

Career Fitness

Jessica Hastings

Product Experience Analytics Manager

Facebook

Fitness = Goal + Ability

Experience



Product Experience Analytics Manager

Facebook

Aug 2017 – Present · 1 yr 2 mos
Menlo Park, California



Instructor

General Assembly

Oct 2016 – Present · 2 yrs
San Francisco Bay Area



Digital Analytics Lead

Intel Corporation

Jun 2016 – Jul 2017 · 1 yr 2 mos



Analytics Director

Essence

Mar 2014 – Jun 2016 · 2 yrs 4 mos
San Francisco, CA



Senior Manager, Analytics Services

Responsys

Apr 2012 – Mar 2014 · 2 yrs
San Francisco Bay Area



Waggener Edstrom

2 yrs 2 mos

Account Executive

Aug 2011 – Apr 2012 · 9 mos
Portland, Oregon Area

Research Analyst

Mar 2010 – Aug 2011 · 1 yr 6 mos
Portland, Oregon Area



“Our goals can only be reached through a
vehicle of a plan, in which we must fervently
believe, and upon which we must vigorously
act. There is no other route to success.”

—Pablo Picasso

April 2018

◀ ▶ Today ↺ 📁 Upload 🔍

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																											
<p>Roll/Stretch 0:45:00 ✓ --Toe touch --Down dog --Roll out the hamstrings / calves --Glute stretch: lie on back, cross...more... P: 0:45:00</p> <p>off</p> <p>Recovery Week Enjoy this week BUT -Stretch and Roll extra -Get a LOT of sleep -Limit Alcohol (sorry) - Hy...more...</p>	<p>Tim (3 of 10) 0:45:00 ✓ P: 0:45:00</p> <p>Deep tissue massage The only time I can get in this week is 5pm Tuesday. Would be super tricky to do a workout other...more...</p>	<p>Drill - Pulling 0:37:17 1650 yds 95 sTSS WU 300 sw 100 k on back 4x100 20- even drill / odd sw 300 pull no paddles 4x100 20 - drills ...more... P: use a pull buoy the whole time save your legs x3</p> <p>tempo 1:15:34 8.01 mi 122 rTSS this is a tempo run...just mojo with a tad of effort P: 1:25:00 x3</p>	<p>Tim (4 of 10) 0:45:00 ✓ P: 0:45:00</p> <p>Bay Club Spin 1:26:38 31.8 mi 87 rTSS The SFTC series apparently ended today (4/11) :(They have one on Thursday evening that's not thr...more... P: go ahead and do this...moderate effort don't punish your legs hold 75-85 cadence P: 1:30:00 x2 x1</p> <p>Cycling 0:10:42 2.35 mi 10 TSS</p>	<p>Bike - 8x2/1/30 1:10:05 ✓ 17.6 mi 64 TSS wu 10 min easy spin to MAF HR 8x 2min strong, 1 min easy (power you can hold for all 8) 8x 1 min...more... P: 1:10:00</p> <p>Running 0:30:17 ✓ 2.79 mi 38 rTSS easy off the bike ! P: 0:30:00</p>	<p>Road Cycling 5:36:58 ✓ 70.8 mi 281 rTSS Hard effort Silly boys pushed the route I originally had in mind to next weekend so I'm reev...more... P: Totally fine P: 5:00:00 x4 x2</p>	<p>2018 Levi's Presidio 10 Pres... FINISHED!</p> <p>10mi before race + race 3:25:28 20.1 mi 295 rTSS "Warmup" for the race x5 x1</p> <table border="1"> <thead> <tr> <th>Fitness</th> <th>Fatigue</th> <th>Form</th> </tr> <tr> <th>121 CTL</th> <th>170 ATL</th> <th>-32 TSS</th> </tr> </thead> <tbody> <tr> <td colspan="3">Total Duration 11:50 16:28</td> </tr> <tr> <td colspan="3">Swim Distance 1700 1650 yds</td> </tr> <tr> <td colspan="3">Bike Duration 7:40 8:24</td> </tr> <tr> <td colspan="3">Run Duration 1:55 5:11</td> </tr> <tr> <td colspan="3">Run Distance 28.0 31.0 mi</td> </tr> <tr> <td colspan="3">Strength Duration 1:30 1:30</td> </tr> <tr> <td colspan="3">Other Duration 0:45 0:45</td> </tr> </tbody> </table> <p>TSS 991 TSS Bike 123 mi El. Gain 6870 ft Work 3887 kJ ATP 15:15:00 hms ATP Period Build 2 - Week 1 Endurance, Force, Speed Skill, Muscular Endurance, Anaerobic Endurance ATP Swim Limiters Endurance, Force, Muscular Endurance ATP Bike Limiters Endurance, Speed Skill, Muscular Endurance ATP Run Limiters</p>	Fitness	Fatigue	Form	121 CTL	170 ATL	-32 TSS	Total Duration 11:50 16:28			Swim Distance 1700 1650 yds			Bike Duration 7:40 8:24			Run Duration 1:55 5:11			Run Distance 28.0 31.0 mi			Strength Duration 1:30 1:30			Other Duration 0:45 0:45		
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Week	Day	Activity	Duration	Distance	TSS	Notes
Week 1	Monday	Roll/Stretch	0:45:00			
Week 1	Tuesday	Tim	0:45:00			
Week 1	Wednesday	Drill - Pulling	0:37:17	1650 yds	95 sTSS	
Week 1	Thursday	Tim	0:45:00			
Week 1	Friday	Bike - 8x2/1/30	1:10:05	17.6 mi	64 TSS	
Week 1	Saturday	Road Cycling	5:36:58	70.8 mi	281 rTSS	
Week 1	Sunday	2018 Levi's Presidio 10 Pres...	3:25:28	20.1 mi	295 rTSS	
Week 2	Monday	off				
Week 2	Tuesday	Deep tissue massage				
Week 2	Wednesday	tempo	1:15:34	8.01 mi	122 rTSS	
Week 2	Thursday	Bay Club Spin	1:26:38	31.8 mi	87 rTSS	
Week 2	Friday	Cycling	0:10:42	2.35 mi	10 TSS	
Week 2	Saturday					
Week 2	Sunday					

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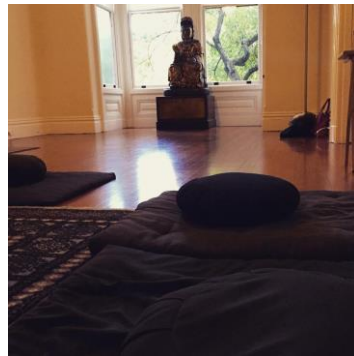
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Career Fitness Training Plan

- Set reasonably unreasonable goals
- Build a plan to achieve those goals
- Track your progress, and adjust your plan and goals as needed
- Hone your craft
- Cultivate a supportive, inspiring community
- Build in time to reflect, relax and recover
- Celebrate success!
- Repeat 😊