

TRACKING LOG - CHECK OFF YOUR WORKOUTS AS YOU GO

| SKI RUN | LEVEL 1 | LEVEL 2 | LEVEL 3 |
|---------------------------------|--|--|---|
| KEYHOLE KOLSCH - BUNNY HILL | 1 MILE RUN/WALK <input type="checkbox"/> | 2 MILE RUN/WALK <input type="checkbox"/> | 3 MILE RUN/WALK <input type="checkbox"/> |
| THE WHEAT WALL - BEGINNER | 1.5 MILE RUN/WALK <input type="checkbox"/> | 2.5 MILE RUN/WALK <input type="checkbox"/> | 4 MILE RUN/WALK <input type="checkbox"/> |
| ADRENALINA AMBER - INTERMED. | INTERVALS 4 X 2 MIN W/30S REST <input type="checkbox"/> | INTERVALS 8 X 2 MIN W/30S REST <input type="checkbox"/> | INTERVALS 6 X 4 MIN W/30S REST <input type="checkbox"/> |
| INSPIRATION IPA - ADVANCED | 2 MILE RUN/WALK <input type="checkbox"/> | 3 MILE RUN/WALK <input type="checkbox"/> | 5 MILE RUN/WALK <input type="checkbox"/> |
| CORNICE BOWL BROWN - EXPERT | HIT THE TRAIL OR SNOW 15+ MINUTES <input type="checkbox"/> | HIT THE TRAIL OR SNOW 30+ MINUTES <input type="checkbox"/> | HIT THE TRAIL OR SNOW 45+ MINUTES <input type="checkbox"/> |
| BARRY STEEP STOUT - HELI-SKIING | HILLS! 3 HILL REPEATS HILL OF YOUR CHOICE <input type="checkbox"/> | HILLS! 6 HILL REPEATS HILL OF YOUR CHOICE <input type="checkbox"/> | HILLS! 10 HILL REPEATS HILL OF YOUR CHOICE <input type="checkbox"/> |