

KEEP TRACK OF YOUR WEEKLY WORKOUTS

	Date	Workout: Results and Comments	Time	Distance	Cumulative Distance
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
		WEEKLY TOTALS:			

	Date	Workout: Results and Comments	Time	Distance	Cumulative Distance
Monday					
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Thursday					
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		WEEKLY TOTALS:			



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