



Tucson Marathon Family Fitness Fest Training Planner

My goals for training for the Tucson Marathon Family Fitness Fest are:

The buddy that is going to help me accomplish this is:

I'm going to accomplish these goals by:

Plan and track your progress:

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							