

RUNNING LOG

year _____ month _____

Wk	Date	Distance (mi or km)	Time (mm:ss)	Pace	HR	Rest HR	Temp (C/F)	Shoes	Run Type	Route Name, Description	Comments
1	/										
	/										
	/										
	/										
	/										
	/										
	/										
2	/										
	/										
	/										
	/										
	/										
	/										
	/										
3	/										
	/										
	/										
	/										
	/										
	/										
	/										
4	/										
	/										
	/										
	/										
	/										
	/										
	/										
TOTALS & AVERAGES											