

From: Salazar, Alberto
Sent: Friday, March 25, 2011 8:50 AM
To:
Subject: Re: body composition for Kara

Hi krista, that's good, she was the week before at Nike so she's plateaued a little but at least we know the is accurate with four weeks to go. -Alberto

Sent from my iPad

On Mar 25, 2011, at 11:42 AM, wrote:

> It was right before she got on the plane. We didn't want fluid retention from the flight :)

> Sent from my Verizon Wireless BlackBerry

>

> -----Original Message-----

> From: "Salazar, Alberto"

> Date: Fri, 25 Mar 2011 08:05:44

> To:

> Subject: Re: body composition for Kara

>

> Hi Krista, sounds good, was that bodyweight done that day with you or is that what she told you she was at her last weighing at Nike?

>

> Sent from my iPad

>

> On Mar 25, 2011, at 9:53 AM, wrote:

>

>> I don't know if you remember but she didn't want one done in the fall because she still "felt fat" so we decided to wait until now. She says she still wants to be leaner and wants to know what her ideal body weight is. I will email Darren and get any measures from that he has so we can try to compare-hard though b/c she was getting pregnant.

>> I've told Kara everyone is an individual and that together you and her should choose criterion WKO's that help us decide which way to go.

>>

>> Yes percent is low but I've also seen females be fine even

>>

>> Let me know what you think is the best way forward.

>>

>> Thanks

>> Krista

>> -----Original Message-----

>> From: Alberto Salazar

>> To:

>> Subject: Re: body composition for Kara

>> Sent: Mar 25, 2011 8:34 AM

>>

>> Hi Krista, how does this analysis compare to the last one you did? I think she put on some good upper body muscle and perhaps even in her calves and thighs. Do your measurements show any of this? Basically, what is her fat. Percentage compared to before? - Alberto

>> I don't want her shooting for something she can't hit.

>>

>> Sent from my iPad

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>> On Mar 24, 2011, at 9:48 PM, wrote:

>>

>>> 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 .
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>>>> 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
>>>> <Kara Skinfold.xlsx>
>>
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>> Sent from my Verizon Wireless BlackBerry
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