

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
January 01, 2018, Monday			
January 02, 2018, Tuesday			
January 03, 2018, Wednesday			
January 04, 2018, Thursday			
January 05, 2018, Friday			
January 06, 2018, Saturday			
January 07, 2018, Sunday			
January 08, 2018, Monday			
January 09, 2018, Tuesday			
January 10, 2018, Wednesday			
January 11, 2018, Thursday			
January 12, 2018, Friday			
January 13, 2018, Saturday			
January 14, 2018, Sunday			
January 15, 2018, Monday			
January 16, 2018, Tuesday			
January 17, 2018, Wednesday			
January 18, 2018, Thursday			
January 19, 2018, Friday			
January 20, 2018, Saturday			
January 21, 2018, Sunday			
January 22, 2018, Monday			
January 23, 2018, Tuesday			
January 24, 2018, Wednesday			
January 25, 2018, Thursday			
January 26, 2018, Friday			
January 27, 2018, Saturday			
January 28, 2018, Sunday			
January 29, 2018, Monday			
January 30, 2018, Tuesday			
January 31, 2018, Wednesday			
February 01, 2018, Thursday			
February 02, 2018, Friday			
February 03, 2018, Saturday			
February 04, 2018, Sunday			
February 05, 2018, Monday			
February 06, 2018, Tuesday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
February 07, 2018, Wednesday			
February 08, 2018, Thursday			
February 09, 2018, Friday			
February 10, 2018, Saturday			
February 11, 2018, Sunday			
February 12, 2018, Monday			
February 13, 2018, Tuesday			
February 14, 2018, Wednesday			
February 15, 2018, Thursday			
February 16, 2018, Friday			
February 17, 2018, Saturday			
February 18, 2018, Sunday			
February 19, 2018, Monday			
February 20, 2018, Tuesday			
February 21, 2018, Wednesday			
February 22, 2018, Thursday			
February 23, 2018, Friday			
February 24, 2018, Saturday			
February 25, 2018, Sunday			
February 26, 2018, Monday			
February 27, 2018, Tuesday			
February 28, 2018, Wednesday			
March 01, 2018, Thursday			
March 02, 2018, Friday			
March 03, 2018, Saturday			
March 04, 2018, Sunday			
March 05, 2018, Monday			
March 06, 2018, Tuesday			
March 07, 2018, Wednesday			
March 08, 2018, Thursday			
March 09, 2018, Friday			
March 10, 2018, Saturday			
March 11, 2018, Sunday			
March 12, 2018, Monday			
March 13, 2018, Tuesday			
March 14, 2018, Wednesday			
March 15, 2018, Thursday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
March 16, 2018, Friday			
March 17, 2018, Saturday			
March 18, 2018, Sunday			
March 19, 2018, Monday			
March 20, 2018, Tuesday			
March 21, 2018, Wednesday			
March 22, 2018, Thursday			
March 23, 2018, Friday			
March 24, 2018, Saturday			
March 25, 2018, Sunday			
March 26, 2018, Monday			
March 27, 2018, Tuesday			
March 28, 2018, Wednesday			
March 29, 2018, Thursday			
March 30, 2018, Friday			
March 31, 2018, Saturday			
April 01, 2018, Sunday			
April 02, 2018, Monday			
April 03, 2018, Tuesday			
April 04, 2018, Wednesday			
April 05, 2018, Thursday			
April 06, 2018, Friday			
April 07, 2018, Saturday			
April 08, 2018, Sunday			
April 09, 2018, Monday			
April 10, 2018, Tuesday			
April 11, 2018, Wednesday			
April 12, 2018, Thursday			
April 13, 2018, Friday			
April 14, 2018, Saturday			
April 15, 2018, Sunday			
April 16, 2018, Monday			
April 17, 2018, Tuesday			
April 18, 2018, Wednesday			
April 19, 2018, Thursday			
April 20, 2018, Friday			
April 21, 2018, Saturday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
April 22, 2018, Sunday			
April 23, 2018, Monday			
April 24, 2018, Tuesday			
April 25, 2018, Wednesday			
April 26, 2018, Thursday			
April 27, 2018, Friday			
April 28, 2018, Saturday			
April 29, 2018, Sunday			
April 30, 2018, Monday			
May 01, 2018, Tuesday			
May 02, 2018, Wednesday			
May 03, 2018, Thursday			
May 04, 2018, Friday			
May 05, 2018, Saturday			
May 06, 2018, Sunday			
May 07, 2018, Monday			
May 08, 2018, Tuesday			
May 09, 2018, Wednesday			
May 10, 2018, Thursday			
May 11, 2018, Friday			
May 12, 2018, Saturday			
May 13, 2018, Sunday			
May 14, 2018, Monday			
May 15, 2018, Tuesday			
May 16, 2018, Wednesday			
May 17, 2018, Thursday			
May 18, 2018, Friday			
May 19, 2018, Saturday			
May 20, 2018, Sunday			
May 21, 2018, Monday			
May 22, 2018, Tuesday			
May 23, 2018, Wednesday			
May 24, 2018, Thursday			
May 25, 2018, Friday			
May 26, 2018, Saturday			
May 27, 2018, Sunday			
May 28, 2018, Monday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
May 29, 2018, Tuesday			
May 30, 2018, Wednesday			
May 31, 2018, Thursday			
June 01, 2018, Friday			
June 02, 2018, Saturday			
June 03, 2018, Sunday			
June 04, 2018, Monday			
June 05, 2018, Tuesday			
June 06, 2018, Wednesday			
June 07, 2018, Thursday			
June 08, 2018, Friday			
June 09, 2018, Saturday			
June 10, 2018, Sunday			
June 11, 2018, Monday			
June 12, 2018, Tuesday			
June 13, 2018, Wednesday			
June 14, 2018, Thursday			
June 15, 2018, Friday			
June 16, 2018, Saturday			
June 17, 2018, Sunday			
June 18, 2018, Monday			
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June 20, 2018, Wednesday			
June 21, 2018, Thursday			
June 22, 2018, Friday			
June 23, 2018, Saturday			
June 24, 2018, Sunday			
June 25, 2018, Monday			
June 26, 2018, Tuesday			
June 27, 2018, Wednesday			
June 28, 2018, Thursday			
June 29, 2018, Friday			
June 30, 2018, Saturday			
July 01, 2018, Sunday			
July 02, 2018, Monday			
July 03, 2018, Tuesday			
July 04, 2018, Wednesday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
July 05, 2018, Thursday			
July 06, 2018, Friday			
July 07, 2018, Saturday			
July 08, 2018, Sunday			
July 09, 2018, Monday			
July 10, 2018, Tuesday			
July 11, 2018, Wednesday			
July 12, 2018, Thursday			
July 13, 2018, Friday			
July 14, 2018, Saturday			
July 15, 2018, Sunday			
July 16, 2018, Monday			
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July 30, 2018, Monday			
July 31, 2018, Tuesday			
August 01, 2018, Wednesday			
August 02, 2018, Thursday			
August 03, 2018, Friday			
August 04, 2018, Saturday			
August 05, 2018, Sunday			
August 06, 2018, Monday			
August 07, 2018, Tuesday			
August 08, 2018, Wednesday			
August 09, 2018, Thursday			
August 10, 2018, Friday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
August 11, 2018, Saturday			
August 12, 2018, Sunday			
August 13, 2018, Monday			
August 14, 2018, Tuesday			
August 15, 2018, Wednesday			
August 16, 2018, Thursday			
August 17, 2018, Friday			
August 18, 2018, Saturday			
August 19, 2018, Sunday			
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August 30, 2018, Thursday			
August 31, 2018, Friday			
September 01, 2018, Saturday			
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September 10, 2018, Monday			
September 11, 2018, Tuesday			
September 12, 2018, Wednesday			
September 13, 2018, Thursday			
September 14, 2018, Friday			
September 15, 2018, Saturday			
September 16, 2018, Sunday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
September 17, 2018, Monday			
September 18, 2018, Tuesday			
September 19, 2018, Wednesday			
September 20, 2018, Thursday			
September 21, 2018, Friday			
September 22, 2018, Saturday			
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October 19, 2018, Friday			
October 20, 2018, Saturday			
October 21, 2018, Sunday			
October 22, 2018, Monday			
October 23, 2018, Tuesday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
October 24, 2018, Wednesday			
October 25, 2018, Thursday			
October 26, 2018, Friday			
October 27, 2018, Saturday			
October 28, 2018, Sunday			
October 29, 2018, Monday			
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November 25, 2018, Sunday			
November 26, 2018, Monday			
November 27, 2018, Tuesday			
November 28, 2018, Wednesday			
November 29, 2018, Thursday			

Training Log 2018



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
November 30, 2018, Friday			
December 01, 2018, Saturday			
December 02, 2018, Sunday			
December 03, 2018, Monday			
December 04, 2018, Tuesday			
December 05, 2018, Wednesday			
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December 31, 2018, Monday			
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January 02, 2019, Wednesday			
January 03, 2019, Thursday			