

RUNNING LOG

month_____ year_____

Week	Date	Distance (mi or km)	Time (h:mm:ss)	Pace	HR	Rest HR	Temp (°C/°F)	Shoes	Run Type
1	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
2	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
3	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
4	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
	/		: : :						
TOTALS & AVERAGES			: : :						

Run Book Template

Ying Liu



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