|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME: | | | | | | |  |  |  |
| Week | Run | KM | City Blocks | Minutes Walking | DURATION  Minutes Running | Completed | | How your run felt today | Duration to Date |
| 1 | 1 |  |  |  |  |  | |  |  |
|  | 2 |  |  |  |  |  | |  |  |
| 2 | 3 |  |  |  |  |  | |  |  |
|  | 4 |  |  |  |  |  | |  |  |
| 3 | 5 |  |  |  |  |  | |  |  |
|  | 6 |  |  |  |  |  | |  |  |
| 4 | 7 |  |  |  |  |  | |  |  |
|  | 8 |  |  |  |  |  | |  |  |
| 5 | 9 |  |  |  |  |  | |  |  |
|  | 10 |  |  |  |  |  | |  |  |
| 6 | 11 |  |  |  |  |  | |  |  |
|  | 12 |  |  |  |  |  | |  |  |
| 7 | 13 |  |  |  |  |  | |  |  |
|  | 14 |  |  |  |  |  | |  |  |
| 8 | 15 |  |  |  |  |  | |  |  |
|  | 16 |  |  |  |  |  | |  |  |
| 9 | 17 |  |  |  |  |  | |  |  |
|  | 18 |  |  |  |  |  | |  |  |
| 10 | 19 |  |  |  |  |  | |  |  |
|  | 20 |  |  |  |  |  | |  |  |
| 11 | FUN RUN |  |  |  |  |  | |  |  |



Training Log

1 KM =

12 City Blocks

15 Minutes Walking

10 Minutes Jogging

6 Minutes Running Fast