

## Denali Training Log – 2011 – Eric Landmann – www.climbingcentral.com

Date	Yoga (hrs.)	Running				Hike	Biking (miles)	Comments	
		Destination	Distance	Elapsed Time	Pace				
03/09/2011		Eway Valley Loop	5.8	00:56:00	09:39				
03/12/2011		Eway Valley Loop	5.8	00:54:00	09:18				
03/19/2011							4.5	Bike to work	
03/20/2011							4.5	Bike to work	
03/23/2011	1.4							Yoga practice – Rosie's class	
03/25/2011	0.3	Home – Goodman Rock	5.2	00:50:00	09:37		4.5	Bike to work	
03/27/2011		Eway Valley Loop	5.8	00:52:00	08:58				
03/28/2011	0.3						4.5	Bike to work	
03/29/2011	0.4						4.5	Bike to work	
03/30/2011							16.0	Bike to BNI	
03/31/2011							4.5	Bike to work	
04/01/2011							4.5	Bike to work	
04/02/2011								Climb 1/2 day at DL	
04/04/2011	1.4							Yoga practice – Rosie's class	
04/07/2011		Eway Valley Loop	5.8	00:52:10	08:42				
04/10/2011						Elevation Hike @ Devil's Lake	3,000'	05:00:00	Big hike @ DL w/Erol. 3,000 feet vert., mtn. Boots and 40# pack
04/11/2011	1.4								Yoga practice – Rosie's class
04/12/2011		Home – Glacier Valley top of hill	8.5	01:14:00	08:42				
04/13/2011							16.0		Bike to BNI
04/14/2011		Eway Valley Loop	5.8	00:52:20	09:01				
04/17/2011						Elevation Hike @ Devil's Lake	3,000'	04:20:00	Big hike @ DL w/Erol. 3,000 feet vert., mtn. Boots and 40# pack
04/18/2011	1.4								Yoga practice – Rosie's class
04/20/2011							4.5		Bike to work
04/21/2011		Home – Glacier Valley top of hill	8.5	01:14:40	08:47				
04/22/2011							4.5		Bike to work – crashed bike on Broadway.
04/23/2011						Elevation Hike @ Devil's Lake	3,000'	03:50:00	Big hike @ DL w/Erol. 3,000 feet vert., mtn. Boots and 40# pack
04/25/2011	0.3	Home – Glacier Valley top of hill	8.5	01:14:10	08:44		4.5		
04/26/2011							4.5		Bike to work
04/27/2011	0.3	Home – Glacier Valley top of hill	8.5	01:14:45	08:48		4.5		Bike to work
04/29/2011		Goodland Park – Lake Farm Docks	11.4	01:44:00	09:07		4.5		Bike to work
05/01/2011		Home – Glacier Valley top of hill	8.5	01:16:00	08:56		2		MS Walk with Stacie @ Warner Park
05/02/2011							4.5		Bike to work
05/03/2011							4.5		Bike to work
05/04/2011		Home – Glacier Valley top of hill	8.5	01:11:43	08:26		4.5		Bike to work
05/05/2011	0.4						4.5		Bike to work
05/06/2011		Home – Glacier Valley top of hill	8.5	01:11:10	08:22		4.5		Bike to work
05/07/2011							4.5		Bike to work
05/08/2011	0.3					Hike at Devil's Lake		01:00:00	Gave up early due to knee problem, went climbing instead.
	19:12:00	TOTALS	105.1	15:36:58			117.5		