

From:
Sent: Thursday, March 24, 2011 6:49 PM
To: Salazar, Alberto; Treasure, Darren (ETW)
Cc: Steve Magness; Kara Goucher
Subject: body composition for Kara
Attachments: Kara Skinfold.xlsx

Hi Alberto and Darren,

Attached is a body composition file that you can put in the records for Kara. She already is looking very good for being just 6 1/2 months out from her pregnancy! We are going to look at it again when she is here for Boston and then again at USA Nationals. We are working towards a plan of slowly getting her to the desired weight she has indicated for World Championships .

The plan is to work off every month. I believe based on how things are going, she will have another by Boston that will naturally come off. Then with the 10k training another before USAs and then lose the rest before Worlds which will put her right in the ball park she wants to be in. I've told Kara that the great thing about the faster training is the higher energy expenditure and more dynamic movement will much more easily help lose the weight and lean her up.

After Boston, we will take a look again at the food component and Kara will choose what workouts she will use as her criterion workouts to gauge whether we are moving in the right direction for the rest of the year.

Please let me know if you have any questions. Hope everyone is well.

Krista