

# Yearly Training Log Summary

Week	Week of...	<i>Session Type (enter time spent)</i>							Week-specific notes
		Warm-up	Distance	Intervals	Uphill Intervals	Speed	Race / Pace	General Strength	
1									
2									
3									
4									
<b>Sub</b>									
5									
6									
7									
8									
<b>Sub</b>									
9									
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11									
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<b>Sub</b>									
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46									
47									
48									
<b>Sub</b>									
49									
50									
51									
52									
<b>Sub</b>									
<b>Total</b>									