

Strides of March

Month:		Month:		Month:		Month:		Month:		Month:	
1	17	1	17	1	17	1	17	1	17	1	17
2	18	2	18	2	18	2	18	2	18	2	18
3	19	3	19	3	19	3	19	3	19	3	19
4	20	4	20	4	20	4	20	4	20	4	20
5	21	5	21	5	21	5	21	5	21	5	21
6	22	6	22	6	22	6	22	6	22	6	22
7	23	7	23	7	23	7	23	7	23	7	23
8	24	8	24	8	24	8	24	8	24	8	24
9	25	9	25	9	25	9	25	9	25	9	25
10	26	10	26	10	26	10	26	10	26	10	26
11	27	11	27	11	27	11	27	11	27	11	27
12	28	12	28	12	28	12	28	12	28	12	28
13	29	13	29	13	29	13	29	13	29	13	29
14	30	14	30	14	30	14	30	14	30	14	30
15	31	15	31	15	31	15	31	15	31	15	31
16	Total:	16	Total:	16	Total:	16	Total:	16	Total:	16	Total:

This training log belongs to: _____

Record your miles on this or a running log of your choice.

For mor information call Gunhild at 509)928-5272 or email jswanson509@msn.com