

ENDURANCE RUNNING LOG

Month: _____ Year: _____

Goal Weekly Mileage: _____

DATE	DISTANCE	TIME/PACE	AVG HR	ROUTE / NOTES / EFFORT (1-10)
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DATE	DISTANCE	TIME/PACE	AVG HR	ROUTE / NOTES / EFFORT (1-10)
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TOTAL DISTANCE

AVERAGE PACE

INJURY/RECOVERY NOTES