / 2000 meters Run: 2:10:00 / 22 km Bike: 1:29:00 / 43 km Total: 4:26:00

Andrea Marino : 12/3/2012 - 1/6/2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/12	4/12	5/12	6/12	7/12	8/12	9/12
Run : jogging **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto	**Swim : ripetute** **Duration (A):** 0:44:00 **Distance (A):** 2000 meters **Calories:** 513 calories **Workout Description:** 2*(200+100+200) rec. resp. **Activity Comments:** 12/5/2012 Andrea Marino: 3.25 - 1.35		**Run : kili di km** **Duration (A):** 1:00:00 **Distance (A):** 9 kilometers **Calories:** 880 calories **Workout Description:** progressivo 1+2+3	**Swim : pull buoy** **Duration (A):** 0:45:00 **Distance (A):** 2400 meters **Calories:** 525 calories **Workout Description:** 6*200 senza/con		

Actual: Run: 1:45:00 / 18 km Swim: 1:29:00 / 4400 meters Total: 3:14:00

10/12	11/12	12/12	13/12	14/12	15/12	16/12
Swim : ripetute **Duration (A):** 0:57:00 **Distance (A):** 2500 meters **Calories:** 665 calories **Workout Description:** 2*(50+100+200+100+50) rec. resp.	**Run : medio** **Duration (A):** 0:50:00 **Distance (A):** 12 kilometers **Calories:** 733 calories **Workout Description:** (vasca)		**Run : kili di km** **Duration (A):** 1:17:00 **Distance (A):** 12 kilometers **Calories:** 1129 calories **Workout Description:** 6*1000	**Swim : pull buoy** **Duration (A):** 0:39:00 **Distance (A):** 2000 meters **Calories:** 455 calories **Workout Description:** 10*100 senza/con		**Race : Christmas Run** **Duration (A):** 0:15:06 **Distance (A):** 4 kilometers **Calories:** 227 calories **Workout Description:** 4°

Actual: Swim: 1:36:00 / 4500 meters Run: 2:07:00 / 24 km Race: 15:06 / 4 km Total: 3:58:06

17/12	18/12	19/12	20/12	21/12	22/12	23/12
Swim : tecnica+ripetute **Duration (A):** 1:06:00 **Distance (A):** 2500 meters **Calories:** 770 calories **Workout Description:** gambe pinnette resp + 2*5*100	**Run : ripetute in salita** **Duration (A):** 1:04:00 **Distance (A):** 12 kilometers **Calories:** 939 calories **Workout Description:** 12*25" rec. 1' **Activity Comments:** 12/19/2012 Andrea Marino: boschetto		**Run : kili di km** **Duration (A):** 1:04:00 **Distance (A):** 9 kilometers **Calories:** 939 calories **Workout Description:** 3+2+1		**Bike : costiera** **Duration (A):** 1:34:00 **Distance (A):** 43 kilometers **Calories:** 1332 calories	**Run : medio** **Duration (A):** 1:11:00 **Distance (A):** 15 kilometers **Calories:** 1041 calories **Workout Description:** via Udine Miramare stazione

Actual: Swim: 1:06:00 / 2500 meters Run: 3:19:00 / 36 km Bike: 1:34:00 / 43 km Total: 5:59:00

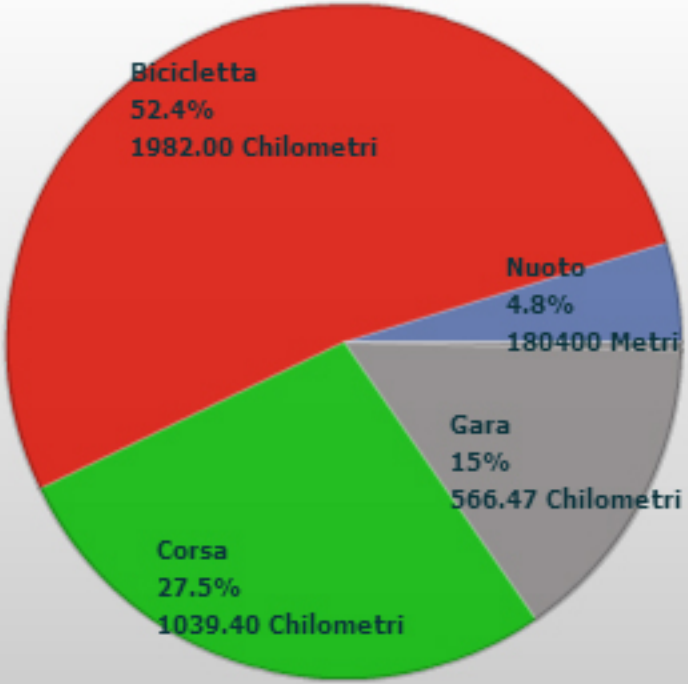
24/12	25/12	26/12	27/12	28/12	29/12	30/12
		Race : corrida di farra **Duration (A):** 0:37:43 **Distance (A):** 10.7 kilometers **Calories:** 566 calories **Workout Description:** 8o ass. **Run : riscaldamento + def.** **Duration (A):** 0:45:00 **Distance (A):** 7 kilometers **Calories:** 660 calories	**Swim : tecnica gambe** **Duration (A):** 0:50:00 **Distance (A):** 1500 meters **Calories:** 583 calories **Workout Description:** tavoletta + pinmette	**Bike : costiera (granduino)** **Duration (A):** 1:40:00 **Distance (A):** 47 kilometers **Calories:** 1417 calories **Activity Comments:** 12/29/2012 Andrea Marino: rotto raggio ultimi sei km		

Actual: Race: 37:43 / 10.7 km Run: 45:00 / 7 km Swim: 50:00 / 1500 meters Bike: 1:40:00 / 47 km Total: 3:52:43

31/12	1/1	2/1	3/1	4/1	5/1	6/1
Run : jogging **Duration (A):** 0:45:00 **Distance (A):** 9 kilometers **Calories:** 660 calories **Workout Description:** boschetto						

Actual: Run: 45:00 / 9 km Total: 45:00

GARE TOTALI	35		
TRIATHLON	9	6	sprint
		3	olimpico
		km tot. approx.	9 (s) + 200 (b) + 50 ®
CORSA	26	6	cross
		1	pista
		1	trail
		12	strada/miste
		6	mezzamaratona
		km tot. approx.	296
GG RIPOSO	116		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52.4%
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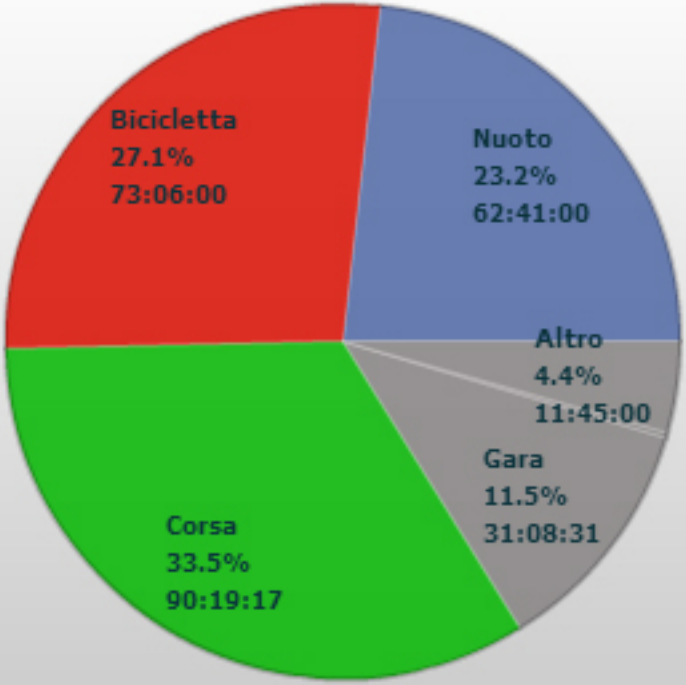
Bicicletta
27.1%
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Nuoto
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Altro
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Gara
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