Andrea Marino : 12/30/2013 - 4/20/2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30/12	31/12	1/1	2/1	3/1	4/1	5/1
		Bike : costiera (p.unità) **Duration (A):** 1:33:00 **Distance (A):** 44 kilometers **Calories:** 1318 calories **Metric at 5:15 PM** **Weight** 81.30(kg) **Sleep Hours** 8.00	**Swim : blando** **Duration (A):** 0:55:00 **Distance (A):** 2000 meters **Calories:** 642 calories **Workout Description:** 2x500 + 4x resp. **Activity Comments:** 1/3/2014 Andrea Marino: febbre e schiena ko		**Swim : pull buoy** **Duration (A):** 1:03:00 **Distance (A):** 3000 meters **Calories:** 735 calories **Workout Description:** 7*200 senza/con + 4*25 rec.25	**Other : spinning** **Duration (A):** 0:40:00 **Calories:** 333 calories

Actual: Bike: 1:33:00 / 44 km Swim: 1:58:00 / 5000 meters Other: 40:00 Total: 4:11:00

6/1	7/1	8/1	9/1	10/1	11/1	12/1
Bike : Marina Julia **Duration (A):** 2:33:00 **Distance (A):** 71 kilometers **Calories:** 2168 calories **Metric at 1:35 PM** **Weight** 80.50(kg) **Sleep Hours** 8.00	**Swim : pull buoy** **Duration (A):** 0:38:00 **Distance (A):** 2000 meters **Calories:** 443 calories **Workout Description:** scaletta 400÷100 senza/con	**Swim : pull buoy** **Duration (A):** 0:40:00 **Distance (A):** 2000 meters **Calories:** 467 calories **Workout Description:** 5x200 senza/con				

Actual: Bike: 2:33:00 / 71 km Swim: 1:18:00 / 4000 meters Total: 3:51:00

13/1	14/1	15/1	16/1	17/1	18/1	19/1

No workouts this week

20/1	21/1	22/1	23/1	24/1	25/1	26/1

No workouts this week

27/1	28/1	29/1	30/1	31/1	1/2	2/2

No workouts this week

3/2	4/2	5/2	6/2	7/2	8/2	9/2

No workouts this week

10/2	11/2	12/2	13/2	14/2	15/2	16/2

No workouts this week

17/2	18/2	19/2	20/2	21/2	22/2	23/2

No workouts this week

24/2	25/2	26/2	27/2	28/2	1/3	2/3

No workouts this week

3/3	4/3	5/3	6/3	7/3	8/3	9/3

No workouts this week

10/3	11/3	12/3	13/3	14/3	15/3	16/3

No workouts this week

17/3	18/3	19/3	20/3	21/3	22/3	23/3
				Swim : riabilitazione **Duration (A):** 0:50:00 **Distance (A):** 1500 meters **Calories:** 421 calories **Workout Description:** 500stile + 1000 pinne dorso/tavoletta	**Other : riabilitazione** **Duration (A):** 0:30:00 **Calories:** 250 calories **Workout Description:** ciclette	**Other : riabilitazione** **Duration (A):** 0:30:00 **Calories:** 250 calories **Workout Description:** ciclette

Actual: Swim: 50:00 / 1500 meters Other: 1:00:00 Total: 1:50:00

24/3	25/3	26/3	27/3	28/3	29/3	30/3
X-Train : fisioterapia **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tecar + mobilità	**Swim : riabilitazione** **Duration (A):** 0:50:00 **Distance (A):** 1500 meters **Calories:** 421 calories **Workout Description:** 2*250 stile/dorso + 1000 pinnette dorso	**X-Train : fisioterapia** **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tapisroulant + pancafit + tecar + mobilità	**Swim : riabilitazione** **Duration (A):** 0:45:00 **Distance (A):** 1500 meters **Calories:** 379 calories **Workout Description:** 750 dorso + 750 pinnette	**X-Train : fisioterapia** **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tecar + fitball + pancafit + tapisroulant	**Other : riabilitazione** **Duration (A):** 0:30:00 **Calories:** 250 calories **Workout Description:** ciclette	**Other : riabilitazione** **Duration (A):** 0:30:00 **Calories:** 250 calories **Workout Description:** ciclette

Actual: X-Train: 4:30:00 Swim: 1:35:00 / 3000 meters Other: 1:00:00 Total: 7:05:00

31/3	1/4	2/4	3/4	4/4	5/4	6/4
X-Train : fisioterapia **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tecar + tapisroulant + esercizi	**Swim : riabilitazione** **Duration (A):** 0:52:00 **Distance (A):** 2000 meters **Calories:** 438 calories **Workout Description:** 2*(250 dorso + 250 resp) + 1000 pinnette (dorso e gambe)	**X-Train : fisioterapia** **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tecar + fisioterapia + esercizi	**Swim : riabilitazione** **Duration (A):** 0:47:00 **Distance (A):** 1700 meters **Calories:** 396 calories **Workout Description:** 2*(250 dorso + 250 resp) + 700 pinnette	**X-Train : fisioterapia** **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tecar + tapisroulant + esercizi		

Actual: X-Train: 4:30:00 Swim: 1:39:00 / 3700 meters Total: 6:09:00

7/4	8/4	9/4	10/4	11/4	12/4	13/4
X-Train : fisioterapia **Duration (A):** 1:00:00 **Calories:** 750 calories **Workout Description:** tecar + esercizi	**Swim : riabilitazione** **Duration (A):** 0:53:00 **Distance (A):** 2000 meters **Calories:** 446 calories **Workout Description:** 2*(250 dorso + 250 resp) + pinnette dorso e tecnica + 250 stile	**X-Train : fisioterapia** **Duration (A):** 1:00:00 **Calories:** 750 calories **Workout Description:** tecar + esercizi		**X-Train : fisioterapia** **Duration (A):** 0:50:00 **Calories:** 625 calories **Workout Description:** tecar		

Actual: X-Train: 2:50:00 Swim: 53:00 / 2000 meters Total: 3:43:00

14/4	15/4	16/4	17/4	18/4	19/4	20/4
X-Train : fisioterapia **Duration (A):** 0:50:00 **Calories:** 625 calories **Workout Description:** tecar		**X-Train : fisioterapia** **Duration (A):** 1:30:00 **Calories:** 1125 calories **Workout Description:** tapisroulant + esercizi + forza + tecar	**Swim : riabilitazione** **Duration (A):** 0:52:00 **Distance (A):** 2000 meters **Calories:** 438 calories **Workout Description:** 2*(250 dorso + 250 resp) + 750 pinnette/tecnica + 250 stile	**X-Train : fisioterapia** **Duration (A):** 2:00:00 **Calories:** 1500 calories **Workout Description:** tapisroulant + esercizi + forza + pancafit + tecar		**Other : spinning** **Duration (A):** 0:40:00 **Calories:** 333 calories

Actual: X-Train: 4:20:00 Swim: 52:00 / 2000 meters Other: 40:00 Total: 5:52:00

Andrea Marino : 4/21/2014 - 8/10/2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21/4	22/4	23/4	24/4	25/4	26/4	27/4
Other : spinning **Duration (A):** 0:30:00 **Calories:** 250 calories	**Swim : riabilitazione** **Duration (A):** 1:07:00 **Distance (A):** 2500 meters **Calories:** 564 calories **Workout Description:** dorso + resp + tecnica + pinnette + ripetute 5* (50+100+50)	**X-Train : fisioterapia** **Duration (A):** 1:15:00 **Calories:** 938 calories **Workout Description:** tapisroulant + esercizi + forza + tecar (Ischiatici)	**Swim : pull buoy** **Duration (A):** 1:04:00 **Distance (A):** 3050 meters **Calories:** 539 calories **Workout Description:** scaletta 500>200 + def dorso	**Bike : costiera** **Duration (A):** 1:55:00 **Distance (A):** 49 kilometers **Calories:** 1438 calories	**Swim : pull buoy** **Duration (A):** 0:54:00 **Distance (A):** 2500 meters **Calories:** 454 calories **Workout Description:** 6*200 senza/con	**Other : spinning** **Duration (A):** 0:40:00 **Calories:** 333 calories

Actual: Other: 1:10:00 Swim: 3:05:00 / 8050 meters X-Train: 1:15:00 Bike: 1:55:00 / 49 km Total: 7:25:00

28/4	29/4	30/4	1/5	2/5	3/5	4/5
X-Train : fisioterapia **Duration (A):** 1:10:00 **Calories:** 875 calories **Workout Description:** tapisroulant + esercizi + forza	**Swim : misto** **Duration (A):** 1:03:00 **Distance (A):** 2500 meters **Calories:** 530 calories **Workout Description:** 2*(dorso+resp) + 2*(pinne+tecnica) + 10*(rip 25p+25f)	**X-Train : fisioterapia** **Duration (A):** 1:15:00 **Calories:** 938 calories **Workout Description:** tapisroulant + esercizi + forza	**Bike : costiera** **Duration (A):** 1:56:00 **Distance (A):** 50 kilometers **Calories:** 1450 calories	**Other : spinning** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Swim : pull buoy** **Duration (A):** 1:07:00 **Distance (A):** 3050 meters **Calories:** 564 calories **Workout Description:** 7*200 senza/con + dorso	**Bike : costiera (Sistiana mare)** **Duration (A):** 2:05:00 **Distance (A):** 55 kilometers **Calories:** 1562 calories

Actual: X-Train: 2:25:00 Swim: 2:10:00 / 5550 meters Bike: 4:01:00 / 105 km Other: 40:00 Total: 9:16:00

5/5	6/5	7/5	8/5	9/5	10/5	11/5
Swim : ripetute **Duration (A):** 0:52:00 **Distance (A):** 2000 meters **Calories:** 438 calories **Workout Description:** 3*5*50 rec. resp.			**Bike : lokev** **Duration (A):** 1:29:00 **Distance (A):** 38 kilometers **Calories:** 1112 calories	**Swim : pull buoy** **Duration (A):** 0:49:00 **Distance (A):** 2500 meters **Calories:** 412 calories **Workout Description:** scaletta 500÷300 senza/con **X-Train : fisioterapia** **Duration (A):** 1:10:00 **Calories:** 496 calories **Workout Description:** tapisroulant + forza + pancafit	**Bike : costiera** **Duration (A):** 1:53:00 **Distance (A):** 50 kilometers **Calories:** 1412 calories	**Bike : costiera** **Duration (A):** 1:41:00 **Distance (A):** 48 kilometers **Calories:** 1262 calories

Actual: Swim: 1:41:00 / 4500 meters Bike: 5:03:00 / 136 km X-Train: 1:10:00 Total: 7:54:00

12/5	13/5	14/5	15/5	16/5	17/5	18/5
Swim : ripetute **Duration (A):** 0:50:00 **Distance (A):** 2000 meters **Calories:** 421 calories **Workout**	**X-Train : fisioterapia** **Duration (A):** 1:20:00 **Calories:** 733 calories **Workout Description:**	**Bike : progressivo (boschetto)** **Duration (A):** 1:02:00 **Distance (A):** 24 kilometers **Calories:**	**X-Train : fisioterapia** **Duration (A):** 1:20:00 **Calories:** 733 calories **Workout Description:**	**Swim : pull buoy** **Duration (A):** 0:50:00 **Distance (A):** 2500 meters **Calories:** 421 calories	**Bike : costiera** **Duration (A):** 1:39:00 **Distance (A):** 48 kilometers **Calories:** 1238 calories	**Other : spinning** **Duration (A):** 0:30:00 **Calories:** 250 calories

Description: 3*5*50 rec. resp.	tapisroulant + forza + pancafit	775 calories **Workout Description:** 12.32 + 12.03 + 11.38	tapisroulant + forza + pancafit	**Workout Description:** 6*200 senza/con		

Actual: Swim: 1:40:00 / 4500 meters X-Train: 2:40:00 Bike: 2:41:00 / 72 km Other: 30:00 Total: 7:31:00

19/5	20/5	21/5	22/5	23/5	24/5	25/5
X-Train : fisioterapia **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** tapisroulant + forza + pancafit **Activity Comments:** 5/20/2014 Andrea Marino: 35kg grandorsale/20kg leg extension/655 scalini	**Swim : ripetute** **Duration (A):** 0:46:00 **Distance (A):** 2000 meters **Calories:** 387 calories **Workout Description:** 2*5*100 rec. resp.	**Bike : paesini-costiera** **Duration (A):** 2:19:00 **Distance (A):** 63.1 kilometers **Calories:** 1395 calories **Activity Comments:** 5/22/2014 Andrea Marino: segnale con ritardo	**Swim** **Duration (A):** 0:49:00 **Distance (A):** 2500 meters **Calories:** 412 calories **Workout Description:** scaletta 500÷300 senza/con	**X-Train : fisioterapia** **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** Tapisroulant - forza - pancafit		

Actual: X-Train: 2:20:00 Swim: 1:35:00 / 4500 meters Bike: 2:19:00 / 63.1 km Total: 6:14:00

26/5	27/5	28/5	29/5	30/5	31/5	1/6

No workouts this week

2/6	3/6	4/6	5/6	6/6	7/6	8/6
		Swim : pull buoy **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 471 calories **Workout Description:** 7*200 senza/con	**Bike : scocjian** **Duration (A):** 2:14:00 **Distance (A):** 59 kilometers **Calories:** 1675 calories	**Run : basovizza** **Duration (A):** 0:33:30 **Distance (A):** 6 kilometers **Calories:** 447 calories	**Swim : pullbuoy** **Duration (A):** 1:05:00 **Distance (A):** 3000 meters **Calories:** 547 calories **Workout Description:** Scaletta 500:200 senza/con + dorso	**Bike : Lisert** **Duration (A):** 2:08:00 **Distance (A):** 60 kilometers **Calories:** 1600 calories

Actual: Swim: 2:01:00 / 5800 meters Bike: 4:22:00 / 119 km Run: 33:30 / 6 km Total: 6:56:30

9/6	10/6	11/6	12/6	13/6	14/6	15/6
X-Train : fisioterapia **Duration (A):** 0:55:00 **Calories:** 504 calories **Workout Description:** Tapisroulant + forza	**Swim : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 2000 meters **Calories:** 421 calories **Workout Description:** 3*5*50 rec. resp			**Swim : pull buoy** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 471 calories **Workout Description:** 7*200 senza/con		

Actual: X-Train: 55:00 Swim: 1:46:00 / 4800 meters Total: 2:41:00

16/6	17/6	18/6	19/6	20/6	21/6	22/6
Swim : ripetute **Duration (A):** 1:20:00 **Distance (A):** 3400 meters **Calories:** 673 calories **Workout Description:** Scaletta 500:200 rip. 100 e 50 + def.	**X-Train : fisioterapia** **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** Tapisroulant + forza + pancafit	**Swim : pullbuoy** **Duration (A):** 1:00:00 **Distance (A):** 3000 meters **Calories:** 505 calories **Workout Description:** Scaletta 500~200 senza/con +dorso	**X-Train : fisiotetapia** **Duration (A):** 1:15:00 **Calories:** 688 calories **Workout Description:** Tapisroulant + forza + pancafit	**Swim : misto** **Duration (A):** 0:59:00 **Distance (A):** 3000 meters **Calories:** 497 calories **Workout Description:** 2*3*500 stile/pullbuoy/dorsopinne	**Bike : costiera - paesini** **Duration (A):** 2:18:00 **Distance (A):** 63 kilometers **Calories:** 1725 calories	**Bike : strada friuli - costiera** **Duration (A):** 1:34:00 **Distance (A):** 45 kilometers **Calories:** 1175 calories

Actual: Swim: 3:19:00 / 9400 meters X-Train: 2:25:00 Bike: 3:52:00 / 108 km Total: 9:36:00

23/6	24/6	25/6	26/6	27/6	28/6	29/6
Swim : ripetute **Duration (A):** 0:47:00 **Distance (A):** 2000 meters **Calories:** 396 calories **Workout Description:** 3*5*50 rec. resp.	**X-Train : fisioterapia** **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** Tapisroulant + forza + pancafit	**Swim : misto** **Duration (A):** 0:50:00 **Distance (A):** 2500 meters **Calories:** 421 calories **Workout Description:** 3*750 stile-pullbuoy-dorsopinne + rip. 5*50	**X-Train : fisioterapia** **Duration (A):** 1:12:00 **Calories:** 660 calories **Workout Description:** Tapisroulant + forza + pancafit	**Swim : pullbuoy** **Duration (A):** 0:36:00 **Distance (A):** 2000 meters **Calories:** 303 calories **Workout Description:** 10*100 senza/con	**Bike : strada del Friuli - costiera** **Duration (A):** 1:32:00 **Distance (A):** 45 kilometers **Calories:** 1150 calories	**Bike : slovenia** **Duration (A):** 2:43:00 **Distance (A):** 61 kilometers **Calories:** 2038 calories

Actual: Swim: 2:13:00 / 6500 meters X-Train: 2:22:00 Bike: 4:15:00 / 106 km Total: 8:50:00

30/6	1/7	2/7	3/7	4/7	5/7	6/7
Swim : ripetute **Duration (A):** 1:00:00 **Distance (A):** 2500 meters **Calories:** 505 calories **Workout Description:** Scaletta 500>300 rip.100>50	**X-Train : fisioterapia** **Duration (A):** 1:20:00 **Calories:** 733 calories **Workout Description:** Tapisroulant x 2 + forza + pancafit	**Bike : lokev - quadrivio** **Duration (A):** 1:39:00 **Distance (A):** 44 kilometers **Calories:** 1238 calories	**Swim : pullbuoy** **Duration (A):** 0:42:00 **Distance (A):** 2000 meters **Calories:** 354 calories **Workout Description:** 10*100 senza/con	**Bike : dolenja vas** **Duration (A):** 2:17:00 **Distance (A):** 60 kilometers **Calories:** 1712 calories		

Actual: Swim: 1:42:00 / 4500 meters X-Train: 1:20:00 Bike: 3:56:00 / 104 km Total: 6:58:00

7/7	8/7	9/7	10/7	11/7	12/7	13/7
Bike : costiera gran duino **Duration (A):** 1:33:00 **Distance (A):** 47 kilometers **Calories:** 1162 calories **Swim : ripetute** **Duration (A):** 0:46:00 **Distance (A):** 2000 meters **Calories:** 387 calories **Workout Description:** 2*10* (25piano+25forte) rec. resp.	**X-Train : fisioterapia** **Duration (A):** 1:18:00 **Calories:** 715 calories **Workout Description:** Tapisroulant *2 + forza + pancafit	**Swim : pullbuoy** **Duration (A):** 0:41:00 **Distance (A):** 2000 meters **Calories:** 345 calories **Workout Description:** 5*200 senza con	**Other : spinning** **Duration (A):** 0:40:00 **Calories:** 333 calories	**Other : spinning** **Duration (A):** 0:45:00 **Calories:** 375 calories	**Race : Gösselsdorfersee Volkstriathlon** **Duration (A):** 0:10:12 **Distance (A):** 0.5 kilometers **Calories:** 153 calories **Workout Description:** solo nuoto (a staffetta con Wolfsberg TriTeam) **Activity Comments:** 7/14/2014 Andrea Marino: 19° parziale - 11i maschile	

Actual: Bike: 1:33:00 / 47 km Swim: 1:27:00 / 4000 meters X-Train: 1:18:00 Other: 1:25:00 Race: 10:12 / 0.5 km Total: 5:53:12

14/7	15/7	16/7	17/7	18/7	19/7	20/7
	Bike : san servolo **Duration (A):** 1:57:00 **Distance (A):** 48 kilometers **Calories:** 1462 calories **Activity Comments:** 7/16/2014 Andrea Marino: 19.58	**Swim : misto** **Duration (A):** 0:40:00 **Distance (A):** 1500 meters **Calories:** 337 calories **Workout Description:** Risc.rip.pull	**X-Train : fisioterapia** **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** Tapisroulant *2 + forza + pancafit	**Bike : paesino - costiera** **Duration (A):** 2:15:00 **Distance (A):** 63 kilometers **Calories:** 1688 calories		

Actual: Bike: 4:12:00 / 111 km Swim: 40:00 / 1500 meters X-Train: 1:10:00 Total: 6:02:00

21/7	22/7	23/7	24/7	25/7	26/7	27/7
Swim : pull buoy **Duration (A):** 0:50:00 **Distance (A):** 2400 meters **Calories:** 421 calories **Workout Description:** 6*200 senza/con	**X-Train : fisioterapia** **Duration (A):** 1:07:00 **Calories:** 614 calories **Workout Description:** Tapisroulant + forza + pancafit	**Bike : dolenja vas** **Duration (A):** 2:13:00 **Distance (A):** 60 kilometers **Calories:** 1662 calories				

Actual: Swim: 50:00 / 2400 meters X-Train: 1:07:00 Bike: 2:13:00 / 60 km Total: 4:10:00

28/7	29/7	30/7	31/7	1/8	2/8	3/8
			X-Train : fisioterapia **Duration (A):** 1:10:00 **Calories:** 642 calories **Workout Description:** tapisroulant x 2 + forza + pancafit	**Bike : costiera granduino** **Duration (A):** 1:52:00 **Distance (A):** 48 kilometers **Calories:** 1400 calories		

Actual: X-Train: 1:10:00 Bike: 1:52:00 / 48 km Total: 3:02:00

4/8	5/8	6/8	7/8	8/8	9/8	10/8
Bike : Ruda **Duration (A):** 1:26:00 **Distance (A):** 46 kilometers **Calories:** 1075 calories **MTB : Na Burje** **Duration (A):** 3:01:00 **Distance (A):** 43 kilometers **Calories:** 2051 calories	**X-Train : fisioterapia** **Duration (A):** 1:12:00 **Calories:** 660 calories **Workout Description:** forza + tapisroulant + elittica + pancafit	**Swim : mare** **Duration (A):** 0:20:00 **Distance (A):** 1000 meters **Calories:** 168 calories				

Actual: Bike: 1:26:00 / 46 km MTB: 3:01:00 / 43 km X-Train: 1:12:00 Swim: 20:00 / 1000 meters Total: 5:59:00

Andrea Marino : 8/11/2014 - 11/30/2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/8	12/8	13/8	14/8	15/8	16/8	17/8
Swim : misto **Duration (A):** 0:46:00 **Distance (A):** 2000 meters **Calories:** 387 calories **Workout Description:** 500+500pull+500dorsopinne+500resp	**Bike : divaca** **Duration (A):** 1:55:00 **Distance (A):** 52 kilometers **Calories:** 1438 calories	**X-Train : fisioterapia** **Duration (A):** 1:12:00 **Calories:** 660 calories **Workout Description:** tapisroulant + forza + ellittica	**Swim : misto** **Duration (A):** 0:57:00 **Distance (A):** 2500 meters **Calories:** 480 calories **Workout Description:** 500 sl + 500 pb + 500 dp +5x100 sl/pb			

Actual: Swim: 1:43:00 / 4500 meters Bike: 1:55:00 / 52 km X-Train: 1:12:00 Total: 4:50:00

18/8	19/8	20/8	21/8	22/8	23/8	24/8
Swim : misto **Duration (A):** 1:04:00 **Distance (A):** 2500 meters **Calories:** 539 calories **Workout Description:** 500sl+500pb+500dpnb+500dp+500resp	**X-Train : fisioterapia** **Duration (A):** 1:18:00 **Calories:** 715 calories **Workout Description:** tapisroulant + forza + ellittica	**Bike : paesini - costiera** **Duration (A):** 2:12:00 **Distance (A):** 63 kilometers **Calories:** 1650 calories	**Swim : misto** **Duration (A):** 0:47:00 **Distance (A):** 2000 meters **Calories:** 396 calories **Workout Description:** 500sl+500pb+600dp+2*100sl/pb			

Actual: Swim: 1:51:00 / 4500 meters X-Train: 1:18:00 Bike: 2:12:00 / 63 km Total: 5:21:00

25/8	26/8	27/8	28/8	29/8	30/8	31/8
		Bike : lokev **Duration (A):** 1:40:00 **Distance (A):** 41 kilometers **Calories:** 1250 calories **Activity Comments:** 9/30/2014 Andrea Marino: via resort	**X-Train : fisioterapia** **Duration (A):** 1:12:00 **Calories:** 660 calories **Workout Description:** tapisroulant + forza + ellittica + pancafit		**Bike : paesini rientro slovenia** **Duration (A):** 2:54:00 **Distance (A):** 78 kilometers **Calories:** 2175 calories	

Actual: Bike: 4:34:00 / 119 km X-Train: 1:12:00 Total: 5:46:00

1/9	2/9	3/9	4/9	5/9	6/9	7/9
X-Train : fisioterapia **Duration (A):** 1:28:00 **Calories:** 807 calories **Workout Description:** tapisroulant (x2) + forza + ellittica + pancafit		**Bike : costiera - granduino** **Duration (A):** 1:37:00 **Distance (A):** 48 kilometers **Calories:** 1212 calories	**Swim : misto** **Duration (A):** 0:41:00 **Distance (A):** 2000 meters **Calories:** 345 calories **Workout Description:** 500sl+500pb+500dp+500sl	**X-Train : fisioterapia** **Duration (A):** 1:16:00 **Calories:** 697 calories **Workout Description:** tapisroulant + forza + ellittica	**Bike : San Servolo** **Duration (A):** 2:02:00 **Distance (A):** 48 kilometers **Calories:** 1525 calories **Activity Comments:** 9/8/2014 Andrea Marino: 21'	

Actual: X-Train: 2:44:00 Bike: 3:39:00 / 96 km Swim: 41:00 / 2000 meters Total: 7:04:00

8/9	9/9	10/9	11/9	12/9	13/9	14/9
	Swim : misto **Duration (A):** 1:08:00	**X-Train : fisioterapia** **Duration (A):**	**Swim : pull buoy** **Duration (A):**			

	Distance (A): 3000 meters **Calories:** 572 calories **Workout Description:** scaletta pb 500/300 + 500 dp + 100 slv **Bike : strada d.friuli - costiera (città)** **Duration (A):** 1:43:00 **Distance (A):** 47 kilometers **Calories:** 1288 calories	1:20:00 **Calories:** 733 calories **Workout Description:** tapisroulant + forza + ellittica + pancafit	0:45:00 **Distance (A):** 2000 meters **Calories:** 370 calories **Workout Description:** 5*200 s/c			

Actual: Swim: 1:53:00 / 5000 meters Bike: 1:43:00 / 47 km X-Train: 1:20:00 Total: 4:56:00

15/9	16/9	17/9	18/9	19/9	20/9	21/9
		Bike : Lokev **Duration (A):** 1:34:00 **Distance (A):** 38 kilometers **Calories:** 1175 calories	**Swim : misto** **Duration (A):** 1:05:00 **Distance (A):** 3000 meters **Calories:** 547 calories **Workout Description:** scaletta 500-300 s/c + 500dp + 100 slv	**X-Train : fisioterapia** **Duration (A):** 1:13:00 **Calories:** 669 calories **Workout Description:** tapisroulant + forza + ellittica + pancafit	**Bike : costiera gran duino** **Duration (A):** 1:45:00 **Distance (A):** 48 kilometers **Calories:** 1312 calories	

Actual: Bike: 3:19:00 / 86 km Swim: 1:05:00 / 3000 meters X-Train: 1:13:00 Total: 5:37:00

22/9	23/9	24/9	25/9	26/9	27/9	28/9
Bike : boschetto **Duration (A):** 0:22:00 **Distance (A):** 7 kilometers **Calories:** 275 calories **Workout Description:** foratura (no aria) > rientro **Other : spinning** **Duration (A):** 0:20:00 **Calories:** 167 calories	**Swim : stile** **Duration (A):** 0:43:00 **Distance (A):** 2000 meters **Calories:** 362 calories **Workout Description:** 4*500		**X-Train : fisioterapia** **Duration (A):** 1:19:00 **Calories:** 724 calories **Workout Description:** tapisroulant + forza + ellittica + pancafit	**Swim : pull buoy** **Duration (A):** 0:39:00 **Distance (A):** 2000 meters **Calories:** 328 calories **Workout Description:** 10*100 senza/con	**Bike : paesini - costiera** **Duration (A):** 2:19:00 **Distance (A):** 63 kilometers **Calories:** 1738 calories	

Actual: Bike: 2:41:00 / 70 km Other: 20:00 Swim: 1:22:00 / 4000 meters X-Train: 1:19:00 Total: 5:42:00

29/9	30/9	1/10	2/10	3/10	4/10	5/10
Bike : lokev **Duration (A):** 1:33:00 **Distance (A):** 41 kilometers **Calories:** 1162 calories **Activity Comments:** 9/30/2014 Andrea Marino: via resort	**X-Train : fisioterapia** **Duration (A):** 1:16:00 **Calories:** 697 calories **Workout Description:** tapisroulant + forza + ellittica + esercizi	**Swim : ripetute** **Duration (A):** 0:43:00 **Distance (A):** 2000 meters **Calories:** 362 calories **Workout Description:** 2*5*100 rec. resp.	**Run : zona foiba** **Duration (A):** 0:43:33 **Distance (A):** 7.01 kilometers **Calories:** 496 calories **Activity Comments:** 10/3/2014 Andrea Marino: Timex Global	**Swim : pull buoy** **Duration (A):** 0:45:00 **Distance (A):** 2000 meters **Calories:** 379 calories **Workout Description:** 5*200 s/c **Activity Comments:**	**Bike : costiera granduino** **Duration (A):** 1:40:00 **Distance (A):** 48 kilometers **Calories:** 1250 calories	

			Trainer Tempo stop: 00:00:00 Salita media: 8 m/min Discesa media: 8 m/min CAL/FC: 683	10/3/2014 Andrea Marino: probabili vasche in più		

Actual: Bike: 3:13:00 / 89 km X-Train: 1:16:00 Swim: 1:28:00 / 4000 meters Run: 43:33 / 7.01 km

Total: 6:40:33

6/10	7/10	8/10	9/10	10/10	11/10	12/10
	Swim : pull buoy **Duration (A):** 0:42:00 **Distance (A):** 2000 meters **Calories:** 354 calories **Workout Description:** 2*500 s/c	**Run : personal training Anna - Barcola** **Duration (A):** 0:31:38 **Distance (A):** 4.1 kilometers **Calories:** 283 calories **Workout Description:** + allunghi **Activity Comments:** 10/8/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 4 m/min Discesa media: 4 m/min CAL/FC: 536	**X-Train : fisioterapia** **Duration (A):** 0:50:00 **Calories:** 458 calories **Workout Description:** tapisroulant + ellittica + esercizi	**Swim : misto** **Duration (A):** 0:42:00 **Distance (A):** 2000 meters **Calories:** 354 calories **Workout Description:** 1000 dp + 500 sl + 500 slpb **Activity Comments:** 10/10/2014 Andrea Marino: scrick lieve alla schiena	**Bike : lisert** **Duration (A):** 2:02:00 **Distance (A):** 61 kilometers **Calories:** 1525 calories	

Actual: Swim: 1:24:00 / 4000 meters Run: 31:38 / 4.1 km X-Train: 50:00 Bike: 2:02:00 / 61 km

Total: 4:47:38

13/10	14/10	15/10	16/10	17/10	18/10	19/10
	Swim : pull buoy **Duration (A):** 0:39:00 **Distance (A):** 2000 meters **Calories:** 328 calories **Workout Description:** 10*100 s/c		**Run : personal training Anna** **Duration (A):** 0:40:00 **Distance (A):** 5 kilometers **Calories:** 533 calories **Workout Description:** stadio **Activity Comments:** 10/17/2014 Andrea Marino: compreso stretching	**Swim : misto** **Duration (A):** 0:42:00 **Distance (A):** 2000 meters **Calories:** 354 calories **Workout Description:** 1000 dp + 500 sl + 500 pb	**Bike : Lokev** **Duration (A):** 1:24:00 **Distance (A):** 38 kilometers **Calories:** 1050 calories	

Actual: Swim: 1:21:00 / 4000 meters Run: 40:00 / 5 km Bike: 1:24:00 / 38 km Total: 3:25:00

20/10	21/10	22/10	23/10	24/10	25/10	26/10
Run : Barcola **Duration (A):** 0:34:58 **Distance (A):** 8.13 kilometers **Calories:** 620 calories	**Swim : ripetute** **Duration (A):** 0:45:00 **Distance (A):** 2000 meters **Calories:** 379 calories	**Bike** **Duration (A):** 2:03:00 **Distance (A):** 53 kilometers **Calories:** 1537 calories		**Swim : pull buoy** **Duration (A):** 0:46:00 **Distance (A):** 2200 meters **Calories:**	**Bike : paesini - costiera + city + cattinara** **Duration (A):** 2:52:00 **Distance (A):** 78 kilometers	

Activity Comments: 10/20/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 9 m/min Discesa media: 7 m/min CAL/FC: 1063	**Workout Description:** 2x5x100 rec. resp	**Workout Description:** costiera - paesini (san giovanni)		387 calories **Workout Description:** 500-400-200 s/c	**Calories:** 2150 calories	

Actual: Run: 34:58 / 8.13 km Swim: 1:31:00 / 4200 meters Bike: 4:55:00 / 131 km Total: 7:00:59

27/10	28/10	29/10	30/10	31/10	1/11	2/11
Swim : ripetute **Duration (A):** 0:47:00 **Distance (A):** 2000 meters **Calories:** 396 calories **Workout Description:** 5*(50+100+50) rec. resp.	**Run : ricognizione golf club** **Duration (A):** 0:22:33 **Distance (A):** 3.79 kilometers **Calories:** 309 calories **Activity Comments:** 10/29/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 6 m/min Discesa media: 5 m/min CAL/FC: 822 **Run : golf club** **Duration (A):** 0:38:31 **Distance (A):** 6.13 kilometers **Calories:** 468 calories **Activity Comments:** 10/29/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 6 m/min Discesa media: 6 m/min CAL/FC: 729 **Metric on 10/28/2014** **Weight** 84.90(kg)	**Bike : lokev** **Duration (A):** 1:27:00 **Distance (A):** 38 kilometers **Calories:** 1088 calories	**Run : personal training Anna** **Duration (A):** 0:40:47 **Distance (A):** 5.53 kilometers **Calories:** 445 calories **Workout Description:** stadio **Activity Comments:** 10/31/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:05:39 Salita media: 7 m/min Discesa media: 9 m/min CAL/FC: 654 **Metric on 10/30/2014** **Weight** 68.00(kg)	**Swim : pull buoy** **Duration (A):** 0:51:00 **Distance (A):** 2400 meters **Calories:** 429 calories **Workout Description:** 6*200 s/c	**Bike : costiera gran duino** **Duration (A):** 1:37:00 **Distance (A):** 48 kilometers **Calories:** 1212 calories	**Bike : paesini - costiera** **Duration (A):** 2:23:00 **Distance (A):** 64 kilometers **Calories:** 1788 calories **Activity Comments:** 11/2/2014 Andrea Marino: Forato a 1:48:00 rientro piano

Actual: Swim: 1:38:00 / 4400 meters Run: 1:41:51 / 15.44 km Bike: 5:27:00 / 150 km Total: 8:46:51

3/11	4/11	5/11	6/11	7/11	8/11	9/11
	Swim : ripetute	**Run : golf club**		**Swim : misto**	**Run : medio**	**Bike : lisert**

	Duration (A): 0:44:00 **Distance (A):** 2000 meters **Calories:** 370 calories **Workout Description:** 2*5*100 rec. resp.	**padriciano** **Duration (A):** 1:03:59 **Distance (A):** 10.88 kilometers **Calories:** 885 calories **Activity Comments:** 11/5/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 10 m/min Discesa media: 10 m/min CAL/FC: 829 11/5/2014 Andrea Marino: con candelin (e parte con dr. Martelossi) **Metric on 11/5/2014** **Weight** 84.00(kg)		**Duration (A):** 0:48:00 **Distance (A):** 2300 meters **Calories:** 404 calories **Workout Description:** 500dp+scaletta 500+400 s/c	**Duration (A):** 0:52:50 **Distance (A):** 12 kilometers **Calories:** 693 calories **Workout Description:** Vasca barcola	**Duration (A):** 2:05:00 **Distance (A):** 61 kilometers **Calories:** 1562 calories

Actual: Swim: 1:32:00 / 4300 meters Run: 1:56:49 / 22.88 km Bike: 2:05:00 / 61 km Total: 5:33:49

10/11	11/11	12/11	13/11	14/11	15/11	16/11
Run : ripetute **Duration (A):** 0:56:00 **Distance (A):** 10 kilometers **Calories:** 747 calories **Workout Description:** 10*300 rec.100 **Activity Comments:** 11/11/2014 Andrea Marino: 63"	**Swim : ripetute** **Duration (A):** 0:50:00 **Distance (A):** 2000 meters **Calories:** 421 calories **Workout Description:** piramide 3*50+100+150+200+150+100+3*50	**Bike : lokev (via resort)** **Duration (A):** 1:30:00 **Distance (A):** 40 kilometers **Calories:** 1125 calories	**Run : personal training Anna** **Duration (A):** 0:43:03 **Distance (A):** 5.46 kilometers **Calories:** 442 calories **Activity Comments:** 11/14/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:06:16 Salita media: 8 m/min Discesa media: 7 m/min CAL/FC: 616 **Metric on 11/13/2014** **Weight** 84.00(kg)	**Swim : misto** **Duration (A):** 0:55:00 **Distance (A):** 2500 meters **Calories:** 463 calories **Workout Description:** 500dp + scaletta 100/400 s/c		**Bike : granduino (via city)** **Duration (A):** 1:41:00 **Distance (A):** 49 kilometers **Calories:** 1262 calories

Actual: Run: 1:39:03 / 15.46 km Swim: 1:45:00 / 4500 meters Bike: 3:11:00 / 89 km Total: 6:35:03

17/11	18/11	19/11	20/11	21/11	22/11	23/11
Run : medio **Duration (A):** 0:52:53 **Distance (A):** 11.96	**Swim : solo dorso** **Duration (A):** 0:51:00 **Distance (A):**	**Run : jogging** **Duration (A):** 0:47:00 **Distance (A):** 9 kilometers	**Other : spinning** **Duration (A):** 0:45:00 **Calories:**	**Swim : pull buoy** **Duration (A):** 0:42:00 **Distance (A):**	**Bike : paesini costiera + city e cattinara** **Duration (A):** 2:52:00	

kilometers **Calories:** 1018 calories **Workout Description:** vasca Barcola **Activity Comments:** 11/18/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 6 m/min Discesa media: 6 m/min CAL/FC: 1154 **Metric on 11/17/2014** **Weight** 84.00(kg)	1700 meters **Calories:** 429 calories **Activity Comments:** 11/18/2014 Andrea Marino: male scapola sx	**Calories:** 627 calories **Workout Description:** boschetto	375 calories	2000 meters **Calories:** 354 calories **Workout Description:** 5x200 s/c	**Distance (A):** 78 kilometers **Calories:** 2150 calories	

Actual: Run: 1:39:53 / 20.96 km Swim: 1:33:00 / 3700 meters Other: 45:00 Bike: 2:52:00 / 78 km

Total: 6:49:53

24/11	25/11	26/11	27/11	28/11	29/11	30/11
Run : ripetute **Duration (A):** 0:53:00 **Distance (A):** 10 kilometers **Calories:** 707 calories **Workout Description:** 10x400 rec. 30" **Activity Comments:** 11/24/2014 Andrea Marino: 1'23"	**Swim : misto** **Duration (A):** 0:46:00 **Distance (A):** 2000 meters **Calories:** 387 calories **Workout Description:** 500 dp+500slp+10x50 v/p+resp	**Other : spinning** **Duration (A):** 0:45:00 **Calories:** 375 calories **Swim : ancarano** **Duration (A):** 0:35:00 **Distance (A):** 1750 meters **Calories:** 295 calories **Workout Description:** 100 vasche	**Run : personal training Anna** **Duration (A):** 0:46:00 **Distance (A):** 5.5 kilometers **Calories:** 613 calories	**Swim : pull buoy** **Duration (A):** 0:43:00 **Distance (A):** 2000 meters **Calories:** 362 calories **Workout Description:** scaletta 400÷100 s/c	**Bike : costiera - paesini** **Duration (A):** 2:11:00 **Distance (A):** 62 kilometers **Calories:** 1637 calories	

Actual: Run: 1:39:00 / 15.5 km Swim: 2:04:00 / 5750 meters Other: 45:00 Bike: 2:11:00 / 62 km

Total: 6:39:00

Andrea Marino : 12/1/2014 - 1/4/2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/12	2/12	3/12	4/12	5/12	6/12	7/12
Run : vasca barcola **Duration (A):** 0:53:50 **Distance (A):** 12 kilometers **Calories:** 707 calories **Activity Comments:** 12/1/2014 Andrea Marino: Bora scura	**Swim : ripetute** **Duration (A):** 0:45:00 **Distance (A):** 2000 meters **Calories:** 379 calories **Workout Description:** 5*(50+100+50)	**Run : stadio rocco** **Duration (A):** 0:44:29 **Distance (A):** 8.21 kilometers **Calories:** 678 calories **Activity Comments:** 12/3/2014 Andrea Marino: Timex Global Trainer Tempo stop: 00:00:00 Salita media: 6 m/min Discesa media: 7 m/min CAL/FC: 914 **Metric on 12/3/2014** **Weight** 84.00(kg)	**Other : spinning** **Duration (A):** 0:30:00 **Calories:** 250 calories	**Swim : pull buoy** **Duration (A):** 0:43:00 **Distance (A):** 2000 meters **Calories:** 362 calories **Workout Description:** 10*100 s/c		**Bike : strada d. friuli (discesa)** **Duration (A):** 1:33:00 **Distance (A):** 37 kilometers **Calories:** 1162 calories

Actual: Run: 1:38:19 / 20.21 km Swim: 1:28:00 / 4000 meters Other: 30:00 Bike: 1:33:00 / 37 km
Total: 5:09:19

8/12	9/12	10/12	11/12	12/12	13/12	14/12
	Swim : ripetute **Duration (A):** 0:51:00 **Distance (A):** 2000 meters **Calories:** 429 calories **Workout Description:** 5*100 +5*50 rec.resp.	**Other : spinning** **Duration (A):** 0:50:00 **Calories:** 417 calories	**Run : boschetto(interno)** **Duration (A):** 0:47:00 **Distance (A):** 9 kilometers **Calories:** 627 calories	**Swim : pull buoy** **Duration (A):** 0:56:00 **Distance (A):** 2800 meters **Calories:** 471 calories **Workout Description:** Scaletta 500~200 s/c		

Actual: Swim: 1:47:00 / 4800 meters Other: 50:00 Run: 47:00 / 9 km Total: 3:24:00

15/12	16/12	17/12	18/12	19/12	20/12	21/12

No workouts this week

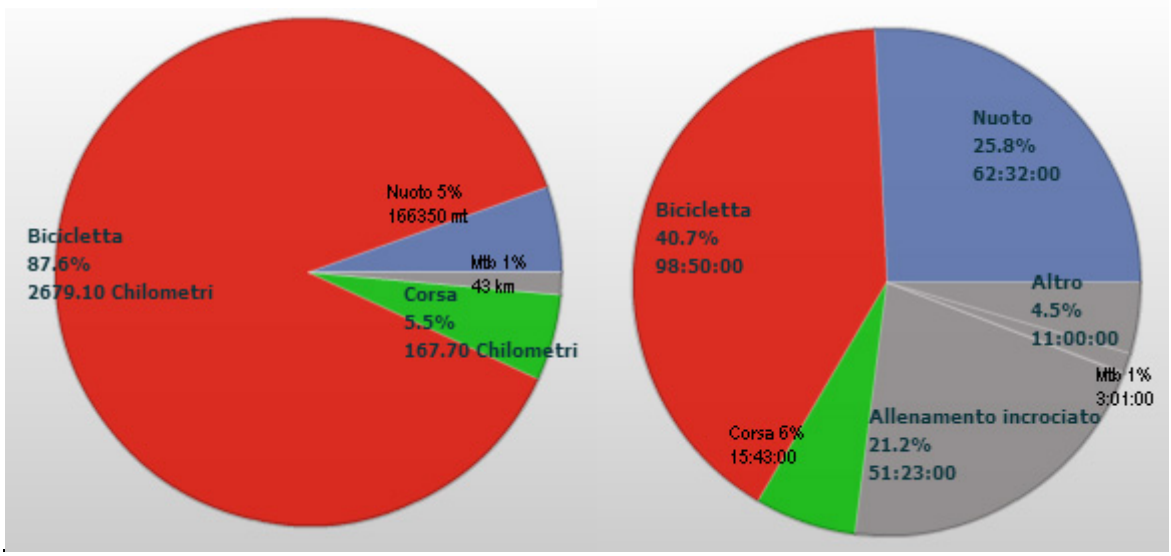
22/12	23/12	24/12	25/12	26/12	27/12	28/12
	Swim : misto **Duration (A):** 0:44:00 **Distance (A):** 2000 meters **Calories:** 370 calories **Workout Description:** 500dp+500resp.p+500+500pb			**Run : Boschetto** **Duration (A):** 0:50:00 **Distance (A):** 9 kilometers **Calories:** 667 calories	**Bike : Lisert** **Duration (A):** 2:08:00 **Distance (A):** 61 kilometers **Calories:** 1600 calories	**Swim : Pull buoy** **Duration (A):** 1:02:00 **Distance (A):** 3000 meters **Calories:** 522 calories

						Workout Description: Scaletta 509~100 s/c

Actual: Swim: 1:46:00 / 5000 meters Run: 50:00 / 9 km Bike: 2:08:00 / 61 km Total: 4:44:00

29/12	30/12	31/12	1/1	2/1	3/1	4/1
Run : boschetto **Duration (A):** 0:47:00 **Distance (A):** 9 kilometers **Calories:** 667 calories	**Swim : Ripetute** **Duration (A):** 1:06:00 **Distance (A):** 2500 meters **Calories:** 556 calories **Workout Description:** 2*5*100 rec. resp.	**Other : spinning** **Duration (A):** 0:45:00 **Calories:** 375 calories	**Run : miramare** **Duration (A):** 1:54:00 **Distance (A):** 21 kilometers **Calories:** 1520 calories	**Swim : pull buoy** **Duration (A):** 0:40:00 **Distance (A):** 2000 meters **Calories:** 337 calories **Workout Description:** 10*100 s/c	**Bike : prima planetx stealth pro** **Duration (A):** 2:58:00 **Distance (A):** 77 kilometers **Calories:** 2225 calories **Activity Comments:** 1/3/2015 Andrea Marino: Posizione da migliorare; bora sostenuta	**Run : Ripetute** **Duration (A):** 0:59:00 **Distance (A):** 10 kilometers **Calories:** 787 calories **Workout Description:** 10*300 rec.100

Actual: Run: 3:40:00 / 40 km Swim: 1:46:00 / 4500 meters Other: 45:00 Bike: 2:58:00 / 77 km Total: 9:09:00



tempo medio settimanale di attività: 4:39:47

gg di riposo effettivi: 163

gare totali: 1 (goesselsdorfersee tri a staffetta – swim)

nb: allenamento incrociato = fisioterapia/palestra