

RUNNING PROGRESS

Seasonal Mileage Tracker

SPRING 2024

| WEEK | DATES | WEEKLY TARGET | ACTUAL |
|----------------|-----------------|---------------|---------|
| Week 01 | Mar 01 - Mar 07 | | ____ mi |
| Week 02 | Mar 08 - Mar 14 | | ____ mi |
| Week 03 | Mar 15 - Mar 21 | | ____ mi |
| Week 04 | Mar 22 - Mar 28 | | ____ mi |

SEASON GOAL **500 Miles**

TOTAL TO DATE _____

REMAINING _____

NOTES & REFLECTIONS