

RACE ACROSS ALASKA • WINTER WORKOUT LOG

December 21, 2026 – March 19, 2027

Name: _____ Race Distance: _____

DATE	ACTIVITY	MILES	TIME SPENT	TOTAL MILES
Dec 21, 2026				
Dec 22, 2026				
Dec 23, 2026				
Dec 24, 2026				
Dec 25, 2026				
Dec 26, 2026				
Dec 27, 2026				
Dec 28, 2026				
Dec 29, 2026				
Dec 30, 2026				
Dec 31, 2026				
Jan 1, 2027				
Jan 2, 2027				
Jan 3, 2027				
Jan 4, 2027				
Jan 5, 2027				
Jan 6, 2027				
Jan 7, 2027				
Jan 8, 2027				
Jan 9, 2027				
Jan 10, 2027				
Jan 11, 2027				
Jan 12, 2027				
Jan 13, 2027				
Jan 14, 2027				
Jan 15, 2027				
Jan 16, 2027				
Jan 17, 2027				
Jan 18, 2027				
Jan 19, 2027				

Record each workout's activity, miles, and time spent. Add your cumulative mileage in the final column. Rest days can be left blank or marked REST.



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DATE	ACTIVITY	MILES	TIME SPENT	TOTAL MILES
Jan 20, 2027				
Jan 21, 2027				
Jan 22, 2027				
Jan 23, 2027				
Jan 24, 2027				
Jan 25, 2027				
Jan 26, 2027				
Jan 27, 2027				
Jan 28, 2027				
Jan 29, 2027				
Jan 30, 2027				
Jan 31, 2027				
Feb 1, 2027				
Feb 2, 2027				
Feb 3, 2027				
Feb 4, 2027				
Feb 5, 2027				
Feb 6, 2027				
Feb 7, 2027				
Feb 8, 2027				
Feb 9, 2027				
Feb 10, 2027				
Feb 11, 2027				
Feb 12, 2027				
Feb 13, 2027				
Feb 14, 2027				
Feb 15, 2027				
Feb 16, 2027				
Feb 17, 2027				
Feb 18, 2027				

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DATE	ACTIVITY	MILES	TIME SPENT	TOTAL MILES
Feb 19, 2027				
Feb 20, 2027				
Feb 21, 2027				
Feb 22, 2027				
Feb 23, 2027				
Feb 24, 2027				
Feb 25, 2027				
Feb 26, 2027				
Feb 27, 2027				
Feb 28, 2027				
Mar 1, 2027				
Mar 2, 2027				
Mar 3, 2027				
Mar 4, 2027				
Mar 5, 2027				
Mar 6, 2027				
Mar 7, 2027				
Mar 8, 2027				
Mar 9, 2027				
Mar 10, 2027				
Mar 11, 2027				
Mar 12, 2027				
Mar 13, 2027				
Mar 14, 2027				
Mar 15, 2027				
Mar 16, 2027				
Mar 17, 2027				
Mar 18, 2027				
Mar 19, 2027				

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