SUNDAY SEP 27

NOTHING — RT SHOULDER
ICE

MONDAY SEP 28

CYCLING: VALLEY LOOP
"SENTINEL → POHONO" 1 CE

TUESDAY SEP 29

CYCLING: FORESTA → ELCAP → FORESTA 1 HR. ± 10 MIN
ICE

WEDNESDAY SEP 30

CYCLING: LAKE TENAYA TO GAS STATION AND BACK 55:15 MIN
ICE

THURSDAY OCT 1

VALLEY BIG LOOP
"SENTINEL - POHONO" 45 min easy
ICE

FRIDAY OCT 2

FRESNO — REHAB, THERAPY FELT BETTER
AFTER "PAIN APPEARANCE" OF SEP. 29
BACK UP TO 2½ LB × 40 × 2 EXT. ROT. RIGHT
(WAS AT 6¼ LB × 30 × 3)
WHEN WILL I CLIMB AGAIN (DEC. 1 ??)
ICE

SATURDAY OCT 3

CYCLING: "TUOLUMNE RIVER → TIOGA PASS
→ RETURN" 57:15 ROUND TRIP, 14 MI
ICE

SUNDAY OCT. 4

CYCLING: TUOL. RIV. BRIDGE → TIOGA PASS & RETURN
51:30 ICE

REHAB. EX: 5 LBS X 15 EXT. ROT. RT. (RETURNING TO "NORMAL" PRE/22)

MONDAY REST DAY OCT 5

18 MIN JOG - HOME ICE

TUESDAY OCT 6

CYCLING TENAYA BEACH → GAS STATION, (28:00 LAP)
→ TENAYA BEACH 51:30 TOT

1) CUCAMONGA DRIVE 5.8 SOLO ICE

WEDNESDAY OCT. 7

1) SOUTH CRACK 5.8 SOLO

REHAB EX 6¼ LB X 15 RT. EXT. ROT. ICE

THURSDAY OCT. 8

1) DIKE ROUTE 5.9 SOLO
2) BACHAR'S REVENGE 5.9 SOLO
ICE

FRIDAY OCT. 9

1) GOUFER'S ROUTE 5.7 SOLO
2) BACHAR'S REVENGE 5.9 SOLO

REHAB EX 7½ LB RT EXT ROT X 15 ICE

SATURDAY REST / DRIVE OCT. 10

FORESTA → L.A. ICE

SUNDAY OCT. 11

10:30 AM LAX → JFK → MADRID ICE

MONDAY OCT. 12
ARRIVE IN MADRID 7:30 AM
TRAIN TO ALICANTE ARRIVE 5:00 PM - TIRED
SLEEP EARLY 10:00 PM ICE

TUESDAY A.M. DRIVE → VILLENA OCT. 13
NOT TOO TRASHED BUT TAKING IT EASY
SLEEP EARLY 10:00 PM
ice

WEDNESDAY OCT 14
REHAB EX 4 kg RT. EXT. ROT. x 15
SHOULDER MORE FLEXIBLE, LESS PAIN BUT
FEELS WEAK - MUSCLE GUARDING DURING
MORE STRENUOUS MOMENTS
ice

THURSDAY OCT 15
FACTORY WORK
MILD THERAPY & ICE
ice

FRIDAY OCT 16
FACTORY WORK
MILD THERAPY & ICE
ice

SATURDAY 30 MIN JOG OCT 17
ice

SUNDAY 40 MIN JOG OCT 18
ice

MONDAY FACTORY WORK OCT 19
TUESDAY MILD THERAPY OCT 20
WEDNESDAY ICE x 20 MIN x 5/DAY OCT 21
THURSDAY OCT 22
FRIDAY OCT 23
ICE

SATURDAY MAD → JFK → LAX (SHOULDER ACHE) OCT 24
24 HR MAX-OUT TRAVEL DAY ICE

SUNDAY OCT 25

RETURN FORESTA NOON

ICE

SAT OCT 26

1) GOLFER'S 5.7 SOLO

2) BACHAR'S REVENGE 5.8 SOLO

ICE

MON OCT 27

ICE

TUE OCT 28

ICE

WED OCT 29

ICE

THUR OCT 30

RS STAR IONTOPHORESIS ICE

FRI OFFICIALY "OFF" THERAPY RIGHT SHLDR. OCT 31

ICE

SAT NOV 1

ICE

SUN NOV 2

ICE

MON STAR RS IONTOPHORESIS

~~MON~~ TUE NOV 3

20 MIN JOG RS LS ICE

~~TUE~~ WED NOV 4

RS IONTOPHORESIS
STAR RS LS ICE

~~WED~~ THUR NOV 5

30 MIN JOG + SAUNA RS LS ICE

~~THUR~~ FRI NOV 6

STAR - REHAB. EX. ICE

SATURDAY NOV 7

1) C.S. CONCERTO 5.8 SOLO
PARK ELCAP JOG TO CLIMB, JOG BACK RS ICE

SUNDAY NOV 8

1) AFTER SEVEN 5.8 SOLO
MILD REHAB. EX. [R. EXT. ROT. 20 x 2½ LB]
RS ICE

MONDAY NOV 9

1) C.S. CONCERTO 5.8 SOLO
35 MIN JOG
MED. REHAB. EX. [R. EXT. ROT. 15 x 3¾ LB]

RS ICE

TUESDAY NOV 10

REST DAY ; DRIVE TO L.A.

RS ice

WEDNESDAY JOG 10 MIN. BEFORE APPT. NOV 11

DOCTOR APPOINTMENT ; DR. YOCUM

DRIVE TO VENTURA, THEN FORESTA (1:30 AM ARRIVAL)

RS ice

THURSDAY NOV 12

1) CUCAMONGA DRIVE 5.8 SOLO - COLD!

FORESTA COURSE 34:53 RUN

REHAB. EXERCISES MED

RS ice

FRIDAY RAIN NOV 13

30 MIN JOG

RS ice

SATURDAY NOV 14

1) FECO-CONCERTO 5.8 SOLO
2) JUMP FOR SIX 5.8 SOLO

10 MIN JOG, MED. REHAB. EX.

RS ice

SUNDAY NOV 15

1) AFTER 6½ TO C.S. CONCERTO 5.9 SOLO

10 MIN JOG — EASY REHAB. EX.

RS ice

MONDAY NOV 16

REST DAY — ZERO ACTIVITY

RS ice

TUESDAY RAIN NOV 17

FORESTA COURSE : 30:29.3

MILD REHAB. EX. [R.EXT.ROT. 3×10×5LB]

RS ice

WEDNESDAY NOV 18

1) C.S. CONCERTO SOLO 5.8

MILD REHAB. EX.

RS ice

THURSDAY NOV 19

FORESTA COURSE : 33:50.3

1) FECOPHILIA 5.8 SOLO

MILD REHAB EX

RS ice

FRIDAY FRESNO - S.TAR. NOV 20

PHYSICAL THERAPY

RS ice

SATURDAY NOV 21

DUMPSTER TRAIL : 28:30

SAUNA : 15 MIN

RS ice

SUNDAY NOV 22

1) AFTER SEVEN 5.8 SOLO

2) FECOPHILIA 5.8 SOLO

RS ice

MONDAY NOV 23

FORESTA → FRESNO → CHICAGO

RS ice

TUESDAY NOV 24

LIGHT REHAB. EX. AT GYM

RS ice

WEDNESDAY NOV 25

20 MIN JOG → LIGHT REHAB. EX.

RS ice

THURSDAY THANKSGIVING NOV 26

43 MIN JOG → ICE

RS ice

FRIDAY REST NOV 27

SIGHTSEEING - ART MUSEUM

RS ice

SATURDAY NOV 28

CHICAGO → DENVER → FRESNO → FORESTA
6:30 AM

RS ice

SUNDAY NOV 29

R & R

RS ice

MONDAY NOV 30

1) FECOPHILIA → C.S. 5.8 SOLO 2) JUMP FOR JOY 1ST 5.8

28 MIN JOG, REHAB. EX. MED., SAUNA
[R. EXT. ROT. : 10 x 6¼ LB]

RS ice

TUESDAY RAINY DAY DEC 1

48 min run - hilly terrain

WEDNESDAY DEC 2

1) AFTER SEVEN 5.8 SOLO

10 MIN JOG REHAB. EX. (6¼ LB x 10 EXT ROT)

THURSDAY DEC 3

30 MIN JOG

FRIDAY DEC 4

40 MIN HILL RUN

FORESTA FAT → LAX → LAS VEGAS

SAT DEC 5

GREAT DEBATE

SUN DEC 6

VEGAS → FORESTA

MON DEC 7

JOG 30 MIN

TUE DEC 8

JOG 30 min

1) RANGER ROCK

WED DEC 9

JOG 30 min

1) RANGER ROCK

THURS DEC 10

sprain ankle

FRI DEC 11

sprained ankle

SAT DEC 12

sprained ankle

1) AFTER SEVEN S.P 1ST

SUN DEC 13

sprained ankle

MON DEC 14

DRIVE TO L.A.

TUES DEC 15

PHOTO SESSION - CATALOG

WED DEC 16

THURS DEC 17