

<i>Week</i>		<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Week 1</i>	Avg H.R.							
<i>WT:</i>	Time							
<i>Week 2</i>	Avg H.R.							
<i>WT:</i>	Time							
<i>Week 3</i>	Avg H.R.							
<i>WT:</i>	Time							
<i>Week 4</i>	Avg H.R.							
<i>WT:</i>	Time							
<i>Week 5</i>	Avg H.R.							
<i>WT:</i>	Time							
<i>Week 6</i>	Avg H.R.							
<i>WT:</i>	Time							
	TOTAL TIME							