

# Running Log



Week	Run	Date	Distance	Time	Pace	Heart Rate	Outdoor/ Treadmill	Comments
1	1							
	2							
	3							
2	1							
	2							
	3							
3	1							
	2							
	3							
4	1							
	2							
	3							

# Running Log



Week	Run	Date	Distance	Time	Pace	Heart Rate	Outdoor/ Treadmill	Comments
5	1							
	2							
	3							
6	1							
	2							
	3							
7	1							
	2							
	3							
8	1							
	2							
	3							