

WEEKLY VOLUME (KM):

	PLAN	RUNNING TIME (mins)	DISTANCE (km)	AVG. PACE (min/km)	AVG. HR (bpm)	RPE	NOTES:
MONDAY	AM:						
	PM:						
TUESDAY	AM:						
	PM:						
WEDNESDAY	AM:						
	PM:						
THURSDAY	AM:						
	PM:						
FRIDAY	AM:						
	PM:						
SATURDAY	AM:						
	PM:						
SUNDAY	AM:						
	PM:						

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