

June 2022

ADD: PLANKS (2+ mins)

1-LEGGED SQUATS (BULGARIAN OPTION) 3x10/leg

- US Holidays
- Birthdays
- Vaccine appointment
- Work
- Home

Siri Suggestions

May 2022							June 2022							July 2022							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7	1	2	3	4										1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
														31							

Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

 SCHEDULED
 DID

				1	2	3	4						
			RESISTANCE/YOGA ≈ 45 MIN / 3 MI. RUN	1 HR RUN/INTERVALS 200 SQUATS/ABS 500 PUSHUPS	<u>1 HOUR CYCLE</u> 1 HOUR CYCLE	1 HOUR RUN ≈ 30 MIN. RUN							
5	300 PUSHUPS 1 HOUR SWIM RAN 5 MILES (TO/OP TRAM ROAD)	6	300 PUSHUPS/ABS/ 3 SETS KETTLEBELL SWING 1 HOUR CYCLE 1.25 HRS ON BIKES (TRAM HOUSE)	7	200 PUSHUPS RESISTANCE/YOGA 1 HOUR SWIM @ PS POOL 100M ≈ 1:30 (≈ 2700M / 2953 YDS)	8	300 PUSHUPS <u>1 HR RUN + INTERVALS</u> 1 MI. WARM UP 4x (6x30sec) INT w/ 2 min R1 1 MI COOL DOWN	9	200 PUSHUPS 1 HOUR SWIM BULGARIAN SQUATS 3x10 NO GEAR / DAY 5 1 HOUR BIKE TEST SWIM LBASH	10	<u>1 HOUR RUN</u> 4.5 MI.	11	
12	2-3 HR. BIKE 1.5	13	Flag Day 1 HOUR BIKE 1.3 HOUR BIKE 400 PUSHUPS	14	RESISTANCE/YOGA 200 SQUATS/ABS 400 PUSHUPS NO GEAR / DAY 10 BANDS "JENNY'S AMPT"	15	1 HR RUN W/INT'S. 45 min. 15 30/30s 400 PUSHUPS	16	<u>1 HOUR SWIM</u> 300 PUSHUPS	17	<u>1 HOUR RUN</u> Swim mi (TRAM RD DEP DELWAY) 100 PUSHUPS	18	
19	Father's Day <u>2-3 HR. BIKE</u> TRAM ROAD/ WIND	20	1 HOUR SWIM MOT. NO GEAR / DAY 15 FRAG HOP BOX JUMPS 200/20 1 HOUR BIKE 400 PUSHUPS	21	1 HOUR BIKE 1 HOUR SWIM 400 PUSHUPS	22	RESISTANCE/YOGA 1 HOUR RUN 4.25 MI 100 PUSHUPS	23	1 HR RUN W/INT'S. 40 MIN. SWIM 200 PUSHUPS	24	<u>1 HOUR SWIM</u> 1 HOUR BIKE (TRAM ROAD)	25	<u>1 HOUR RUN</u>
26	2-3 HR. BIKE 1	27	1 HOUR SWIM HORSESHOE LAKE 100 PUSHUPS	28	1 HOUR BIKE RAINBOW FALLS 40 lb pack 400 PUSHUPS	29	RESISTANCE/YOGA CRYSTAL LAKE 40 lb pack 100 PUSHUPS	30	1 HR RUN W/INT'S.  (TRAVEL DAY)				

UNITED STATES DEPARTMENT OF AGRICULTURE

AGRICULTURAL RESEARCH SERVICE

PLANT BREEDING AND GENETICS

W. R. BRIDGES

STATIONER

RECEIVED

JUN 10 1952

NO. 1

Main body of text containing various handwritten notes, stamps, and possibly a list of items or a report. Includes a date stamp "JUN 10 1952" and various illegible markings.

July 2022

US Holidays
 Birthdays
 Vaccine appointment
 Work
 Home

Siri Suggestions

June 2022

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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July 2022

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Independence Day	5	6	7	8	9
	1 HR BIKE/TRAM	1 HR SWIM	Ø	3 MI / 35 MIN RUN	1 HR BIKE	7 min abs 100 pushups
10 Eid al-Adha	11 200/20 (squats/abs) 200 pushups 400 7 min abs	12 7 min abs 1 HR RUN w/ intervals (100')	13 - 100 PUSHUPS 1 HR SWIM - 7 ABS - 2500 FREE - 1000 BREAST > 0:0:55 100 M	14 1 HR BIKE 100 PUSHUPS ABS	15 :35 / 2.85 M RUN 100 PUSHUPS ABS	16 3 HR BIKE ABS
17	18 20/200 ABS ATHLEAN #1 + 200 (400) TOTAL PUSHUPS	19 1 HR SWIM - 3000 FREE - 500 BREAST ~ 1:00 100 M ABS	20 ATHLEAN #3 100 PUSHUPS	21 ATHLEAN #4 RUN W/INTERVALS W HALEY	22 ATHLEAN #5 200 PUSHUPS	23 REST
24 4.5 MI HIKE	25 200/20 + 100 (300 TOTAL) PUSHUPS	26 1 HR MTB 200 PUSHUPS	27 3.5 MI RUN @ HORSESHOE LAKE	28 3.5 HRS MTB AM GYM 200 PUSHUPS	29 100 PUSHUPS	30 ATHLEAN TR SWIM CLINIC / ZUMA
31	REST					

+300 (400) (2018)
 782
 80/100
 1. 100 100 yr
 2. 200 200 yr
 3. 300 300 yr
 1 hr 20 min

100 (200) (2018)
 782
 100/100
 1. 100 100 yr
 2. 200 200 yr
 1 hr 20 min

100 (200) (2018)
 782
 100/100
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100 (200) (2018)
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100 (200) (2018)
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 2. 200 200 yr
 1 hr 20 min

100 (200) (2018)
 782
 100/100
 1. 100 100 yr
 2. 200 200 yr
 1 hr 20 min

701A 5055

Year	Value	Value	Value
2018	100	100	100
2019	100	100	100
2020	100	100	100
2021	100	100	100
2022	100	100	100

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 - 1 HR SWIM • 1500 free • 500 breast • 1000 free • 50 rec 100 M FREE - 7 min ABS 100 PUSHUPS	2 - CROSS-TRAIN - 30 MIN BIKE 200 PUSHUPS	3 - 1 HR RUN / 4.17 mi. - CROSS-TRAIN • legs/core - 7 min ABS 200 150 PUSHUPS	4 - 1 HR SWIM (3500 M) Cross train/shoulders 7 min abs 100 PUSHUPS	5 - 1 HR BIKE - 7 min abs - 100 PUSHUPS	6 - MALIBU SWIM - BIKE
7	8 Ashura - 200/20 - 1 HR RUN w/ INTERVALS - 7 MIN ABS + PUSH WORKOUT [300 PUSHUPS]	9 - 200/20 - 1 HR BIKE - 7 MIN ABS [300 PUSHUPS]	10 - 1.25 HR RUN (5.64 mi) - 7 min abs - LEG/CORE WORKOUT [80 PUSHUPS]	11 REST/BACK	12 REST/BACK	13 - MALIBU SWIM (OFF) BIKE 25 MILES ZUMA - DEER CR.
14 BIKE w/ RAUPH 15 MIN	15 200/20, 4 PULLUPS BANDS [300 PUSHUPS]	16 :35 RUN w/ INT. 7 min abs [100 PUSHUPS]	17 :40 MIN SWIM 2500 M - PM CORE/SHOULDERS [100 PUSHUPS]	18 BACKYARD BIKING CROSSTRAIN - CORE/ROPE [300 PUSHUPS]	19 1 HR BIKE	20 REST
21 REST	22 55 MIN SWIM (3500 M > 1 min) 7 min abs chest/shoulders	23 :40 RUN w/ INTERVALS 7 min abs	24 :45 min BIKE CORE WORKOUT	25 ?	26 ?	27 2 mi run @ HERMOSA BEACH
28 REST	29 - 200/20 - 100 pushups - 7 min abs	30 REST	31 :45 min bike/tram - 200/20 - 7 min abs - 100 pushups (300 total)			

September 2022

- US Holidays
- Birthdays
- Vaccine appointment
- Work
- Home

Siri Suggestions

August 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

September 2022

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25	26	27	28	29	30	

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
				(SICK)	(SICK)	(SICK)	
4	Labor Day	5	6	7	8	9	
(SICK)	(SICK)	(MAMMOTH)					10
		HOT SPRINGS					
11		12	13	14	15	16	
		2 MI. RUN		:30 SWIM 1500 M		17	
						MAUIBU TRIATHLON 1.5K SWIM 40K BIKE 4:03 10K RUN	
18		19	20	21	22	23	
REST/ TRAVEL	(NYC)					20/10 PUSHUPS CRUNCHES :30 BIKE SQUATS	24
25	Rosh Hashanah	26	27	28	29	30	
600 PUSHUPS	200 PUSHUPS	1 HR BIKE 300 PUSHUPS	7 min ABS 200 PUSHUPS	REST	REST	REST	

October 2022

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September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022

S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 REST	3 3 MI RUN/40 MIN	4 2700 M SWIM	5 Yom Kippur 1 HR BIKE	6 SWIM	7 BIKE	8 TRAVEL STRETCH
9 X TERRA/SD TRIATHLON	10 Columbus Day Indigenous Peoples' Day 1 HR BIKE	11 1:04 4:53 RUN 1 HR (5 MILES) 20 mins w/ 4/30 hand 25 mins S/S hand 10 min cool down 200 pushups 7 min abs	12 SWIM 3000 m / 45 mins 100 pushups 7 min abs	13 :40 BIKE 300 pushups 7 min abs	14 WEIGHTS 7 min abs 200 pushups	15 BIKE 1 HR / 18 MI. BIKE :30 / 2 MILE RUN 200 pushups
16 YOGA	17 SWIM (:40/1700m) ATHLEAN + 7 min abs 125 pushups	18 BIKE (1 HR / I.M.) ATHLEAN + 7 min abs 275 pushups	19 RUN (INTERVALS) 7 min abs 200 pushups	20 BIKE :40 / INTS. ATHLEAN + 7 min abs 200 pushups	21 SWIM pool closed ATHLEAN / KETTLEBELL 100 pushups	22 HIKE CACTUS TO CLOUDS 8400' → TEAM
23 YOGA EASY RUN BIKE 15 / RECOVERY w/ RALPH	24 Diwali :35 MIN RUN / 2 MI + INTS.	25 1 HOUR BIKE / INTS. ATHLEAN 400 100 pushups	26 1 HR SWIM / 2400 m (MIGRAINE)	27 REST	28 :30 MIN BIKE	29 :30 MIN RUN
30 REST	31 Halloween SWIM 1 HR / 2500 m	:30 RUN / 2 MI.				

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Siri Suggestions

October 2022							November 2022							December 2022								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						1			1	2	3	4	5							1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24		
23	24	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31					
30	31																					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		:30 RUN (2 MI.) ¹	1 HR BIKE/INTS. ATHLEAN CORE COLD PLUNGE ²	:56 RUN/4.18 MI CORE/7m abs ³	1 HR SWIM (2500m (SHINGUSS VACCINE) ⁴	REST ⁵
Daylight Saving Time End REST ⁶	1 HR BIKE ⁷	Election Day 1 HR RUN (:30 / 3 MI.) ⁸	SWIM ⁹	BIKE ¹⁰	Veterans Day SWIM ¹¹	BIKE (BIKE TRUN) ¹²
75% WORKOUT VOLUME * LAST LONG RUN ¹³	RUN ¹⁴	BIKE ¹⁵	RUN ¹⁶	BIKE RUN 2.5 mi w/ sprints & walk (H) ¹⁷	SWIM 2200 yds in :51 ¹⁸	BIKE/BIKE TRUN :40 min bike w/ mt ¹⁹
50% WORKOUT VOLUME * LAST LONG BIKE BIKE 20 MILE BIKE pushups (100) 4 5 MILE RUN abs cold plunge ²⁰	SWIM BIKE 1 HR abs pushups (200) ²¹	BIKE SWIM 1000 1000 yds / 26 mins 100 pushups 7m abs ²²	RUN 4 MILES :53 mins 100 pushups abs ²³	Thanksgiving BIKE 100 pushups abs ²⁴	* LAST LONG SWIM 2200 yds in :51 2200 yds :52:30 ²⁵	BIKE/BIKE TRUN 200 min bike w/ mt cristian abs BIKE 1 HR BIKE / 3 MI RUN 100 pushups abs ²⁶
25% WORKOUT VOLUME (FRONTLOAD THIS WEEK AND message / 200 pushups) ²⁷	SWIM RUN 3 MI. / 38 mins abs 100 pushups ²⁸	BIKE SWIM 1500 yds / 30 mins abs ²⁹	RUN (pant face face abs hand) 3 mi / 30 mins abs ³⁰	DECREASE TOWARD RACE DAY →		

December 2022

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November 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RUN 2 mi / :20 min	2 BIKE :30 light intervals	3 REST DAY
4 IRONMAN/RACE DAY +25 postlaps just bc	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Hanukkah (1st day)	19	20	21	22	23	24 Christmas Eve
25 Christmas Day	26 Kwanzaa	27	28	29	30	31 New Year's Eve