



BEGINNER²FINISHER
TRAINING SYSTEMS

30 Day Challenge

Goal: _____

Start Date: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

[Half Marathons For Beginners \(HM4B.com\)](http://HalfMarathonsForBeginners.com)

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