

Jades Fight For Life – Devanes Diary & Log

24. Thursday 13.09.18

Session 1

Back to David Lloyd for Life Cycles. Journey 1 was 10.47 Miles. Journey 2 was 3. 25 Miles.

Session 2

Back to David Lloyd for Life Cycles. Journey 1 was 10.16 Miles. Journey 2 was 8. 12 Miles. Total miles 32.00. I need to dig deep the next 3 days and try and break into the low 60's as I am off to Spain on Monday for a golf holiday but there is a gym in the Hotel with Life Cycles.

Miles to go 187.24.