

ID	Facilitator	Workout Date	Duration	Effort	Attitude	Energy	Energy (at end)	Stamina	Tempo	Power	Speed	Endurance	Workout Energy Pattern	Life Energy	Injury	Left Hip	Right Hip	Left Knee	Right Knee	Left Foot	Right Foot	Other (Describe in Comments)	Comments	
8	Eric Osaki	9/16/2020	45	Easy	Enjoyed	Some	Some							Rested										
16	Eric Osaki	9/20/2020	40	Easy	Enjoyed	Some	Ample	Stamina					Ready	Rested									very good job of keeping us focused but also relaxed. I'm happy to be part of a training group again!	
16	Eric Osaki	9/22/2020	55	Moderate	Satisfied	Ample	Some			Power			Ready	Rested										
16	Eric Osaki	9/27/2020	40	Easy	Satisfied	Little	Some	Stamina					Ready	Rested										
16	Eric Osaki	10/4/2020	40	Easy	Satisfied	Some	Some	Stamina					Ready	Rested			Right Hip				Right Foot		My right heel (achilles) is a bit sore when I run. I eased up and walked today. I will try ice and stretching.	
18	Eric Osaki	9/20/2020	45	Moderate	Enjoyed	Ample	Abundant		Tempo				Ready	Rested									I'm still having a little soreness in my right heel and now in my right hip. I did some yoga after the run to stretch out.	
18	Eric Osaki	9/23/2020	55	Moderate	Satisfied	Ample	Abundant	Stamina		Power			Ready	Energetic										
18	Eric Osaki	9/25/2020	60	Easy	Enjoyed	Ample	Abundant	Stamina					Ready	Rested										
18	Eric Osaki	9/27/2020	40	Easy	Enjoyed	Abundant	Abundant	Stamina					Ready	Rested										
18	Eric Osaki	9/30/2020	60	Easy	Enjoyed	Ample	Abundant			Power			Ready	Rested										
18	Eric Osaki	10/2/2020	65	Very Easy	Enjoyed	Ample	Abundant	Stamina					Ready	Rested										
18	Eric Osaki	10/4/2020	40	Easy	Enjoyed	Abundant	Abundant	Stamina					Ready	Rested										
18	Eric Osaki	10/8/2020	65	Moderate	Enjoyed	Ample	Abundant			Power			Ready	Rested										
18	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Ample	Abundant			Power			Ready	Rested										
18	Eric Osaki	10/16/2020	40	Moderate	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
22	Eric Osaki	9/21/2020	40	Easy	Burdened	Some	Ample	Stamina					Tired	Rested									able to work	
22	Eric Osaki	9/27/2020	40	Easy	Satisfied	Ample	Ample	Stamina					Ready	Rested									able to work	
22	Eric Osaki	9/29/2020	60	Easy	Satisfied	Some	Ample			Power			Ready	Rested									Weariness	
22	Eric Osaki	10/1/2020	65	Easy	Satisfied	Ample	Ample	Stamina					Ready	Rested									Weariness	
25	Eric Osaki	9/15/2020	60	Very Easy	Satisfied	Abundant	Ample						Ready	Rested										
25	Eric Osaki	9/17/2020	60	Easy	Satisfied	Some	Some						Ready	Rested									Sleep deprived	
25	Eric Osaki	9/19/2020	55	Easy	Satisfied	Some	Some	Stamina					Ready	Rested									Have a cold (coughing, sneezing, reduced energy) this week	
25	Eric Osaki	9/22/2020	20	Very Easy	Burdened	Little	Little	Stamina					Sluggish	Rested									Little energy. Fever, congestion and body aches. Cut it short	
25	Eric Osaki	9/24/2020	20	Easy	Burdened	Little	Little	Stamina					Sluggish	Rested									Still tired and achy from cold. Little energy. Cut it short	
25	Eric Osaki	9/26/2020	0	Very Easy	Oppressed	None	None	Stamina					Sluggish	Rested									I did not do this workout, per Brian's recommendation. Fatigued from illness	
25	Eric Osaki	10/3/2020	30	Very Easy	Satisfied	Some	Some	Stamina					Ready	Rested									Still a little tired from illness, but walking felt good. Did mostly flat with two small hills.	
25	Eric Osaki	10/6/2020	40	Very Easy	Satisfied	Ample	Ample	Stamina					Tired	Rested									First run since illness- went very easy (mostly walking). Felt good.	
25	Eric Osaki	10/8/2020	40	Very Easy	Satisfied	Ample	Ample	Stamina					Tired	Rested									Second jog since illness. Mostly walking.	
25	Eric Osaki	10/13/2020	75	Easy	Satisfied	Ample	Some	Stamina					Ready	Rested									Working on stamina to make up for time lost in weeks 3 and 4	
25	Eric Osaki	10/17/2020	75	Moderate	Satisfied	Some	Some	Stamina					Ready	Rested									This workout felt just right in terms of effort and 24 hr recovery time.	
25	Eric Osaki	10/20/2020	55	Moderate	Satisfied	Some	Some		Tempo				Ready	Rested									I can feel the energy pattern of my workouts starting to shift from lazy towards ready, although inadequate sleep continues	
25	Eric Osaki	10/22/2020	75	Moderate	Satisfied	Some	Some			Power			Ready	Rested									50 min hills	
25	Eric Osaki	10/25/2020	100	Moderate	Burdened	Little	None	Stamina					Tired	Rested									may have been too long.	
30	Eric Osaki	9/20/2020	40	Very Easy	Enjoyed	Ample	Ample	Stamina					Ready	Rested										Need to have a lighter meal before the workout (or not eat so fast close to the workout start time).
30	Eric Osaki	9/22/2020	55	Easy	Satisfied	Ample	Some	Stamina					Ready	Rested										
30	Eric Osaki	9/24/2020	60	Easy	Satisfied	Some	Ample	Stamina					Ready	Rested										
30	Eric Osaki	9/27/2020	40	Easy	Enjoyed	Ample	Ample	Stamina					Ready	Rested										before workout.
30	Eric Osaki	9/29/2020	60	Easy	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
30	Eric Osaki	10/1/2020	65	Easy	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
30	Eric Osaki	10/4/2020	40	Easy	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
30	Eric Osaki	10/7/2020	65	Easy	Satisfied	Some	Little			Power			Tired	Rested										
30	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Some	Ample	Stamina					Ready	Rested										able to work
30	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Some	Ample	Stamina					Ready	Rested										able to work
30	Eric Osaki	10/17/2020	70	Moderate	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
30	Eric Osaki	10/21/2020	70	Moderate	Satisfied	Some	Some		Tempo				Ready	Rested										
30	Eric Osaki	10/26/2020	55	Easy	Satisfied	Ample	Ample		Tempo				Ready	Rested										able to work
30	Eric Osaki	10/28/2020	70	Moderate	Satisfied	Some	Ample			Power			Ready	Rested										
32	Eric Osaki	9/24/2020	45	Easy	Satisfied	Some	Ample	Stamina					Ready	Rested										
32	Eric Osaki	9/26/2020	60	Easy	Satisfied	Some	Ample	Stamina					Ready	Rested										
32	Eric Osaki	9/27/2020	40	Moderate	Burdened	Some	Some	Stamina					Tired	Rested										
32	Eric Osaki	10/9/2020	40	Easy	Satisfied	Some	Some	Stamina					Ready	Rested				Right Knee						It's not a big injury. I banged my knee pretty hard on my desk and it's bruised.
32	Eric Osaki	10/10/2020	67	Moderate	Enjoyed	Some	Abundant	Stamina					Ready	Rested										
32	Eric Osaki	10/13/2020	40	Moderate	Enjoyed	Ample	Ample	Stamina					Ready	Rested										
32	Eric Osaki	10/15/2020	75	Easy	Burdened	Some	Little			Power			Ready	Rested										
32	Eric Osaki	10/20/2020	50	Moderate	Enjoyed	Some	Ample		Tempo				Ready	Rested										about just going home, but I decided to at least walk, so I'm happy about that. It was a big contrast from Saturday--when I
32	Eric Osaki	10/22/2020	50	Moderate	Enjoyed	Some	Some						Ready	Rested										
32	Eric Osaki	10/24/2020	80	Moderate	Enjoyed	Some	Ample	Stamina					Ready	Rested										
9	Ernestine Murata	9/15/2020	35	Moderate	Burdened	Some	Some						Ready	Rested										Taking everything one step at a time.
9	Ernestine Murata	9/30/2020	50	Moderate	Burdened	Some	Ample	Stamina					Ready	Rested										to go further. My hip was starting to feel pain or I would have gone further.
27	Ernestine Murata	9/18/2020	45	Easy	Satisfied	Ample	Abundant	Stamina					Ready	Energetic										17'49" pace 1st mile - slow and easy
27	Ernestine Murata	9/19/2020	41	Hard	Enjoyed	Some	Abundant		Tempo				Ready	Rested										1 mile 16'11" pace
27	Ernestine Murata	9/20/2020	45	Moderate	Enjoyed	Ample	Abundant		Tempo				Ready	Rested										2.78 miles
27	Ernestine Murata	9/23/2020	52	Moderate	Enjoyed	Some	Ample			Power			Ready	Rested										52:32 minutes
27	Ernestine Murata	9/23/2020	52	Moderate	Enjoyed	Some	Ample			Power			Ready	Rested										52:32 minutes
27	Ernestine Murata	9/25/2020	60	Hard	Enjoyed	Ample	Abundant			Power			Ready	Rested										Duration 1:00:23
27	Ernestine Murata	9/27/2020	58	Moderate	Enjoyed	Ample	Abundant			Power			Ready	Rested										3.77 miles
27	Ernestine Murata	9/28/2020	48	Easy	Enjoyed	Ample	Abundant	Stamina					Ready	Rested										
27	Ernestine Murata	9/30/2020	58	Easy	Satisfied	Some	Ample			Power			Ready	Rested										hills
27	Ernestine Murata	10/2/2020	45	Moderate	Satisfied	Some	Ample			Power			Ready	Rested										Hills
27	Ernestine Murata	10/4/2020	61	Easy																				

29	Ernestine Murata	10/29/2020	40	Easy	Satisfied	Ample	Some		Power	Lazy	Rested				
31	Ernestine Murata	9/20/2020	51	Easy	Satisfied	Ample	Ample	Stamina		Ready	Weary				
31	Ernestine Murata	9/22/2020	50	Hard	Satisfied	Some	Ample		Power	Endurance	Ready				
31	Ernestine Murata	9/24/2020	50	Moderate	Satisfied	Ample	Ample		Power		Ready	Twinge	Right Hip	Right Foot	Ernie did an awesome job talking us thru this 1st hills workout!!
31	Ernestine Murata	9/27/2020	60	Easy	Satisfied	Ample	Ample	Stamina		Endurance	Ready				Also- I noticed at home when I walk around barefooted my right arch seems achey. As long as I put shoes on... I am fine.
31	Ernestine Murata	9/29/2020	52	Moderate	Enjoyed	Ample	Abundant		Power		Ready				
31	Ernestine Murata	10/1/2020	55	Easy	Enjoyed	Ample	Ample	Stamina	Power		Ready				minutes this happened. Kinda frustrating!
31	Ernestine Murata	10/4/2020	63	Easy	Satisfied	Ample	Ample	Stamina			Ready				
31	Ernestine Murata	10/7/2020	50	Easy	Satisfied	Ample	Some		Power		Ready				
31	Ernestine Murata	10/8/2020	58	Moderate	Satisfied	Ample	Some		Power		Tired				
31	Ernestine Murata	10/18/2020	60	Easy	Satisfied	Ample	Some	Stamina			Ready				
31	Ernestine Murata	10/22/2020	63	Moderate	Burdened	Some	Some	Stamina	Power		Tired				
31	Ernestine Murata	11/1/2020	46	Easy	Satisfied	Ample	Some	Stamina			Ready				
40	Ernestine Murata	9/25/2020	52	Easy	Enjoyed	Ample	Some			Endurance	Eager				
40	Ernestine Murata	9/27/2020	42	Easy	Satisfied	Some	Some	Stamina			Ready				
40	Ernestine Murata	9/29/2020	0	Hard	Burdened	None	None	Stamina			Sluggish				Felt somewhat achy from a vaccination shot day before. So I cut short my work out.
40	Ernestine Murata	10/1/2020	53	Easy	Satisfied	Some	Some	Stamina			Ready				Did not work out. Felt run down after a vaccination shot.
40	Ernestine Murata	10/4/2020	40	Easy	Satisfied	Some	Ample		Power		Ready				
40	Ernestine Murata	10/9/2020	50	Moderate	Satisfied	Ample	Some		Power		Ready				
29	Null	10/27/2020	30	Moderate	Satisfied	Some	Ample		Power		Lazy	Twinge	Right Knee		It's getting better.
15	Other	9/28/2020	40	Easy	Satisfied	Little	Little	Stamina			Tired				
15	Other	9/30/2020	60	Easy	Satisfied	Some	Some		Power		Ready				
15	Other	10/2/2020	56	Easy	Satisfied	Some	Some	Stamina			Ready				
15	Other	10/5/2020	40	Easy	Enjoyed	Ample	Ample	Stamina			Ready				
15	Other	10/7/2020	65	Easy	Burdened	Some	Some	Stamina			Tired				
15	Other	10/10/2020	70	Moderate	Satisfied	Ample	Some	Stamina			Ready				
15	Other	10/16/2020	40	Easy	Satisfied	Some	Some	Stamina			Ready				
38	Other	9/22/2020	66	Easy	Satisfied	Ample	Some		Endurance	Ready	Weary	Tender			Other (Describe in Comments) down my windpipe.
38	Other	9/24/2020	60	Moderate	Satisfied	Some	Some		Endurance	Ready	Rested	Ache			Other (Describe in Comments) Felt pain in my left groin towards the end of the run. No pain in my existing lower ab injury during the run.