

date	WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL	challenge	TDC
Sun											week
2015									0		93
12-27	52								0		92
12-20	51								0		91
12-13	50								0		90
12-06	49								0		89
11-29	48								0	0 Movember	88
11-22	47								0	0 Milo	87
11-15	46								0	0 Miles	86
11-08	45								0	0 Multi-day [30]	85
11-01	44								0	0 465 Mile Ultra	84
10-25	43								0		83
10-18	42								0		82
10-11	41								0		81
10-04	40								0		80
09-27	39								0	0 Ealing Half	79
09-20	38								0		78
09-13	37								0		77
09-06	36								0	0 UFD Hackney Half	76
08-30	35								0		75
08-23	34								0		74
08-16	33								0	0 spitfire scramble	73
08-09	32								0		72
08-02	31								0	0 Everest Challenge	71
07-26	30								13		70
07-19	29	6	23	16	26	14	10	13	111	newham 10K	69
07-12	28	3	23	3	13	16	3	16	77	one tree hill	68
07-05	27	5	16	7	10	16	4	16	74		67
06-28	26	5	18	3	2	8	5	16	84	sitc Half	66
06-21	25	2	18	12	8	11	6	43	65	parkathon	65
06-14	24	6	20	2	17	5	5	8	65	city mile	64
06-07	23	11	8	6	17	4	5	10	60		63
05-31	22	7	8	9	10	0	5	9	50		62
05-24	21	2	12	0	0	7	4	11	32	westminster mile	61
05-17	20	3	4	3	0	8	3	7	21		60
05-10	19	2	6	0	0	85	11	0	119	100 miles round Jerse	59
05-03	18	2	18	3	0	7	2	15	37		58
04-26	17	11	7	10	4	2	8	5	53		57
04-19	16	9	19	3	13	1	40	11	102		56
04-12	15	0	0	4	8	6	35	17	75		55
04-05	14	4	10	4	1	6	5	22	45		54
03-29	13	2	0	5	4	7	11	15	55		53
03-22	12	27	26	26	26	26	26	26	1627	marathons in 7 days	52
03-15	11	13	6	4	0	0	0	5	43	Marchivous	51
03-08	10	2	10	5	7	9	2	20	56		50
03-01	9	31	27	26	33	32	29	21	208		49
02-22	8	20	27	25	21	28	24	30	168	Febulous	48
02-15	7	16	17	14	35	13	14	23	126	+	47
02-08	6	20	20	14	31	11	7	17	123	Run until you drop	46
02-01	5	20	1	4	20	7	5	20	77		45
01-25	4	9	34	10	23	7	5	20	109	Jantastic	44
01-18	3	16	11	17	1	5	4	21	67	+	43
01-11	2	12	6	9	28	5	4	13	84	Janathon	42
01-04	1	19	4	0	8	2	5	20	38		41
									RTR70 and 2015 total		49.5
									TDC total		4830

steps	place	1 2	3 4	5 6	7 8	9 10	11 12	13 14	15 16	17 18	19 20	21 22	23 24	FLTS	total steps	Height M
WK 2		10 10	10 10	10 10	10 10	10								90		
WK 4	stratford															
WK 6	46 steps															
WK 8	6.9 metres															
WK 20		9 9	9 9	9 9	9 9	9 9	8 8	8 8	8 8	8 8	8 8	8 7		185	8510	1276.5
<b>5 mins effort 1 min rest [a vertical mile is 10727 steps = 233 flights] 44 flights ia 1,000ft</b>															305m = 1000ft	

1 mile TT	place	time	1 <sup>st</sup> 800	2 <sup>nd</sup> 800
WK 14	Goose 800M	6.33	3.19	3.14
WK 15	Goose 800M	6.20	3.10	3.10
WK 16	Goose 800M	6.24	3.16	3.08
WK 18	Vicky park	6.13	3.07	3.06
WK 21	Vicky park	6.14	3.11	3.05
WK 21	w'minster mile	6.07	2.58	3.09
WK 24	city mile	6.12	3.05	3.07
WK 25	Vicky park	6.30	3.16	3.14
25 mar 14	Goose 800M	6.37	3.25	3.12

1.5TT	place	time	1 <sup>st</sup> 800	2 <sup>nd</sup> 800	3 <sup>rd</sup> 800	mile pace
WK 44						

**BEST  
IN  
2014**

3TT	place	time	mile pace
WK 4			
WK 12	Greenway	22.27	7.28

5km	place	time	mile pace
WK 22	PR	21.43	7.03
WK 27	whp	21.31	6.56
WK 29	goose	21.29	6.55

6TT	place	time	mile pace
WK 3			
WK 10			
WK 4	Greenway	46.15	7.42

5km	place	time	mile pace
WK 29	goose	44.31	7.10

date	WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	challenge	TDC days	TDC
Sun	year									end of week	week
	key	hard effort	race	TT time trial			anniversaries	other events	Challenge Day		
12-25	52										
12-18	51					51		50 Ultra	50 miles	1000	143
12-11	50									995	142
12-04	49				run2work					988	141
11-27	48								Movember	981	140
11-20	47								Milo Miles	974	139
11-13	46			Hell	of a	hilly	marathon	x5	Marathon x5	967	138
11-06	45				run2work				Multi-day	960	137
10-30	44				Day 950					953	136
10-23	43									946	135
10-16	42									939	134
10-09	41				run2work					932	133
10-02	40									925	132
09-25	39									918	131
09-18	38									911	130
09-11	37			Day 900						904	129
09-04	36				run2work					897	128
08-28	35		Fifty						50	890	127
08-21	34			Marathons					in	883	126
08-14	33								50	876	125
08-07	32				run2work	Fifty			at	869	124
07-31	31								50	862	123
07-24	30								days	855	122
07-17	29									848	121
07-10	28				run2work					841	120
07-03	27								10 in 10	834	119
06-26	26								Barrow	827	118
06-19	25							parkathon	43 miles	820	117
06-12	24							City of London Mile		813	116
06-05	23	Day 800			run2work					806	115
05-29	22						kent marathon	westminster mile	Marathon	799	114
05-22	21	Everest Challenge								792	113
05-15	20									785	112
05-08	19				run2work					778	111
05-01	18							channel Islands 5		771	110
04-24	17					Earth Day		VLM VOL		764	109
04-17	16									757	108
04-10	15				run2work			Day 750		750	107
04-03	14									743	106
03-27	13					run	the	tube	Marchivous	736	105
03-20	12						earth hour	Sitc Half		729	104
03-13	11									722	103
03-06	10				run2work					715	102
02-28	9					26.2 day				708	101
02-21	8						Day 700		Febulous	701	100
02-14	7									694	99
02-07	6				run2work					687	98
01-31	5									680	97
01-24	4								Janathon	673	96
01-17	3						C2C		+	666	95
01-10	2				run2work				Jantastic	659	94
01-03	1					Day 650				652	93
12-27	52									645	92
12-20	51			50				50 Ultra	50 miles	638	91

12-13	50			magic mile							631	90
12-06	49	30			run2work						624	89
11-29	48	23	24	25	26	27	28	29	Movember		617	88
11-22	47	16	17	18	19	20	21	22	Milo Miles		610	87
11-15	46	9	10	11	Day 600	13	14	15	Marathon x5		603	86
11-08	45	2	3	4	run2work	6	7	8	Multi-day		596	85
11-01	44							1	465 Mile Ultra		589	84
10-25	43										582	83
10-18	42										575	82
10-11	41										568	81
10-04	40				run2work						561	80
09-27	39			Day 550					Ealing Half		554	79
09-20	38										547	78
09-13	37										540	77
09-06	36				run2work				UFD Half		533	76
08-30	35								Sitc marathon		526	75
08-23	34										519	74
08-16	33								spitfire sramble		512	73
08-09	32	Everest Challenge	Day 500		run2work		magic mile				505	72
08-02	31										498	71
07-26	30					capital	ring			75 miles	491	70
07-19	29						1 year 2 go	10Km			484	69
07-12	28							one tree			477	68
07-05	27										470	67
06-28	26								Sitc Half		463	66
06-21	25	Day 450							parkathon	43 miles	456	65
06-14	24								City of London Mile		449	64
06-07	23										442	63
05-31	22										435	62
05-24	21								westminster mile		428	61
05-17	20										421	60
05-10	19					Jersey x2	Jersey x2			96 miles	414	59
05-03	18					6 1TT				20 miles	407	58
04-26	17	Steps 200		Steps 20		Steps 100			VLM VOL		400	57
04-19	16			Steps 20	6 1TT		40	10			393	56
04-12	15				6 1TT	Steps 55	35	15			386	55
04-05	14			Steps 20		6 1TT			Recce Run	22 miles	379	54
03-29	13			Steps 35		Steps 65	Steps 130		Sitc Half	Marchivous	372	53
03-22	12	week	at	the	knees	7 marathons	In 7	days		182 miles	365	52
03-15	11			Steps 35							358	51
03-08	10			Steps 35		Steps	Day 350				351	50
03-01	9	23	24	25	26	27	28	20			344	49
02-22	8	20	20	20	20	20	21	20	Hampton Court Half	Febulous	337	48
02-15	7	20	20					20			330	47
02-08	6	20	20		20						323	46
02-01	5	20			20						316	45
01-25	4		20		20					Janathon	309	44
01-18	3					Day 300		20		+	302	43
01-11	2				*20					Jantastic	295	42
01-04	1							*20			288	41
12-28	52										281	40
12-21	51		fortynine						Dawn 2 dusk	50 miles	274	39
12-14	50							*20			267	38
12-07	49										260	37
11-30	48	24	25	26	Day 250	28	29	30	Movember		253	36
11-23	47	17	*20	19	*20	21	22	23	Milo Miles		246	35
11-16	46	*20	11	12	*20	14	15	16	Multi-day		239	34
11-09	45	3	4	5	*20	7	8	world run day	465 Mile Ultra		232	33
11-02	44			Steps 40			1	2			225	32

10-26	43										218	31
10-19	42										211	30
10-12	41			Day 200							204	29
10-05	40				run2work						197	28
09-28	39			Steps 27	1 mile TT						190	27
09-21	38			Steps 27							183	26
09-14	37										176	25
09-07	36										169	24
08-31	35								spitfire scramble	6 mile x 5	162	23
08-24	34		Day 150								155	22
08-17	33										148	21
08-10	32										141	20
08-03	31										134	19
07-27	30										127	18
07-20	29								Oly 5 mile	5 mile	120	17
07-13	28										113	16
07-06	27	Day 100			run2work						106	15
06-29	26										99	14
06-22	25								hackney half		92	13
06-15	24								parkathon	42 miles	85	12
06-08	23				run2work	D day					78	11
06-01	22								kent marathon	Marathon	71	10
05-25	21	Everest Challenge		bhf jog					westminster mile	mile	64	9
05-18	20		Steps 185						wf Anni		57	8
05-11	19								Day 50		50	7
05-04	18					1 mile TT			wings for life 18	18 miler	43	6
04-27	17	Steps 130		World book night		Mounds 20					36	5
04-20	16			Steps 102							29	4
04-13	15				1 mile TT	Mounds 18			VLM VOL		22	3
04-06	14										15	2
03-30	13		1 mile TT	Steps 45					Sitc marathon	Marathon	8	1
03-23	12								Sportrelief 6		1	

key  
 session race