Training Log - Bataan Memorial Death March
Gideon T. Rasmussen
12/31/2011 – 3/17/2012

This is my training log for the Bataan Memorial Death March. There are challenges to training and maintaining a work and personal life. My training began 12/31 and lasted through just before the Bataan in late March. It was cold in January and February so I walked on the treadmill at the gym at night after work. Early on I tried to maintain a schedule of two nights of walking at the gym and a long walk outdoors on the weekends. As the weather warmed and my legs got stronger, I started taking long walks on the weekends. That long distance is necessary to build the stamina needed for the Bataan. All in all, I walked 195.82 miles in training.

Date: 12/31/11	Activity: Walking	Weight:	Location: Walking Trail, Tega Cay, SC
Dist: 3.0 miles	Time: 51:09	My Tracks Link	Average Speed: 3.6 mph
Comments: Quick walk through Tega Cay. Last one of the year. Happy New Year to you and yours!			

Date: 1/1/12	Activity: Walking	Weight:	Location: Walking Trail, Tega Cay, SC
Dist: 3.1 miles	Time: 49:28	My Tracks Link	Average Speed: 3.8 mph
Comments: Walked 3 miles in Tega Cay. Happy New Year!			

Date: 1/2/12	Activity: Walking	Weight:	Location: Gym
Dist: 6 miles	Time: 113.18	My Tracks Link	Average Speed:
Comments: Walked 6 miles on the treadmill (113.18 minutes).			

Date: 1/4/12	Activity: Walking	Weight:	Location: Gym
Dist: 6 miles	Time: 107.37	My Tracks Link	Average Speed:
Comments: Walked 6 miles on the treadmill (107.37 minutes).			

Date: 1/7/12	Activity: Walking	Weight:	Location: Tega Cay Walking Trail and into Fort Mill, SC
Dist: 10.9 miles	Time: 3:18:20	My Tracks Link	Average Speed: 3.08 mph
Comments: Walked 11 miles with Mary!			

Date: 1/9/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 7.57 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: 10:00, just returned from the gym. 7.57 miles in 2 hours on the treadmill. I like working out at night. 24 hour gym, gotta love it!			

Date: 1/11/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 7.51 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: 7.51 miles on the treadmill in 2 hours. Time to go to bed!			

Date: 1/14/12	Activity: Walking	Weight:	Location: Tega Cay and Fort Mill, SC
Dist: 11.59 miles	Time: 3:20:27	My Tracks Link	Average Speed: 3.47 mph
Comments: Walked 12 miles in 3 hours and 20 minutes. iPod ran out of juice at the very end.			

Date: 1/16/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 8 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: Walked / ran 8 miles in 2 hours on the treadmill.			

Date: 1/23/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 7.46 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: Walked 7.46 miles in 2 hours on the treadmill yesterday.			

Date: 1/29/12	Activity: Walking	Weight:	Location: Baxter Village, SC
Dist: 11.46 miles	Time: 4:24:39	My Tracks Link	Average Speed: 2.45 mph
Comments: Walked 11.46 miles in Baxter Village, SC.			

Date: 1/31/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 7.65 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: Walked 7.65 miles on the treadmill in 2 hours.			

Date: 2/5/12	Activity: Walking	Weight:	Location: Baxter Village and Tega Cay, SC
Dist: 11.16 miles	Time: 4:20:35	My Tracks Link	Average Speed: 2.57 mph
Comments: Walked 12 miles (Baxter Village and back to Tega Cay, SC). Breaking in the boots.			

Date: 2/7/12	Activity: Walk/Run	Weight:	Location: Gym
Dist: 7 miles	Time: 2:00:00	My Tracks Link	Average Speed:
Comments: Walked 7 miles in 2 hours on the treadmill.			

Date: 2/12/12	Activity: Walking	Weight:	Location: Tega Cay and Fort Mill, SC
Dist: 15.16 miles	Time: 4:35:48	My Tracks Link	Average Speed: 3.30 mph
Comments: Walked 15 miles today. It was cold and windy. Need to warm up my bones.			

Date: 2/20/12	Activity: Walking	Weight:	Location: Baxter Village and Tega Cay, SC
Dist: 14.43 miles	Time: 5:03:45	My Tracks Link	Average Speed: 2.85 mph
Comments: Walked 14 miles in 5 hours. That includes lunch at an Italian restaurant. I had lasagna. ;)			

Date: 2/25/12	Activity: Walking	Weight:	Location: Baxter Village and Tega Cay, SC
Dist: 17.23 miles	Time: 6:18:22	My Tracks Link	Average Speed: 2.73 mph
Comments: Walked 17 miles in 6 hours, 18 minutes. Boots are getting close to broken in.			

Date: 3/4/12	Activity: Walking	Weight:	Location: Baxter Village and Tega Cay, SC
Dist: 15.65 miles	Time: 4:57:31	My Tracks Link	Average Speed:
Comments: Walked 16 miles in 5 hours with Mary Rasmussen.			

Date: 3/11/12	Activity: Walking	Weight:	Location: Tega Cay and Fort Mill, SC
Dist: 19.81 miles	Time: 6:19:44	My Tracks Link	Average Speed: 3.13 mph

Comments: Walked 20 miles in 6 1/2 hours.			

Date: 3/12/12	Activity: Walking	Weight:	Location: Tega Cay, SC
Dist: 2.22 miles	Time: 0:41:42	My Tracks Link	Average Speed: 3.20 mph
Comments: Walked 2 miles. Legs sore from the long walk yesterday.			

Date: 3/17/12	Activity: Walking	Weight:	Location: Tega Cay, SC
Dist: 2.92 miles	Time: 0:53:56	My Tracks Link	Average Speed: 3.24 mph
Comments: Walked 3 miles in 54 minutes on the Tega Cay trail. It was a beautiful day!			

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