

# World Run Day Running Log

Name: \_\_\_\_\_

Month JANUARY



| Week                         | Date | Distance | Time | Pace | Resting Heart Rate | Weight | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|----------|------|------|--------------------|--------|-------|----------|-------------------------|----------|
| 1                            |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
| 2                            |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
| 3                            |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
| 4                            |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
|                              |      |          |      |      |                    |        |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |          |      |      |                    |        |       |          |                         |          |

# World Run Day Running Log

Month FEBRUARY



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month March



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month April



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month May \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month June \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month July \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month August



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |



# World Run Day Running Log

Month September \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month October \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month November



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

# World Run Day Running Log

Month December \_\_\_\_\_



| Wk                           | Date | Distance<br>(mi or km) | Time<br>(h:mm:ss) | Pace | Rest<br>HR | Temp<br>(°C/°F) | Shoes | Run Type | Route Name, Description | Comments |
|------------------------------|------|------------------------|-------------------|------|------------|-----------------|-------|----------|-------------------------|----------|
| 1                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 2                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 3                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| 4                            |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
|                              |      |                        |                   |      |            |                 |       |          |                         |          |
| <b>TOTALS &amp; AVERAGES</b> |      |                        |                   |      |            |                 |       |          |                         |          |

How did I do?

