

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
January 01, 2022, Saturday			
January 02, 2022, Sunday			
January 03, 2022, Monday			
January 04, 2022, Tuesday			
January 05, 2022, Wednesday			
January 06, 2022, Thursday			
January 07, 2022, Friday			
January 08, 2022, Saturday			
January 09, 2022, Sunday			
January 10, 2022, Monday			
January 11, 2022, Tuesday			
January 12, 2022, Wednesday			
January 13, 2022, Thursday			
January 14, 2022, Friday			
January 15, 2022, Saturday			
January 16, 2022, Sunday			
January 17, 2022, Monday			
January 18, 2022, Tuesday			
January 19, 2022, Wednesday			
January 20, 2022, Thursday			
January 21, 2022, Friday			
January 22, 2022, Saturday			
January 23, 2022, Sunday			
January 24, 2022, Monday			
January 25, 2022, Tuesday			
January 26, 2022, Wednesday			
January 27, 2022, Thursday			
January 28, 2022, Friday			
January 29, 2022, Saturday			
January 30, 2022, Sunday			
January 31, 2022, Monday			
February 01, 2022, Tuesday			
February 02, 2022, Wednesday			
February 03, 2022, Thursday			
February 04, 2022, Friday			
February 05, 2022, Saturday			
February 06, 2022, Sunday			
February 07, 2022, Monday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
February 08, 2022, Tuesday			
February 09, 2022, Wednesday			
February 10, 2022, Thursday			
February 11, 2022, Friday			
February 12, 2022, Saturday			
February 13, 2022, Sunday			
February 14, 2022, Monday			
February 15, 2022, Tuesday			
February 16, 2022, Wednesday			
February 17, 2022, Thursday			
February 18, 2022, Friday			
February 19, 2022, Saturday			
February 20, 2022, Sunday			
February 21, 2022, Monday			
February 22, 2022, Tuesday			
February 23, 2022, Wednesday			
February 24, 2022, Thursday			
February 25, 2022, Friday			
February 26, 2022, Saturday			
February 27, 2022, Sunday			
February 28, 2022, Monday			
March 01, 2022, Tuesday			
March 02, 2022, Wednesday			
March 03, 2022, Thursday			
March 04, 2022, Friday			
March 05, 2022, Saturday			
March 06, 2022, Sunday			
March 07, 2022, Monday			
March 08, 2022, Tuesday			
March 09, 2022, Wednesday			
March 10, 2022, Thursday			
March 11, 2022, Friday			
March 12, 2022, Saturday			
March 13, 2022, Sunday			
March 14, 2022, Monday			
March 15, 2022, Tuesday			
March 16, 2022, Wednesday			
March 17, 2022, Thursday			

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
March 18, 2022, Friday			
March 19, 2022, Saturday			
March 20, 2022, Sunday			
March 21, 2022, Monday			
March 22, 2022, Tuesday			
March 23, 2022, Wednesday			
March 24, 2022, Thursday			
March 25, 2022, Friday			
March 26, 2022, Saturday			
March 27, 2022, Sunday			
March 28, 2022, Monday			
March 29, 2022, Tuesday			
March 30, 2022, Wednesday			
March 31, 2022, Thursday			
April 01, 2022, Friday			
April 02, 2022, Saturday			
April 03, 2022, Sunday			
April 04, 2022, Monday			
April 05, 2022, Tuesday			
April 06, 2022, Wednesday			
April 07, 2022, Thursday			
April 08, 2022, Friday			
April 09, 2022, Saturday			
April 10, 2022, Sunday			
April 11, 2022, Monday			
April 12, 2022, Tuesday			
April 13, 2022, Wednesday			
April 14, 2022, Thursday			
April 15, 2022, Friday			
April 16, 2022, Saturday			
April 17, 2022, Sunday			
April 18, 2022, Monday			
April 19, 2022, Tuesday			
April 20, 2022, Wednesday			
April 21, 2022, Thursday			
April 22, 2022, Friday			
April 23, 2022, Saturday			
April 24, 2022, Sunday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
April 25, 2022, Monday			
April 26, 2022, Tuesday			
April 27, 2022, Wednesday			
April 28, 2022, Thursday			
April 29, 2022, Friday			
April 30, 2022, Saturday			
May 01, 2022, Sunday			
May 02, 2022, Monday			
May 03, 2022, Tuesday			
May 04, 2022, Wednesday			
May 05, 2022, Thursday			
May 06, 2022, Friday			
May 07, 2022, Saturday			
May 08, 2022, Sunday			
May 09, 2022, Monday			
May 10, 2022, Tuesday			
May 11, 2022, Wednesday			
May 12, 2022, Thursday			
May 13, 2022, Friday			
May 14, 2022, Saturday			
May 15, 2022, Sunday			
May 16, 2022, Monday			
May 17, 2022, Tuesday			
May 18, 2022, Wednesday			
May 19, 2022, Thursday			
May 20, 2022, Friday			
May 21, 2022, Saturday			
May 22, 2022, Sunday			
May 23, 2022, Monday			
May 24, 2022, Tuesday			
May 25, 2022, Wednesday			
May 26, 2022, Thursday			
May 27, 2022, Friday			
May 28, 2022, Saturday			
May 29, 2022, Sunday			
May 30, 2022, Monday			
May 31, 2022, Tuesday			
June 01, 2022, Wednesday			

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
June 02, 2022, Thursday			
June 03, 2022, Friday			
June 04, 2022, Saturday			
June 05, 2022, Sunday			
June 06, 2022, Monday			
June 07, 2022, Tuesday			
June 08, 2022, Wednesday			
June 09, 2022, Thursday			
June 10, 2022, Friday			
June 11, 2022, Saturday			
June 12, 2022, Sunday			
June 13, 2022, Monday			
June 14, 2022, Tuesday			
June 15, 2022, Wednesday			
June 16, 2022, Thursday			
June 17, 2022, Friday			
June 18, 2022, Saturday			
June 19, 2022, Sunday			
June 20, 2022, Monday			
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June 22, 2022, Wednesday			
June 23, 2022, Thursday			
June 24, 2022, Friday			
June 25, 2022, Saturday			
June 26, 2022, Sunday			
June 27, 2022, Monday			
June 28, 2022, Tuesday			
June 29, 2022, Wednesday			
June 30, 2022, Thursday			
July 01, 2022, Friday			
July 02, 2022, Saturday			
July 03, 2022, Sunday			
July 04, 2022, Monday			
July 05, 2022, Tuesday			
July 06, 2022, Wednesday			
July 07, 2022, Thursday			
July 08, 2022, Friday			
July 09, 2022, Saturday			

Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
July 10, 2022, Sunday			
July 11, 2022, Monday			
July 12, 2022, Tuesday			
July 13, 2022, Wednesday			
July 14, 2022, Thursday			
July 15, 2022, Friday			
July 16, 2022, Saturday			
July 17, 2022, Sunday			
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July 31, 2022, Sunday			
August 01, 2022, Monday			
August 02, 2022, Tuesday			
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August 10, 2022, Wednesday			
August 11, 2022, Thursday			
August 12, 2022, Friday			
August 13, 2022, Saturday			
August 14, 2022, Sunday			
August 15, 2022, Monday			
August 16, 2022, Tuesday			

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
August 17, 2022, Wednesday			
August 18, 2022, Thursday			
August 19, 2022, Friday			
August 20, 2022, Saturday			
August 21, 2022, Sunday			
August 22, 2022, Monday			
August 23, 2022, Tuesday			
August 24, 2022, Wednesday			
August 25, 2022, Thursday			
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September 01, 2022, Thursday			
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September 18, 2022, Sunday			
September 19, 2022, Monday			
September 20, 2022, Tuesday			
September 21, 2022, Wednesday			
September 22, 2022, Thursday			
September 23, 2022, Friday			

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
September 24, 2022, Saturday			
September 25, 2022, Sunday			
September 26, 2022, Monday			
September 27, 2022, Tuesday			
September 28, 2022, Wednesday			
September 29, 2022, Thursday			
September 30, 2022, Friday			
October 01, 2022, Saturday			
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October 26, 2022, Wednesday			
October 27, 2022, Thursday			
October 28, 2022, Friday			
October 29, 2022, Saturday			
October 30, 2022, Sunday			
October 31, 2022, Monday			



# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
November 01, 2022, Tuesday			
November 02, 2022, Wednesday			
November 03, 2022, Thursday			
November 04, 2022, Friday			
November 05, 2022, Saturday			
November 06, 2022, Sunday			
November 07, 2022, Monday			
November 08, 2022, Tuesday			
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November 10, 2022, Thursday			
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December 01, 2022, Thursday			
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December 03, 2022, Saturday			
December 04, 2022, Sunday			
December 05, 2022, Monday			
December 06, 2022, Tuesday			
December 07, 2022, Wednesday			
December 08, 2022, Thursday			

# Training Log 2022



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
December 09, 2022, Friday			
December 10, 2022, Saturday			
December 11, 2022, Sunday			
December 12, 2022, Monday			
December 13, 2022, Tuesday			
December 14, 2022, Wednesday			
December 15, 2022, Thursday			
December 16, 2022, Friday			
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December 28, 2022, Wednesday			
December 29, 2022, Thursday			
December 30, 2022, Friday			
December 31, 2022, Saturday			
January 01, 2023, Sunday			