

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
January 01, 2023, Sunday			
January 02, 2023, Monday			
January 03, 2023, Tuesday			
January 04, 2023, Wednesday			
January 05, 2023, Thursday			
January 06, 2023, Friday			
January 07, 2023, Saturday			
January 08, 2023, Sunday			
January 09, 2023, Monday			
January 10, 2023, Tuesday			
January 11, 2023, Wednesday			
January 12, 2023, Thursday			
January 13, 2023, Friday			
January 14, 2023, Saturday			
January 15, 2023, Sunday			
January 16, 2023, Monday			
January 17, 2023, Tuesday			
January 18, 2023, Wednesday			
January 19, 2023, Thursday			
January 20, 2023, Friday			
January 21, 2023, Saturday			
January 22, 2023, Sunday			
January 23, 2023, Monday			
January 24, 2023, Tuesday			
January 25, 2023, Wednesday			
January 26, 2023, Thursday			
January 27, 2023, Friday			
January 28, 2023, Saturday			
January 29, 2023, Sunday			
January 30, 2023, Monday			
January 31, 2023, Tuesday			
February 01, 2023, Wednesday			
February 02, 2023, Thursday			
February 03, 2023, Friday			
February 04, 2023, Saturday			
February 05, 2023, Sunday			
February 06, 2023, Monday			
February 07, 2023, Tuesday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
February 08, 2023, Wednesday			
February 09, 2023, Thursday			
February 10, 2023, Friday			
February 11, 2023, Saturday			
February 12, 2023, Sunday			
February 13, 2023, Monday			
February 14, 2023, Tuesday			
February 15, 2023, Wednesday			
February 16, 2023, Thursday			
February 17, 2023, Friday			
February 18, 2023, Saturday			
February 19, 2023, Sunday			
February 20, 2023, Monday			
February 21, 2023, Tuesday			
February 22, 2023, Wednesday			
February 23, 2023, Thursday			
February 24, 2023, Friday			
February 25, 2023, Saturday			
February 26, 2023, Sunday			
February 27, 2023, Monday			
February 28, 2023, Tuesday			
March 01, 2023, Wednesday			
March 02, 2023, Thursday			
March 03, 2023, Friday			
March 04, 2023, Saturday			
March 05, 2023, Sunday			
March 06, 2023, Monday			
March 07, 2023, Tuesday			
March 08, 2023, Wednesday			
March 09, 2023, Thursday			
March 10, 2023, Friday			
March 11, 2023, Saturday			
March 12, 2023, Sunday			
March 13, 2023, Monday			
March 14, 2023, Tuesday			
March 15, 2023, Wednesday			
March 16, 2023, Thursday			
March 17, 2023, Friday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
March 18, 2023, Saturday			
March 19, 2023, Sunday			
March 20, 2023, Monday			
March 21, 2023, Tuesday			
March 22, 2023, Wednesday			
March 23, 2023, Thursday			
March 24, 2023, Friday			
March 25, 2023, Saturday			
March 26, 2023, Sunday			
March 27, 2023, Monday			
March 28, 2023, Tuesday			
March 29, 2023, Wednesday			
March 30, 2023, Thursday			
March 31, 2023, Friday			
April 01, 2023, Saturday			
April 02, 2023, Sunday			
April 03, 2023, Monday			
April 04, 2023, Tuesday			
April 05, 2023, Wednesday			
April 06, 2023, Thursday			
April 07, 2023, Friday			
April 08, 2023, Saturday			
April 09, 2023, Sunday			
April 10, 2023, Monday			
April 11, 2023, Tuesday			
April 12, 2023, Wednesday			
April 13, 2023, Thursday			
April 14, 2023, Friday			
April 15, 2023, Saturday			
April 16, 2023, Sunday			
April 17, 2023, Monday			
April 18, 2023, Tuesday			
April 19, 2023, Wednesday			
April 20, 2023, Thursday			
April 21, 2023, Friday			
April 22, 2023, Saturday			
April 23, 2023, Sunday			
April 24, 2023, Monday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
April 25, 2023, Tuesday			
April 26, 2023, Wednesday			
April 27, 2023, Thursday			
April 28, 2023, Friday			
April 29, 2023, Saturday			
April 30, 2023, Sunday			
May 01, 2023, Monday			
May 02, 2023, Tuesday			
May 03, 2023, Wednesday			
May 04, 2023, Thursday			
May 05, 2023, Friday			
May 06, 2023, Saturday			
May 07, 2023, Sunday			
May 08, 2023, Monday			
May 09, 2023, Tuesday			
May 10, 2023, Wednesday			
May 11, 2023, Thursday			
May 12, 2023, Friday			
May 13, 2023, Saturday			
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May 15, 2023, Monday			
May 16, 2023, Tuesday			
May 17, 2023, Wednesday			
May 18, 2023, Thursday			
May 19, 2023, Friday			
May 20, 2023, Saturday			
May 21, 2023, Sunday			
May 22, 2023, Monday			
May 23, 2023, Tuesday			
May 24, 2023, Wednesday			
May 25, 2023, Thursday			
May 26, 2023, Friday			
May 27, 2023, Saturday			
May 28, 2023, Sunday			
May 29, 2023, Monday			
May 30, 2023, Tuesday			
May 31, 2023, Wednesday			
June 01, 2023, Thursday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
June 02, 2023, Friday			
June 03, 2023, Saturday			
June 04, 2023, Sunday			
June 05, 2023, Monday			
June 06, 2023, Tuesday			
June 07, 2023, Wednesday			
June 08, 2023, Thursday			
June 09, 2023, Friday			
June 10, 2023, Saturday			
June 11, 2023, Sunday			
June 12, 2023, Monday			
June 13, 2023, Tuesday			
June 14, 2023, Wednesday			
June 15, 2023, Thursday			
June 16, 2023, Friday			
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June 22, 2023, Thursday			
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June 25, 2023, Sunday			
June 26, 2023, Monday			
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June 29, 2023, Thursday			
June 30, 2023, Friday			
July 01, 2023, Saturday			
July 02, 2023, Sunday			
July 03, 2023, Monday			
July 04, 2023, Tuesday			
July 05, 2023, Wednesday			
July 06, 2023, Thursday			
July 07, 2023, Friday			
July 08, 2023, Saturday			
July 09, 2023, Sunday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
July 10, 2023, Monday			
July 11, 2023, Tuesday			
July 12, 2023, Wednesday			
July 13, 2023, Thursday			
July 14, 2023, Friday			
July 15, 2023, Saturday			
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July 30, 2023, Sunday			
July 31, 2023, Monday			
August 01, 2023, Tuesday			
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August 12, 2023, Saturday			
August 13, 2023, Sunday			
August 14, 2023, Monday			
August 15, 2023, Tuesday			
August 16, 2023, Wednesday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
August 17, 2023, Thursday			
August 18, 2023, Friday			
August 19, 2023, Saturday			
August 20, 2023, Sunday			
August 21, 2023, Monday			
August 22, 2023, Tuesday			
August 23, 2023, Wednesday			
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September 21, 2023, Thursday			
September 22, 2023, Friday			
September 23, 2023, Saturday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
September 24, 2023, Sunday			
September 25, 2023, Monday			
September 26, 2023, Tuesday			
September 27, 2023, Wednesday			
September 28, 2023, Thursday			
September 29, 2023, Friday			
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October 29, 2023, Sunday			
October 30, 2023, Monday			
October 31, 2023, Tuesday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
November 01, 2023, Wednesday			
November 02, 2023, Thursday			
November 03, 2023, Friday			
November 04, 2023, Saturday			
November 05, 2023, Sunday			
November 06, 2023, Monday			
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December 04, 2023, Monday			
December 05, 2023, Tuesday			
December 06, 2023, Wednesday			
December 07, 2023, Thursday			
December 08, 2023, Friday			

Training Log 2023



Day	Distance	Time	Course, Notes, Weather, Shoes, etc.
December 09, 2023, Saturday			
December 10, 2023, Sunday			
December 11, 2023, Monday			
December 12, 2023, Tuesday			
December 13, 2023, Wednesday			
December 14, 2023, Thursday			
December 15, 2023, Friday			
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December 28, 2023, Thursday			
December 29, 2023, Friday			
December 30, 2023, Saturday			
December 31, 2023, Sunday			
January 01, 2024, Monday			