RUNNERS LOG

year _____ month _____

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