

Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
January 01, 2025, Wednesday			
January 02, 2025, Thursday			
January 03, 2025, Friday			
January 04, 2025, Saturday			
January 05, 2025, Sunday			
January 06, 2025, Monday			
January 07, 2025, Tuesday			
January 08, 2025, Wednesday			
January 09, 2025, Thursday			
January 10, 2025, Friday			
January 11, 2025, Saturday			
January 12, 2025, Sunday			
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January 30, 2025, Thursday			
January 31, 2025, Friday			
February 01, 2025, Saturday			
February 02, 2025, Sunday			
February 03, 2025, Monday			
February 04, 2025, Tuesday			
February 05, 2025, Wednesday			
February 06, 2025, Thursday			
February 07, 2025, Friday			

Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
February 08, 2025, Saturday			
February 09, 2025, Sunday			
February 10, 2025, Monday			
February 11, 2025, Tuesday			
February 12, 2025, Wednesday			
February 13, 2025, Thursday			
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February 28, 2025, Friday			
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March 14, 2025, Friday			
March 15, 2025, Saturday			
March 16, 2025, Sunday			
March 17, 2025, Monday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
March 18, 2025, Tuesday			
March 19, 2025, Wednesday			
March 20, 2025, Thursday			
March 21, 2025, Friday			
March 22, 2025, Saturday			
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April 22, 2025, Tuesday			
April 23, 2025, Wednesday			
April 24, 2025, Thursday			

Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
April 25, 2025, Friday			
April 26, 2025, Saturday			
April 27, 2025, Sunday			
April 28, 2025, Monday			
April 29, 2025, Tuesday			
April 30, 2025, Wednesday			
May 01, 2025, Thursday			
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May 31, 2025, Saturday			
June 01, 2025, Sunday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
June 02, 2025, Monday			
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June 05, 2025, Thursday			
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July 09, 2025, Wednesday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
July 10, 2025, Thursday			
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Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
August 17, 2025, Sunday			
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Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
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Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
November 01, 2025, Saturday			
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December 08, 2025, Monday			

Training Log 2025



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
December 09, 2025, Tuesday			
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December 30, 2025, Tuesday			
December 31, 2025, Wednesday			
January 01, 2026, Thursday			