

Distance carried forward

6 Monday

37

42

Where & When:
Comments

Distance

Where & When:
Comments

Distance

7 Tuesday

38

43

Where & When:
Comments

Distance

Where & When:
Comments

Distance

8 Wednesday

39

Where & When:
Comments

Distance

9 Thursday

40

Where & When:
Comments

Distance

10 Friday

41

Where & When:
Comments

Distance

February

Saturday 11

Sunday 12



tip: Trail shoes make for safer workouts on snow- and ice-covered streets and sidewalks.

Distance this week

Weight