

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 |
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| TOTALS & AVERAGES | | | | | | | | | | | |

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<http://www.verlex42.com/ExcelTemplates/running-log.html>