

NICOLE'S CENTURY TRAINING

WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	WEEKLY
1. 6/11 – 6/17	OFF 0	15 15	13 4.88	44 42	10 0	13 0	17 32	112 93.88
2. 6/18 – 6/24	OFF 4	17 19.5	15 5	10 4	15 6.5	48 34.5	18 25.2	123 98.62
3. 6/25 – 7/1	20 9.02	16 16	11 7.13	OFF 5.87	16 16.28	53 50.8	19 19.4	135 124.5
4. 7/2 – 7/8	22 22.6	12 4	OFF 0	18 2	18 1.87	20 20.7	59 54.93	149 106.14
5. 7/9 – 7/15	OFF 1.3	19 38.7	13 16.9	23 37.7	19 0	24 36.9	64 0	162 131.51
6. 7/16 – 7/22	OFF 40.8	14 14.2	20 2	25	20	71	27	177
7. 7/23 – 7/29	OFF	16	20	27	20	75	29	187
8. 7/30 – 8/5	OFF	17	20	30	20	75	32	194
9. 8/6 – 8/12	OFF	20	24	30	24	83	32	213
10. 8/13 – 8/19	OFF	23	26	33	26	91	35	234
11. 8/20 – 8/26	OFF	19	20	30	10	5 Easy	Century	184
12. 8/27 – 9/2	OFF	28	31	38	31	113	42	283
13. 9/3 – 9/9	OFF	31	34	41	34	124	47	311
14. 9/10 – 9/16	OFF	34	38	45	38	136	51	342
15. 9/17 – 9/23	OFF	37	42	49	42	150	56	376
16. 9/24 – 9/30	OFF	38	35	39	10 easy	Event**	13 easy***	335
								3,590

