

# ANNUAL RUNNING SUMMARY

Year: 20\_\_\_\_

MONTH	DISTANCE (MI/KM)	TOTAL RUNS	MONTHLY PR / NOTES
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January

February

March

April

May

June

July

August

September

**MONTH**

**DISTANCE (MI/KM)**

**TOTAL RUNS**

**MONTHLY PR / NOTES**

**October**

**November**

**December**

ANNUAL TOTAL DISTANCE

\_\_\_\_\_

TOTAL NUMBER OF RUNS

\_\_\_\_\_

YEARLY AVERAGE PACE

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