



Month:

Running Log

WEEK 1

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|------|----------|------|------|-----------------------|
| Mon | | | | | |
| Tues | | | | | |
| Wed | | | | | |
| Thurs | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |
| Total Miles | | | | | |

WEEK 2

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|------|----------|------|------|-----------------------|
| Mon | | | | | |
| Tues | | | | | |
| Wed | | | | | |
| Thurs | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |
| Total Miles | | | | | |

WEEK 3

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|------|----------|------|------|-----------------------|
| Mon | | | | | |
| Tues | | | | | |
| Wed | | | | | |
| Thurs | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |
| Total Miles | | | | | |

WEEK 4

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|-------|------|----------|------|------|-----------------------|
| Mon | | | | | |
| Tues | | | | | |
| Wed | | | | | |
| Thurs | | | | | |
| Fri | | | | | |
| Sat | | | | | |
| Sun | | | | | |

| | |
|----------------------|--|
| Total Miles | |
| Monthly Total | |
| YTD Total | |

Month: **May 2018**

Running Log

WEEK 1

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|----------|----------|--------|-------|--|
| Mon | 05/07/18 | 2 miles | 33 min | 16:30 | Around the community |
| Tues | 05/08/18 | 1 mile | 15 min | 15:00 | Around the community / Going for speed |
| Wed | | | | | Break |
| Thurs | 05/10/18 | 4 miles | 1h 6 m | 17:00 | Park run / increased distance |
| Fri | | | | | |
| Sat | 05/12/18 | 2 miles | 33 min | 16:30 | Around the community |
| Sun | | | | | |
| Total Miles | | 9 | | | |

WEEK 2

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|----------|--------------|---------|-------|---|
| Mon | 05/14/18 | 3 miles | 45 min | 15:00 | Beach run / hard sand / beautiful sunrise |
| Tues | 05/08/18 | 2 miles | 33 min | 16:30 | Around the community |
| Wed | 05/10/18 | 4.5 miles | 1h 14 m | 17:00 | Park run / increased distance |
| Thurs | | | | | |
| Fri | 05/07/18 | 2 miles | 32 min | 16:00 | Around the community |
| Sat | 05/08/18 | 1.25 mile | 18 min | 14:45 | Around the community / Going for speed |
| Sun | | | | | |
| Total Miles | | 12.75 | | | |

WEEK 3

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|--------------------|----------|----------|--------|-------|--|
| Mon | 05/21/18 | 2 miles | 33 min | 16:30 | Around the community |
| Tues | 05/22/18 | 1 mile | 15 min | 15:00 | Around the community / Going for speed |
| Wed | | | | | |
| Thurs | 05/24/18 | 4 miles | 1h 6 m | 17:00 | Park run |
| Fri | | | | | |
| Sat | 05/26/18 | 2 miles | 32 min | 16:00 | Park run |
| Sun | | | | | |
| Total Miles | | 9 | | | |

WEEK 4

| Day | Date | Distance | Time | Pace | Route Details / Notes |
|----------------------|----------|---------------|--------|-------|--|
| Mon | 05/14/18 | 4 miles | 1h 2m | 15:30 | Park |
| Tues | | | | | |
| Wed | | | | | |
| Thurs | | | | | |
| Fri | 05/07/18 | 2 miles | 32 min | 16:00 | Around the community / hot day! |
| Sat | 05/08/18 | 1.5 mile | 18 min | 14:45 | Around the community / Going for speed |
| Sun | | | | | |
| Total Miles | | 7.5 | | | |
| Monthly Total | | 38.25 | | | |
| YTD Total | | 135.75 | | | |



Buy a Print License and get the following:

- High-resolution copy (for professional printers) of this guide
- Remove water mark and logo
- Print instructions instead of hand written for a professional looking chart
- One flat fee, unlimited prints!
- Instant download

Print license available at:

[RAMFITNESS.COM/PRINT-LICENSE-OPTIONS](https://www.ramfitness.com/print-license-options)