MY TRAINING LOG

Sunday 3rd May 2009
Liverpool Unites
GREAT PURPLE RUN
sponsored by Entwistle

	DATE	ACTIVITY	TIME/DISTANCE	WEATHER CONDITIONS	DESCRIPTION	TOTAL FOR WEEK
eg	01.05.08	jogging	22 mins. Call it 3k	Cloudy but no wind	Lap of the park. Sluggish at start but felt good at the end	3k