

First Strides Training Log

<u>WEEK</u>	<u>DATE/DAY</u>	<u>DISTANCE/TIME</u>	<u>WEATHER/TEMP</u>	<u>COMMENTS (food, companions, route, feelings, etc.)</u>
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<u>WEEK</u>	<u>DATE/DAY</u>	<u>DISTANCE/TIME</u>	<u>WEATHER/TEMP</u>	<u>COMMENTS (food, companions, route, feelings, etc.)</u>
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