

Jades Fight For Life – Devanes Diary & Log

25. Friday 14.09.18

Session 1

The roads of Surrey and Basingstoke Canal 12.60 miles.

Session 2

Back to David Lloyd for Life Cycles. Journey 1 was 10.30 Miles. Journey 2 was 11.43 Miles. Journey 3 was 8.30 Miles. Total Miles 30.03

Session 3

Back to David Lloyd for Life Cycles. Journey 1 was 11.05 Miles. Miles. Total Miles 53.68. This must be doing me good as I booked 10 Personal Training Sessions to start when I get back from Spain!!

Miles to go 133.56

26. Saturday 15.09.18

Session 1

The roads of Surrey - Knaphill – West End – Lightwater - Chobham – Horsell – Woking and return 23.74 Miles.

Session 2

Knaphill – Woking and return 9.00 Miles.

Session 3

Back to David Lloyd for Life Cycle. Journey was 11.05 Miles.

Session 4

The roads of Surrey - Knaphill – West End – Lightwater - Chobham – and return 14.65 Miles. Total Miles 58.44

Miles to go 75.12.

27. Sunday 16.09.18

Session 1

Back to David Lloyd for Life Cycles. Journey 1 was 11.18 Miles. Journey 2 was 10.48 Miles.

Session 2

Knaphill – Woking and return 9.00 Miles.

Session 3

Back to David Lloyd for Life Cycle. Journey was 9.58 Miles.

Session 4

Woking - Basingstoke Canal 14.88 Miles. Total Miles 55.12.

Miles to go 25.00.