

# Weekend Warrior

Plan 4 longer weekend walks or runs



<b>Weekend 1</b>		<b>KM</b>
<b>Weekend 2</b>		<b>KM</b>
<b>Weekend 3</b>		<b>KM</b>
<b>Weekend 4</b>		<b>KM</b>
	<b>Total KM:</b>	<b>KM</b>