




2KM TRAINING LOG

Name: _____

- 1 KM =**
- 12 city blocks
 - 15 minutes walking,
 - 10 minutes jogging,
 - 6 minutes running fast

Week	Run	Duration				Completed 	How your run felt today  	Duration to date
		KM	City Blocks	Minutes Walking	Minutes Running			
1	1	0.5	6	7.5	5			
	2	0.5	6	7.5	5			
2	3	0.5	6	7.5	5			
	4	0.5	6	7.5	5			
3	5	1	12	15	10			
	6	1	12	15	10			
4	7	1	12	15	10			
	8	1	12	15	10			
5	9	1.5	18	22.5	15			
	10	1.5	18	22.5	15			
6	11	1.5	18	22.5	15			
	12	1.5	18	22.5	15			
7	13	1.75	20	26.25	17.5			
	14	1.75	20	26.25	17.5			
8	15	1.75	20	26.25	17.5			
	16	1.75	20	26.25	17.5			
9	17	2	24	30	20			
	18	2	24	30	20			
10	19	2	24	30	20			
	20	1	12	15	10			
11	FUN RUN	2	24	30	20			

5KM TRAINING LOG

Name: _____




- 1 KM =**
- 12 city blocks
 - 15 minutes walking,
 - 10 minutes jogging,
 - 6 minutes running fast

Week	Run	Duration				Completed 	How your run felt today  	Duration to date
		KM	City Blocks	Minutes Walking	Minutes Running			
1	1	2	24	30	20			
	2	2	24	30	20			
2	3	2	24	30	20			
	4	2.5	30	37.5	25			
3	5	2.5	30	37.5	25			
	6	2.5	30	37.5	25			
4	7	3	36	45	30			
	8	3	36	45	30			
5	9	3	36	45	30			
	10	3.5	42	52.5	35			
6	11	3.5	42	52.5	35			
	12	3.5	42	52.5	35			
7	13	4	48	60	40			
	14	4	48	60	40			
8	15	4	48	60	40			
	16	4.5	54	67.5	45			
9	17	4.5	54	67.5	45			
	18	4.5	54	67.5	45			
10	19	5	60	75	50			
	20	3.5	42	52.5	35			
11	FUN RUN	5	60	75	50			

BONUS ACTIVITY LOG

- 1 KM =**
- 12 city blocks
 - 15 minutes walking,
 - 10 minutes jogging,
 - 6 minutes running fast

Name: _____

Week	Run	Duration			Completed 	How your run felt today  	Duration to date
		KM	City Blocks	Minutes Walking			

Alberta Medical Association

