

# BEGINNER RUNNER DISTANCE LOG

MONTH: \_\_\_\_\_ GOAL DISTANCE: \_\_\_\_\_ SHOE MILEAGE:

\_\_\_\_\_

DATE	DISTANCE	TIME/PACE	RPE*	ROUTE / FEELING / NOTES
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**DATE**

**DISTANCE**

**TIME/PACE**

**RPE\***

**ROUTE / FEELING / NOTES**

\*RPE: Rate of Perceived Exertion (1-10 scale)

**Weekly Totals:** Week 1: \_\_\_\_\_ | Week 2: \_\_\_\_\_ | Week 3: \_\_\_\_\_ | Week 4: \_\_\_\_\_