Exercise for Life Scholarship 2008

RUNNING LOG: MARCH 3 - JULY 4th

WEEK	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
Sample	Dist - 1 mi	Dist - 1 mi jog/ 1/2 mi walk	Distance - Walk 2 mi	Distance -	Distance -	Distance -	Distance -
Week	Time - 16 min	Time - 23 min	Time - 35 min	Time -	Time -	Time -	Time -
WEEK 1	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
MARCH 3-7	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 2	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
MARCH 10-14	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 3	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
MARCH 17-21	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 4	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
MARCH 24-28	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 5	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
MARCH 31-APRIL 4	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 6	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
APRIL 7-11	Time -	Time -	Time -	Time -	Time -	Time -	Time -

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WEEK	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
WEEK 7	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
APRIL 14-18	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 8	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
APRIL 21-25	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 9	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
APRIL 28- JUNE 6	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 10	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
JUNE 9-13	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 11	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
JUNE 16-20	Time -	Time -	Time -	Time -	Time -	Time -	Time -
WEEK 12	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -	Distance -
JUNE 23-27	Time -	Time -	Time -	Time -	Time -	Time -	Time -