

RUNNING LOG

NAME: _____

WEEK	Date	Distance	Time	Pace	Run Type	Route Name and Description	Comments
1	5/4/2020						
	5/5/2020						
	5/6/2020						
	5/7/2020						
	5/8/2020						
	5/9/2020						
	5/10/2020						
2	5/11/2020						
	5/12/2020						
	5/13/2020						
	5/14/2020						
	5/15/2020						
	5/16/2020						
	5/17/2020						
3	5/18/2020						
	5/19/2020						
	5/20/2020						
	5/21/2020						
	5/22/2020						
	5/23/2020						
	5/24/2020						
4	5/25/2020						
	5/26/2020						
	5/27/2020						
	5/28/2020						
	5/29/2020						
	5/30/2020						
	5/31/2020						
TOTAL:							

RUNNING LOG

NAME: _____

WEEK	Date	Distance	Time	Pace	Run Type	Route Name and Description	Comments
5	6/1/2020						
	6/2/2020						
	6/3/2020						
	6/4/2020						
	6/5/2020						
	6/6/2020						
	6/7/2020						
6	6/8/2020						
	6/9/2020						
	6/10/2020						
	6/11/2020						
	6/12/2020						
	6/13/2020						
	6/14/2020						
7	6/15/2020						
	6/16/2020						
	6/17/2020						
	6/18/2020						
	6/19/2020						
	6/20/2020						
	6/21/2020						
8	6/22/2020						
	6/23/2020						
	6/24/2020						
	6/25/2020						
	6/26/2020						
	6/27/2020						
	6/28/2020						
9	6/29/2020						
	6/30/2020						
	7/1/2020						
	7/2/2020						
	7/3/2020						
	7/4/2020						
	7/5/2020						
TOTAL:							

RUNNING LOG

NAME: _____

WEEK	Date	Distance	Time	Pace	Run Type	Route Name and Description	Comments
10	7/6/2020						
	7/7/2020						
	7/8/2020						
	7/9/2020						
	7/10/2020						
	7/11/2020						
	7/12/2020						
11	7/13/2020						
	7/14/2020						
	7/15/2020						
	7/16/2020						
	7/17/2020						
	7/18/2020						
	7/19/2020						
12	7/20/2020						
	7/21/2020						
	7/22/2020						
	7/23/2020						
	7/24/2020						
	7/25/2020						
	7/26/2020						
TOTAL:							

RUNNING LOG

NAME: _____

WEEK	Date	Distance	Time	Pace	Run Type	Route Name and Description	Comments
13	7/27/2020						
	7/28/2020						
	7/29/2020						
	7/30/2020						
	7/31/2020						
	8/1/2020						
	8/2/2020						
14	8/3/2020						
	8/4/2020						
	8/5/2020						
	8/6/2020						
	8/7/2020						
	8/8/2020						
	8/9/2020						
15	8/10/2020						
	8/11/2020						
	8/12/2020						
	8/13/2020						
	8/14/2020						
	8/15/2020						
	8/16/2020						
15	8/17/2020						
	8/18/2020						
	8/19/2020						
	8/20/2020						
	8/21/2020						
	8/22/2020						
TOTAL:							