

RUNNING LOG

WEEK

GOAL

☐ DONE

Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
Monday <i>1/1/20</i>		1:1					

Comments

Route

Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
Tuesday <i>1/2/20</i>		1:1					

Comments

Route

Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
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RUNNING LOG BOOK



Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
Friday <i>1/5/20</i>		1:1					

Comments

Route

Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
Saturday <i>1/6/20</i>		1:1					

Comments

Route

Date	Distance (MI OR KM)	Duration HH:MM:SS	Pace	Speed	HR (BPM)	Run Type	Calories
Sunday <i>1/7/20</i>		1:1					

Comments

Route

TOTAL DISTANCE:

TOTAL DURATION:

TOTAL CALORIES BURNES:

Running Log Book

R Sanford

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