

# DISTANCE RUNNING LOG

Month: \_\_\_\_\_

Goal: \_\_\_\_\_

DATE	RUN TYPE	DISTANCE	TOTAL TIME	AVG PACE	RPE (1- 10)	NOTES / SURFACE / SHOES
------	-------------	----------	---------------	-------------	-------------------	-------------------------------

DATE	RUN TYPE	DISTANCE	TOTAL TIME	AVG PACE	RPE (1- 10)	NOTES / SURFACE / SHOES
------	-------------	----------	---------------	-------------	-------------------	-------------------------------

Weekly Total Distance: \_\_\_\_\_

Injury Status: \_\_\_\_\_