

Runner's Log

Keep track of your progress in his log. For comments, include trail, how you felt, what you ate, weather, who you ran with, etc. Record when you rested.

Week One					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Two					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Three					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Four					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Five					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Six					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Seven					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Eight					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Nine					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					

Week Ten					
Day	Long Run Distance/Time	Comments			
SAT					
Day	Other Run Distance/Time	Speed Workout	Fitness Workout	Cross-train (hike)	Comments
SUN					
MON					
TUE					
WED					
THUR					
FRI					