

DATE	TIME mins	DISTANCE kms	ZONE MINS mins	WEIGHT kg	Rest Pulse bpm	BP	NOTES
							WALK
							BIKE
							NO EXERCISE

1/11/24	54	4.05	52	83.2	61	134/78	felt strong
2/11/24	51	4.14	51	82.6	60	140/78	knee twinging first 2km then ok
3/11/24	50	4.04	49	82.5	61	134/74	set off early - drove to Syd -
4/11/24	45	16.8	46	82.3	60	126/66	bike at 10pm - very tired
5/11/24	55	4.52	55	82.6	61	127/71	slow today - feeling tired throughout
6/11/24	46	20.6	62	83.5	60	116/65	strong on bike -
7/11/24				82.6	61	132/75	travel day - Mudgee/Sydney/Avoca
8/11/24							travel day - Avoca/Maclean
9/11/24	1:08	5.48	59		63		travel day - Maclean/Brisbane
10/11/24							travel day - Bris/Moree
11/11/24						130/74	travel day - Moree / Mudgee
12/11/24	55	4.74	43	82.5	61	125/68	felt good
13/11/24	45	20.1	56	83.3	60		strong session on bike
14/11/24	45	19.4	53	82.7	60	116/69	very early start - tired (on bike)
15/11/24	52	4.25	52	82.9	63	123/64	Strong walk - felt good
16/11/24	1:27	6.76	22	83.4	62	117/70	mowed lawn - vigorous workout
17/11/24	1:03	11.4	28	84.3	61	116/65	mowed lawn + bike - tired
18/11/24	45	18.2	51	84.5	62	127/76	raining - so bike. Felt flat
19/11/24	57	5.31	53	84.3	61	117/69	knee sore - walked slowly
20/11/24							travel day - exhausted
21/11/24	1:05	4.8	55		63		Sydney -
22/11/24	45	18.3	48	83.8	62	118/69	travel day - bike, late - took it slow
23/11/24	45	20	84	83.3	61		bike - felt strong, pushed hard
24/11/24	1:28	7.57	89	83	60		long Sunday walk - 10:30 start - hot
25/11/24	45	19.1	47	84.5	62		bike - started slowly - solid at end
26/11/24	45	18.4	52	84.6	63	126/68	bike - tired
27/11/24	1:03	5.2	45		61		Drive Mudgee / Sydney
28/11/24	47	17.6	49	83.2	61		Drive Syd / Mudgee - bike, slow
29/11/24	53	4.76	50	82.6	59	110/68	walked swiftly
30/11/24	59	4.92	48	82.6	61	108/68	Walked in rain - glorious!