

RUN / WALK CHALLENGE LOG

DATE	COURSE	MILES	TOTAL TIME	PACE – EZ, Med, hard	NOTES
Mon /					
Tues /					
Wed /					
Thu /					
Fri /					
Sat /					
Sun /					
WEEKLY MILES:		COMMENTS:			

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Mon /					
Tues /					
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Sun /					
WEEKLY MILES:		COMMENTS:			