

Week Building	WEIGHT	Goal Weight	Diet Reflections	Comments
<b>November</b>				
Week One	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Two	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Three	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Four	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
<b>December</b>				
Week One	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Two	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Three	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
Week Four	217lbs	217lbs	OK, 10K, 50-21	OK, 10K, 50-21
<b>March 6 Operator (Mid Oct)</b>				
<b>January</b>				
Week One	204lbs	204lbs	Excellent	Excellent. Back on Wed swimming on Friday and hiking on Saturday.
Week Two	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run after Friday strength. Then stretched and hit the sauna. A great way to spend Friday PM.
Week Three	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Week Four	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>February</b>				
Week One	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Week Two	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Week Three	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Week Four	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Month	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Month 5-11	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>March</b>				
March 12-18	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
March 19-25	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
March 26-31	205lbs	205lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>April</b>				
April 2-8	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
April 9-15	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
April 16-22	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
April 23-29	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>May</b>				
May 3-9	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
May 10-16	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
May 17-23	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
May 24-30	195lbs	195lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>Running Ease</b>				
<a href="#">http://www.running.com/weekly-mileage-base-of-24-to-32km-longest-run-must-be-8km</a>				
<b>June</b>				
June 1-7	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
June 8-14	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
June 15-21	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
June 22-28	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>12 Week Test Plan</b>				
June 19-24	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
June 25-31	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>July</b>				
July 2-8	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
July 9-15	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
July 16-22	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
July 23-29	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>August</b>				
Aug 3-9	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Aug 10-16	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Aug 17-23	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Aug 24-30	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>September</b>				
Sept 3-9	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Sept 10-16	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Sept 17-23	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
Sept 24-30	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<b>Star Rating</b>				
September 11	194lbs	194lbs	Very good	Very good. Ate a lettuce for a 30 minute treadmill run on Friday. Did lots of stretching and sauna.
<a href="#">http://www.running.com/weekly-mileage-base-of-24-to-32km-longest-run-must-be-8km</a>				