

# RUNNING LOG

WEEK

GOAL

☐ DONE

Date	Distance (MI OR KILO)	Duration HH : MM : SS	Pace	Speed	HR (BPM)	Run Type	Calories
Monday <i>1/1/20</i>		1 : 1					
Comments					Route		
Date	Distance (MI OR KILO)	Duration HH : MM : SS	Pace	Speed	HR (BPM)	Run Type	Calories
Tuesday <i>1/2/20</i>		1 : 1					
Comments					Route		
Date	Distance (MI OR KILO)	Duration HH : MM : SS	Pace	Speed	HR (BPM)	Run Type	Calories



# RUNNING LOG BOOK



Friday <i>1/5/20</i>		1 : 1			(BPM)		
Comments					Route		
Date	Distance (MI OR KILO)	Duration HH : MM : SS	Pace	Speed	HR (BPM)	Run Type	Calories
Saturday <i>1/6/20</i>		1 : 1					
Comments					Route		
Date	Distance (MI OR KILO)	Duration HH : MM : SS	Pace	Speed	HR (BPM)	Run Type	Calories
Sunday <i>1/7/20</i>		1 : 1					
Comments					Route		

TOTAL DISTANCE:

\_\_\_\_\_

TOTAL DURATION:

\_\_\_\_\_

TOTAL CALORIES BURNES:

\_\_\_\_\_

# Running Log Book

**Paul Running Log Book**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the subtitle bar.

## **Running Log Book:**

*Running Log Book* Rogue Plus Publishing, 2018-05-20 Ready to take your running to the next level Then grab one of our running log books today Journaling your runs is not only an excellent way to stay motivated as a great training tool it can also enhance your personal performance Tracking your runs might require some extra effort in the beginning but in a few weeks you ll start reaping the benefits of sticking with it Here s a lot more reasons for you to get our Running Log Book VERSATILE For many runners what starts as a simple log grows into a personal and lasting running diary Keeping a running logbook can be a great training tool too Along the way the reviewing of training details will help keep you on target for success So whether they re training for a marathon or just trying to stay in shape this journal is the ideal gift for them USEFUL CONVENIENT Keeping a diary helps you keep track of your running progress What better way to write a journal than doing it the old fashion way There s nothing more personal than journaling with a pen and paper Simple and easy to use the undated two pager per week layout is waiting to be filled with 52 Weeks with sections for Route Distance Time Speed Burned Calories Run Type Heart Rate Cumulative Distance Cumulative Hours Weekly Summary A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 104 pages 2 pages week to record your daily entries we only used thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect size to carry COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Get a Running Log Book for you or a special someone As running becomes a more regular form of exercise looking back at how many miles you ve covered can be a source of both fun and motivation Get a copy now

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