



everything costs something. everybody pays.

sometimes we come across an opportunity that is too good to pass up. we have to dig a hole, to burn it at both ends. to give up what we want now to make tomorrow, or next month, or next year into something better.

since may i have been busy. building and burning in a way i have never before imagined. stress levels were through the roof. i watched my waking heart rate creep up two beats per minute each day until i stopped measuring. most of my own training went to the back burner, i only slept 5 hours a night, my recovery ability went into the toilet.

it hurts now. more than i remember. getting back. pushing into that space, kicking until something breaks...

this is the price i have paid, back sliding... strength and power stuck, even went up a bit, but endurance and recovery are a little more slippery. i have slept. i have recovered. and now its time to dig. to grind. to rebuild.

	1	2	3	4	5
50	1:15	1:30	2:02	1:55	1:52
40	1:29	1:30	1:31	1:30	1:47
30	1:04	:58	:57	1:01	1:02
20	:30	:28	:27	:27	:34
10	:11	:11	:10	:10	:09

airdyne to the 5th circle of hell. i chose this as part of my first week back mostly as punishment. something hard and ugly, but there are answers here in this grid... and more importantly - more questions.