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| COHS Running Log |  | Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| Month \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **DateDistanceTimePaceRun Type** | **How did it feel?** | **Other Comments** |
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| **Total Miles** |  | Turn in this log to Coach Trimmer at the end of the month. |
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