

Distance carried forward

10 Monday

Where & When:
Comments

Distance

11 Tuesday

Where & When:
Comments

Distance

12 Wednesday

Where & When:
Comments

Distance

13 Thursday

Where & When:
Comments

Distance

14 Friday

Where & When:
Comments

Distance

10

11

12

13

14

15

16

17

18

19

tip: For all its many health benefits, running does not offset the metabolic risks caused by sedentary living, including diabetes and heart disease.

Distance this week:

Distance

Distance

Distance

Distance

Distance

Weight

January

Saturday 15

Sunday 16

