

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
January 01, 2024, Monday			
January 02, 2024, Tuesday			
January 03, 2024, Wednesday			
January 04, 2024, Thursday			
January 05, 2024, Friday			
January 06, 2024, Saturday			
January 07, 2024, Sunday			
January 08, 2024, Monday			
January 09, 2024, Tuesday			
January 10, 2024, Wednesday			
January 11, 2024, Thursday			
January 12, 2024, Friday			
January 13, 2024, Saturday			
January 14, 2024, Sunday			
January 15, 2024, Monday			
January 16, 2024, Tuesday			
January 17, 2024, Wednesday			
January 18, 2024, Thursday			
January 19, 2024, Friday			
January 20, 2024, Saturday			
January 21, 2024, Sunday			
January 22, 2024, Monday			
January 23, 2024, Tuesday			
January 24, 2024, Wednesday			
January 25, 2024, Thursday			
January 26, 2024, Friday			
January 27, 2024, Saturday			
January 28, 2024, Sunday			
January 29, 2024, Monday			
January 30, 2024, Tuesday			
January 31, 2024, Wednesday			
February 01, 2024, Thursday			
February 02, 2024, Friday			
February 03, 2024, Saturday			
February 04, 2024, Sunday			
February 05, 2024, Monday			
February 06, 2024, Tuesday			
February 07, 2024, Wednesday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
February 08, 2024, Thursday			
February 09, 2024, Friday			
February 10, 2024, Saturday			
February 11, 2024, Sunday			
February 12, 2024, Monday			
February 13, 2024, Tuesday			
February 14, 2024, Wednesday			
February 15, 2024, Thursday			
February 16, 2024, Friday			
February 17, 2024, Saturday			
February 18, 2024, Sunday			
February 19, 2024, Monday			
February 20, 2024, Tuesday			
February 21, 2024, Wednesday			
February 22, 2024, Thursday			
February 23, 2024, Friday			
February 24, 2024, Saturday			
February 25, 2024, Sunday			
February 26, 2024, Monday			
February 27, 2024, Tuesday			
February 28, 2024, Wednesday			
February 29, 2024, Thursday			
March 01, 2024, Friday			
March 02, 2024, Saturday			
March 03, 2024, Sunday			
March 04, 2024, Monday			
March 05, 2024, Tuesday			
March 06, 2024, Wednesday			
March 07, 2024, Thursday			
March 08, 2024, Friday			
March 09, 2024, Saturday			
March 10, 2024, Sunday			
March 11, 2024, Monday			
March 12, 2024, Tuesday			
March 13, 2024, Wednesday			
March 14, 2024, Thursday			
March 15, 2024, Friday			
March 16, 2024, Saturday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
March 17, 2024, Sunday			
March 18, 2024, Monday			
March 19, 2024, Tuesday			
March 20, 2024, Wednesday			
March 21, 2024, Thursday			
March 22, 2024, Friday			
March 23, 2024, Saturday			
March 24, 2024, Sunday			
March 25, 2024, Monday			
March 26, 2024, Tuesday			
March 27, 2024, Wednesday			
March 28, 2024, Thursday			
March 29, 2024, Friday			
March 30, 2024, Saturday			
March 31, 2024, Sunday			
April 01, 2024, Monday			
April 02, 2024, Tuesday			
April 03, 2024, Wednesday			
April 04, 2024, Thursday			
April 05, 2024, Friday			
April 06, 2024, Saturday			
April 07, 2024, Sunday			
April 08, 2024, Monday			
April 09, 2024, Tuesday			
April 10, 2024, Wednesday			
April 11, 2024, Thursday			
April 12, 2024, Friday			
April 13, 2024, Saturday			
April 14, 2024, Sunday			
April 15, 2024, Monday			
April 16, 2024, Tuesday			
April 17, 2024, Wednesday			
April 18, 2024, Thursday			
April 19, 2024, Friday			
April 20, 2024, Saturday			
April 21, 2024, Sunday			
April 22, 2024, Monday			
April 23, 2024, Tuesday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
April 24, 2024, Wednesday			
April 25, 2024, Thursday			
April 26, 2024, Friday			
April 27, 2024, Saturday			
April 28, 2024, Sunday			
April 29, 2024, Monday			
April 30, 2024, Tuesday			
May 01, 2024, Wednesday			
May 02, 2024, Thursday			
May 03, 2024, Friday			
May 04, 2024, Saturday			
May 05, 2024, Sunday			
May 06, 2024, Monday			
May 07, 2024, Tuesday			
May 08, 2024, Wednesday			
May 09, 2024, Thursday			
May 10, 2024, Friday			
May 11, 2024, Saturday			
May 12, 2024, Sunday			
May 13, 2024, Monday			
May 14, 2024, Tuesday			
May 15, 2024, Wednesday			
May 16, 2024, Thursday			
May 17, 2024, Friday			
May 18, 2024, Saturday			
May 19, 2024, Sunday			
May 20, 2024, Monday			
May 21, 2024, Tuesday			
May 22, 2024, Wednesday			
May 23, 2024, Thursday			
May 24, 2024, Friday			
May 25, 2024, Saturday			
May 26, 2024, Sunday			
May 27, 2024, Monday			
May 28, 2024, Tuesday			
May 29, 2024, Wednesday			
May 30, 2024, Thursday			
May 31, 2024, Friday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
June 01, 2024, Saturday			
June 02, 2024, Sunday			
June 03, 2024, Monday			
June 04, 2024, Tuesday			
June 05, 2024, Wednesday			
June 06, 2024, Thursday			
June 07, 2024, Friday			
June 08, 2024, Saturday			
June 09, 2024, Sunday			
June 10, 2024, Monday			
June 11, 2024, Tuesday			
June 12, 2024, Wednesday			
June 13, 2024, Thursday			
June 14, 2024, Friday			
June 15, 2024, Saturday			
June 16, 2024, Sunday			
June 17, 2024, Monday			
June 18, 2024, Tuesday			
June 19, 2024, Wednesday			
June 20, 2024, Thursday			
June 21, 2024, Friday			
June 22, 2024, Saturday			
June 23, 2024, Sunday			
June 24, 2024, Monday			
June 25, 2024, Tuesday			
June 26, 2024, Wednesday			
June 27, 2024, Thursday			
June 28, 2024, Friday			
June 29, 2024, Saturday			
June 30, 2024, Sunday			
July 01, 2024, Monday			
July 02, 2024, Tuesday			
July 03, 2024, Wednesday			
July 04, 2024, Thursday			
July 05, 2024, Friday			
July 06, 2024, Saturday			
July 07, 2024, Sunday			
July 08, 2024, Monday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
July 09, 2024, Tuesday			
July 10, 2024, Wednesday			
July 11, 2024, Thursday			
July 12, 2024, Friday			
July 13, 2024, Saturday			
July 14, 2024, Sunday			
July 15, 2024, Monday			
July 16, 2024, Tuesday			
July 17, 2024, Wednesday			
July 18, 2024, Thursday			
July 19, 2024, Friday			
July 20, 2024, Saturday			
July 21, 2024, Sunday			
July 22, 2024, Monday			
July 23, 2024, Tuesday			
July 24, 2024, Wednesday			
July 25, 2024, Thursday			
July 26, 2024, Friday			
July 27, 2024, Saturday			
July 28, 2024, Sunday			
July 29, 2024, Monday			
July 30, 2024, Tuesday			
July 31, 2024, Wednesday			
August 01, 2024, Thursday			
August 02, 2024, Friday			
August 03, 2024, Saturday			
August 04, 2024, Sunday			
August 05, 2024, Monday			
August 06, 2024, Tuesday			
August 07, 2024, Wednesday			
August 08, 2024, Thursday			
August 09, 2024, Friday			
August 10, 2024, Saturday			
August 11, 2024, Sunday			
August 12, 2024, Monday			
August 13, 2024, Tuesday			
August 14, 2024, Wednesday			
August 15, 2024, Thursday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
August 16, 2024, Friday			
August 17, 2024, Saturday			
August 18, 2024, Sunday			
August 19, 2024, Monday			
August 20, 2024, Tuesday			
August 21, 2024, Wednesday			
August 22, 2024, Thursday			
August 23, 2024, Friday			
August 24, 2024, Saturday			
August 25, 2024, Sunday			
August 26, 2024, Monday			
August 27, 2024, Tuesday			
August 28, 2024, Wednesday			
August 29, 2024, Thursday			
August 30, 2024, Friday			
August 31, 2024, Saturday			
September 01, 2024, Sunday			
September 02, 2024, Monday			
September 03, 2024, Tuesday			
September 04, 2024, Wednesday			
September 05, 2024, Thursday			
September 06, 2024, Friday			
September 07, 2024, Saturday			
September 08, 2024, Sunday			
September 09, 2024, Monday			
September 10, 2024, Tuesday			
September 11, 2024, Wednesday			
September 12, 2024, Thursday			
September 13, 2024, Friday			
September 14, 2024, Saturday			
September 15, 2024, Sunday			
September 16, 2024, Monday			
September 17, 2024, Tuesday			
September 18, 2024, Wednesday			
September 19, 2024, Thursday			
September 20, 2024, Friday			
September 21, 2024, Saturday			
September 22, 2024, Sunday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
September 23, 2024, Monday			
September 24, 2024, Tuesday			
September 25, 2024, Wednesday			
September 26, 2024, Thursday			
September 27, 2024, Friday			
September 28, 2024, Saturday			
September 29, 2024, Sunday			
September 30, 2024, Monday			
October 01, 2024, Tuesday			
October 02, 2024, Wednesday			
October 03, 2024, Thursday			
October 04, 2024, Friday			
October 05, 2024, Saturday			
October 06, 2024, Sunday			
October 07, 2024, Monday			
October 08, 2024, Tuesday			
October 09, 2024, Wednesday			
October 10, 2024, Thursday			
October 11, 2024, Friday			
October 12, 2024, Saturday			
October 13, 2024, Sunday			
October 14, 2024, Monday			
October 15, 2024, Tuesday			
October 16, 2024, Wednesday			
October 17, 2024, Thursday			
October 18, 2024, Friday			
October 19, 2024, Saturday			
October 20, 2024, Sunday			
October 21, 2024, Monday			
October 22, 2024, Tuesday			
October 23, 2024, Wednesday			
October 24, 2024, Thursday			
October 25, 2024, Friday			
October 26, 2024, Saturday			
October 27, 2024, Sunday			
October 28, 2024, Monday			
October 29, 2024, Tuesday			
October 30, 2024, Wednesday			



# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
October 31, 2024, Thursday			
November 01, 2024, Friday			
November 02, 2024, Saturday			
November 03, 2024, Sunday			
November 04, 2024, Monday			
November 05, 2024, Tuesday			
November 06, 2024, Wednesday			
November 07, 2024, Thursday			
November 08, 2024, Friday			
November 09, 2024, Saturday			
November 10, 2024, Sunday			
November 11, 2024, Monday			
November 12, 2024, Tuesday			
November 13, 2024, Wednesday			
November 14, 2024, Thursday			
November 15, 2024, Friday			
November 16, 2024, Saturday			
November 17, 2024, Sunday			
November 18, 2024, Monday			
November 19, 2024, Tuesday			
November 20, 2024, Wednesday			
November 21, 2024, Thursday			
November 22, 2024, Friday			
November 23, 2024, Saturday			
November 24, 2024, Sunday			
November 25, 2024, Monday			
November 26, 2024, Tuesday			
November 27, 2024, Wednesday			
November 28, 2024, Thursday			
November 29, 2024, Friday			
November 30, 2024, Saturday			
December 01, 2024, Sunday			
December 02, 2024, Monday			
December 03, 2024, Tuesday			
December 04, 2024, Wednesday			
December 05, 2024, Thursday			
December 06, 2024, Friday			
December 07, 2024, Saturday			

# Training Log 2024



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
December 08, 2024, Sunday			
December 09, 2024, Monday			
December 10, 2024, Tuesday			
December 11, 2024, Wednesday			
December 12, 2024, Thursday			
December 13, 2024, Friday			
December 14, 2024, Saturday			
December 15, 2024, Sunday			
December 16, 2024, Monday			
December 17, 2024, Tuesday			
December 18, 2024, Wednesday			
December 19, 2024, Thursday			
December 20, 2024, Friday			
December 21, 2024, Saturday			
December 22, 2024, Sunday			
December 23, 2024, Monday			
December 24, 2024, Tuesday			
December 25, 2024, Wednesday			
December 26, 2024, Thursday			
December 27, 2024, Friday			
December 28, 2024, Saturday			
December 29, 2024, Sunday			
December 30, 2024, Monday			
December 31, 2024, Tuesday			