Running Race Prep: Half-Marathon & 10K 12-Week

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Priorities

Running Race Prep: Half-Marathon & 10K 12-Week

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	1	2	3	4	5	6	7
Sunlight AM							
Read 20 pages							
Skincare							
Call family							
Vitamins							
Journal							
Tidy 10 min							
Eat veggies							

Work

Home

Self

Next week