

Weekly Mileage Overview

Oct 23 - Oct 29, 2023

TOTAL DISTANCE 42.5 mi
AVG PACE 8:45 /mi
TOTAL TIME 6h 12m
ELEVATION 1,240 ft

4.2

M

7.0

T

0

W

6.1

T

5.0

F

12.2

S

8.0

S

Day	Type	Distance	Pace	Effort
Monday	Recovery	4.2 mi	9:15/mi	Low
Tuesday	Intervals	7.0 mi	7:50/mi	High
Saturday	Long Run	12.2 mi	9:05/mi	Moderate